

September 22<sup>nd</sup>, 2016

## Healthier Northern Communities ebrief

### **IMAGINE Community Grant funding available to community groups, schools, and organizations! September 19<sup>th</sup> - October 31<sup>st</sup>, 2016**

Northern Health is looking for community partners with ideas for projects that will improve the health of those living in northern BC. Community groups and partners can apply for IMAGINE funding of up to \$5,000. Grant information and applications are available on [Northern Health's Imagine Grants website](#). Information can also be obtained via e-mail at [imagine.grants@northernhealth.ca](mailto:imagine.grants@northernhealth.ca) or by phone at 250-565-2131. Successful applicants will be notified in late November. The IMAGINE grants will provide another opportunity to obtain funding in April 2017.

### Food for Thought

- [Aging and Seniors](#)
- [Household food insecurity report](#)
- [School zone safety tips for drivers](#)
- [What is a healthy school?](#)
- [Alcohol and Pregnancy](#)

### Healthier Communities Resources

#### Seniors' Health

At Northern Health, we know that people want to maintain as much control as possible over their lives - that's why we're working hard to provide a range of health care options that promote independence, choice and dignity. The ability to make personal choices for health care is important. Most Northerners by nature are resilient, self-reliant and independent. Therefore, providing resources and services that can help them stay that way are important in every community, no matter how small. [Resources for healthy aging](#)

#### The Canadian Cancer Society urges you to Protect your Kids from HPV Cancers: The HPV Vaccine is Safe and it Works

Every fall, parents of kids in grade six are asked to decide whether to have their child vaccinated against Human papillomavirus (HPV). This year, the Canadian Cancer Society is joining the conversation as a reliable voice in cancer prevention, urging parents to have their children vaccinated. Girls are vaccinated for free in BC's school-based immunization program but boys are not. [Take action](#). Talk with your health care provider or visit [immunizebc.ca](http://immunizebc.ca) for information on vaccinating your sons. Have your questions answered September 22 at 12:30pm (PST) by Dr. Tinus Wasserfall on [Facebook](#) during a live Q&A.

#### Survey on Access to Early Years Services in BC: What Information and Data do we have?

##### September 23<sup>rd</sup>, 2016 – Survey deadline

We want to hear from you! The First Call Early Childhood Development (ECD) Roundtable is gathering information from service providers on access barriers for parents to early-years services for their young children. This short survey

(4 questions) is a first step to see what information you have about access barriers that parents encounter for the ECD programs or services you offer. We hope that you will complete this [survey](#) and/or distribute it broadly.

## LearningLinks

LearningLinks is an online learning resource designed to enhance knowledge, skills and confidence in child and youth mental health to support the needs of health care professionals and improving access for children, youth and families to medical specialists with expertise in child and youth mental health in BC. [Register here](#)

## Growing into Resilience: A Survey for Sexual and Gender Minority (including LGBTQ) Youth

This survey is for Canadian sexual and gender minority (SGM including LGBTQ) youth and young adults. The results of this questionnaire will be used to help sexual and gender minority youth as we make recommendations to improve policies and practices in education and healthcare. This survey gives you an opportunity to have your voice heard as you provide input that helps us in this work. To thank you for your participation, upon completion of the survey you will have the opportunity to enter an optional prize draw for an iPad Mini. [Complete the Survey here.](#)

## Health Equity & Environmental Health

The BC Centre for Disease Control website has a new section dedicated to [Health Equity and Environmental Health](#). These new pages provide health equity and social determinants of health resources for environmental health practitioners. It is the new online home for the Through an Equity Lens: A New Look at Environmental Health project, and also includes links to external resources. Although this is directed at practitioners in BC, the resources should be relevant across Canada.

## Healthier Communities Events

### The Great Northern Scavenger Hunt: Plug into your community!

**September 19<sup>th</sup> – October 2<sup>nd</sup>, 2016**

Solve Scavenger Hunt clues that highlight how you plug into your community in a sentence or two (or a photo for bonus entries) for a chance to win great weekly prizes and a \$150 grand prize. Join the Scavenger Hunt and solve clues that ask for details about YOUR community. With this scavenger hunt we challenge you to unplug from screens and 'plug into your community'. [Solve clues](#)

### Aids Walk

**September 23<sup>rd</sup>, 2016 @ 11:30 am (PST) in Prince George, BC**

Please join us in support of those living with HIV/AIDS and help us raise awareness and funds in the Prince George area. The walk will take place through the downtown core of PG and the route is 1.5 km. For more info on pledges and team packages, sponsorship opportunities, or how you can help, please feel free to contact Angela Paul at Positive Living North at 250.562.1172 or by email at [info@positivelivingnorth.org](mailto:info@positivelivingnorth.org) Donations can be made online at <http://www.positivelivingnorth.org/> through CanadaHelps or at <http://scotiabankaidswalk.ca/>

### 2016 Regional Leader Training Sessions

The training sessions are offered to individuals representing an Aboriginal community, who are committed to delivering a healthy living project under the [Aboriginal RunWalk](#) or [Honour Your Health Challenge](#) programs. The sessions are designed to bring together community leaders and individuals who are passionate about promoting health and wellness in the Aboriginal community. At the conclusion of training, participants will become eligible to apply for up to \$1000 in grant support for their Aboriginal RunWalk or Honour Your Health Challenge community project. [Learn more >>](#)

### 2016 FNHDA Inspiration Awards Nominations

**September 27-29<sup>th</sup>, 2016 in Prince Rupert, BC**

Now is your chance to nominate an exceptional First Nations Health Director Association Lead doing extraordinary work in your community. To be eligible, nominees must be a FNHDA Member in good standing with the Association. All nominations are kept confidential to respect privacy. There are a potential of seven awards based on the Seven Standards of Excellence to be honored at the FNHDA Annual General Meeting on Coast Ts'msyen Territory in Prince Rupert, BC. [More info](#)

## Global Breastfeeding Challenge

**October 1<sup>st</sup>, 2016 @ 11:00 am (PST)**

In 2001 the Quintessence Breastfeeding Challenge started in the Canadian province of British Columbia with 856 babies and their mothers at 26 sites. By 2011, there were 4,466 children in 16 countries. Breastfeeding and donor milk-banking need support around the world. Do your part, join us - organize a site - big or small! Every breastfeeding child counts in the final numbers! Learn more and register for this year's challenge at: [babyfriendly.ca](http://babyfriendly.ca)

## National Teen Driver Safety Week (NTDSW)

**October 16-22<sup>nd</sup>, 2016**

The national awareness campaign is designed to seek solutions around teen driver safety issues through youth and community engagement. Key messaging for 2016 is distracted driving as well as drug-impaired driving. There were over 500 events during NTDSW in 2015 across Canada and Parachute is looking for even more groups to participate in this year's campaign. For more information [click here](#)

## Webinars & Learning Opportunities

### Webinar for Community engagement in public health interventions for disadvantaged groups: What's the evidence?

**September 21<sup>st</sup>, 2016 @ 6:00 am (PST)**

Join Alison O'Mara-Eves, Research Officer, University College London, EPPI-Centre, and Ginny Brunton, Senior Health Researcher, University College London, EPPI-Centre, for an overview of findings from their systematic review examining the effectiveness of community engagement in public health interventions for disadvantaged groups. Click here to [register](#).

### Pacific Post-Partum Support Society offering two-day Workshop

**September 22-23<sup>rd</sup>, 2016 – Prince George, BC**

Some topics discussed during this workshop include: what is postpartum depression/anxiety/adjustment, the importance of self-care for the mother and the support person, motherhood myths, personal stories, anger and the postpartum period, and suicidal feelings. The cost to participants will be \$325.00 Questions about this workshop can be answered by Charla Anderson at 250-640-1952. The registration deadline is September 9<sup>th</sup>. [Register >>](#)

### Social Marketing Campaign Analysis Webinar

**September 22<sup>nd</sup>, 2016 @ 8:00 am (PST)**

The BC Injury Research and Prevention Unit offers webinars that highlight a variety of injury topics. Speakers from around the world make presentations on relevant topics related to injury prevention, with a focus on evidence-based information and new research. Speaker: Mr. Florian Karl, Master's Student, Ludwig-Maximilians-University Munich, Germany. [Register >>](#)

### Webinar: Productive Aging and Work

**September 27<sup>th</sup>, 2016 @ 10:00 am (PST)**

The NIOSH National Center for Productive Aging and Work (NCPAW) will co-host a free NIOSH Total Worker Health® Webinar: "Productive Aging and Work: Theory, Health Data, and Practical Solutions." The webinar will examine a model of productive aging, recent data from older workers focusing on a broad range of work-related injuries and health outcomes, and an action-oriented educational program designed to help organizations create workplaces supportive of workers throughout the life span. To register <http://bit.ly/2cToPh8>

### National Indigenous Cultural Safety Learning Series

**September 29<sup>th</sup>, 2016 @ 10:30 – 12:00 pm (PST)**

This free national webinar series provides an opportunity to share knowledge, experiences and perspectives in support of collective efforts to strengthen Indigenous cultural safety in health and social services. We encourage you to participate in the webinar with other individuals and groups in your region to inspire shared learning in the context of your program area and community. Upcoming dates: October 27<sup>th</sup>, November 24<sup>th</sup> & January 26<sup>th</sup>. [Register today](#)

## **Are Canadian Kids too Tired to Move?**

**Tuesday, September 27<sup>th</sup>, 2016 @ 8:00-9:00 am (PST)**

The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The 2016 edition has for the first time assigned a grade specifically to sleep and includes new Canadian 24-Hour Movement Guidelines for Children and Youth: and Integration of Physical Activity, Sedentary Behaviour, and Sleep. The fee for this webinar is \$25. [Register here.](#)

## **Canadian Falls Prevention Curriculum Online Course**

**September 30<sup>th</sup> - November 4<sup>th</sup>, 2016**

If you work with older adults in long term care, acute care, home care or in the community, this updated five-week e-learning course will help you acquire the knowledge and skills needed to apply an evidence-based approach to the prevention of falls and fall-related injuries. Register early as spaces fill quickly. [Continuing Studies at UVic](#)

## **Northwest Child Care Conference 2016**

**September 30<sup>th</sup> – October 1<sup>st</sup>, 2016 – Terrace, BC**

We invite Early Childhood Educators, Family Child Care Providers, Registered License-Not-Required and other Early Years professionals to the Northwest Child Care Conference. This conference brought to you by: Skeena Child Care Resource & Referral, Early Childhood Educators of BC (Terrace Branch), and Northwest Community College Early Childhood Education Department. [Apply today](#)

## **A Regional Symposium for and by People Living with Insulin-Dependent Diabetes in Northern BC**

**Saturday, October 1<sup>st</sup>, 2016 – Smithers, BC**

A day of inspiration, education and skills development for people living with Type 1 Diabetes, their caregivers and their healthcare teams. Engage with informed & empowering speakers and a community of T1s on themes of managing exercise, overcoming challenges, building community, supporting mental health, and living our very best lives. [Register now!](#)

## **Circle of Security (COS) Parenting DVD Training**

**October 3-6<sup>th</sup>, 2016 – Prince George Native Friendship Centre**

This 4-day seminar teaches professionals how to use an eight-chapter DVD to educate parents and caregivers. The program presents examples of secure and problematic parent/child interaction, healthy options in care giving and animated graphics designed to clarify principles central to COS. Circle of Security Parenting implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling. [Register here.](#) Or contact Kim Chernenkoff at 250.564.3568 ext. 201 for more information.

## **Quesnel Community Collaboration Workshop\***

**October 4<sup>th</sup>, 2016 @ 11:30-2:00 pm (PST) in Quesnel**

Walking the Talk. Want to learn how to collaborate more effectively? The BC Cancer Agency, Canadian Cancer Society and Northern Health are teaming up to offer a FREE Collaboration Workshop in your community! Participants will walk away with a better understanding of when to collaborate, what is required for successful collaboration, new tools to support partnerships, and ideas for collaboration in their own community. [Register today](#)

## **KT Connects: Knowledge Translation Webinar Series**

**October 14<sup>th</sup>, 2016 @ 12:00 – 1:00 pm (PST)**

You are invited to KT Connects, a new monthly series of beginner-level training webinars for researchers and trainees to learn how to integrate knowledge translation (KT) in their work. KT is the crucial process in which knowledge is put into action to improve health, health services and health care systems. [Register >>](#)

## **Heart Mind Conference 2016: Cultivating Resilience**

**October 21-22<sup>nd</sup>, 2016 – Surrey, BC**

Join the Dalai Lama Center for Peace and Education at the Bell Performing Arts Centre for the 4<sup>th</sup> annual Heart-Mind Conference featuring some of the leading minds in child development, education and mental health addressing the Dalai Lama's question, "How can we educate the hearts of children?" [Register >>](#)

## 2016 IDC Research Days Conference

**November 7-9<sup>th</sup>, 2016 – Prince George, BC**

This year's conference theme is: "Making Research Matter – Celebrating Evidence Implementation in Northern BC."

The [IDC Research Days Conference](#) looks to celebrate and share research, evaluation and implementation of evidence from northern BC, facilitate networking, and showcase partnerships. The [Call for Abstracts](#) is available online. Abstracts are due September 18<sup>th</sup>, 2016.

## Northern BC Housing Conference

**November 18<sup>th</sup>, 2016 – Prince George, BC**

The Northern BC Housing Conference: Housing Solutions for Changing Communities will focus on identifying housing opportunities in the region and create a space for new ideas to take shape. The conference is of interest to builders, developers, planners, government, economic development organizations, realtors, lenders, and non-profit organizations. [Register >>](#)

## Cyber Seniors Program

Macaulee and Kasha Cassaday started the [Cyber Seniors](#) program and try to encourage older adults to tackle technology. The internet can help families stay connected despite distance and busy schedules. The intention behind Cyber Seniors is to build a strong team of community partners across Canada and the United States and spark a conversation about tech literacy and inter-generational collaboration on a widespread scale.

## 5<sup>th</sup> Health & Wellbeing in Children, Youth & Adults with Developmental Disabilities Conference

**November 16-18<sup>th</sup>, 2016 – Vancouver, BC**

Children, youth and adults with Developmental Disabilities (DD) are vulnerable to high rates of general health and mental health concerns. This interactive conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD and their families, to improve their quality of life experience. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and inter-professional collaboration. [Click here](#) to view the conference brochure. [Register online >>](#)

## 2016 PHABC Conference - Strengthening Healthy Development: Education and Public Health in Partnership

**December 11-12<sup>th</sup>, 2016 – Vancouver, BC**

The Public Health Association of BC (PHABC) is preparing to present their 2016 conference. This year's focus is "Strengthening Healthy Development: Education and Public Health in Partnership." PHABC welcomes participants from a variety of professional backgrounds who are working directly or indirectly on public health and/or education issues, and feel the topic could be of relevance to you and your networks. [Register >>](#)

## Funding Opportunities

### 20<sup>th</sup> Annual BCAPOP Conference & Annual General Meeting

**October 26-28<sup>th</sup>, 2016 – Richmond, BC**

Supporting Diverse Needs with Compassion, Knowledge and Skill. This conference is of interest to anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families. Intended for an adult audience. [Register](#)

### Community Fund for Canada's 150th

Canada will be celebrating its 150<sup>th</sup> anniversary in the summer of 2017. Eligible applicants include municipalities, charities, and amateur athletic associations among others. Grant amounts range from \$1,000 to \$15,000. Successful applicants are required to match the grant amount. For more information, visit: [Community Foundations](#)

### For More Opportunities Check Out:

[IMAGINE Community Grants: Health Happens in Community](#)

## Recent Articles from the Northern Health Blog

### Healthy Communities

- [Get to know your community ... go for a run!](#) by: Holly Christian
- [Building spaces where everyone can play](#) by: Vince Terstappen
- [“A gateway to many opportunities for Elders”: The Nadleh Whut’ en First Nation Push, Pull, or Drag an Elder program](#) by: Vince Terstappen
- [“Our solution was the boardwalk”: How a local hiking group provided everyone with the opportunity to enjoy a natural wonder](#) by: Jessica Quinn
- [In Prince Rupert, it’s not about creating a fancy new program, it’s about tearing down barriers](#) by: Mandy Levesque

### Northern Health people

- [Congratulations to NH’s newest Health Care Hero, Barb Crook](#) by: Jessica Quinn

### Injury Prevention

- [Concussion: There’s an app for that!](#) by: Natasha Thorne
- [Back to school: The connection protection](#) by: Amy Da Costa

### Healthy eating

- [Foodie Friday: Berry adventures](#) by: Victoria Carter
- [Foodie Friday: Fall is in the air](#) by: Marianne Bloudoff
- [Foodie Friday: Beat the heat with homemade fruit pops](#) by: Sarah Anstey

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Are there other opportunities for people to connect within your community in the Northern Health region? Do you have information, articles or resources that you think might be of interest to northern communities? Send your information by email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca)

These e-briefs are an information service bringing news of relevant health promotion, resources and research to Northern communities from the Population and Public Health Programs at Northern Health. The news items are for information only and do not reflect any official viewpoint of Northern Health.

For more information on the Northern Health’s Population Health Programs visit the Northern Health website at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

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