

May 27th, 2016

Healthier Northern Communities ebrief

Community Consultation – Growing up Healthy in Northern BC

We invite you to contribute to the discussion on what growing up healthy in northern BC means to you, by completing a [short online survey](#). You're invited to a free community meeting on child and youth health in northern BC. Meet Northern Health leaders and share your ideas and hopes for the future. We will use what we learn to improve the way we work with our community partners to deliver health care.

[Read more >>](#)

Food for Thought

- [PHAC Age-Friendly Communities Evaluation Guide](#)
- [Aging Well | Healthy Families BC](#)
- [Healthy Housing | PlanH](#)
- [Population & Public Health](#)
- [CHRA's Budget 2016 Highlights on Affordable Housing & Homelessness](#)

Healthier Communities Resources

Carrot Rewards - Canada's First Wellness Rewards Program Launches in B.C.

British Columbia residents who are making an effort to lead healthier lifestyles can now be rewarded with loyalty points such as Aeroplan, PetroPoints, Scene and MoreRewards, thanks to an innovative new mobile app called Carrot Rewards. It provides users with incentives to increase physical activity, eat better and quit smoking, with the goal of encouraging healthy lifestyle habits that help reduce the risks of developing a chronic disease. [Learn more](#)

Parachute Safe Kids Week Celebrating 20th Anniversary

May 30th – June 5th, 2016

Safe Kids Week is an annual campaign designed to raise awareness about preventable childhood injuries, which are the leading cause of death and disability amongst Canadian children. Parachute has provided a Community Toolkit containing resources to roll out a successful Safe Kids Week in your community. These toolkits are now available to order for \$35/kit plus \$10 shipping and handling, and will be mailed out starting the week of April 25, 2016. [Order a Community Toolkit](#)

Williams Lake Active Transportation Forum

The "Walking & Wheeling in the Puddle" forum helps to sort out community needs. The purpose of this forum was to learn about different stakeholder perspectives and to engage with residents about what the

current state of active transportation is like within the community. Mapping and brainstorming activities helped to identify potential next steps for promoting walking and wheeling. [Read more here.](#)

Emergency Department Surveillance of Injuries and Head Injuries Associated with Baseball, Football, Soccer and Ice Hockey, Children and Youth, ages 5 to 18 years, 2004 to 2014

This data provides an eleven-year snapshot of the number and proportion of all injuries for children and youth aged 5 to 18 years participating in any of four key team sports. Data collected from the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP) were used to create the figures. [View Report](#)

Distracted Biking: An Observational Study

Education and public awareness campaigns are designed to decrease distracted bicycling behaviors and promote bicycle safety. An awareness of the prevalence of distracted biking can be utilized to promote bicycle safety campaigns dedicated to decreasing distracted bicycling and to provide a baseline against which improvements can be measured. [Journal of Trauma Nursing | Children's Safety Network](#)

Immunization Awareness

Over a century ago, infectious diseases were the number one cause of death globally, but today vaccinations have reduced that number to less than 5%. Surprisingly, under-immunization for vaccine-preventable diseases is common among Canadian adults. Check out the [video](#) from Immunize.ca You can download an [immunization record](#), along with a [booklet](#) and [chart](#) of the recommended vaccinations for adults. Immunize Canada also has an [app](#) to keep track of your immunizations.

Hearing Loss May Lead to Memory Loss

Hearing loss is strongly linked to a higher rate of cognitive decline and a greater risk of developing dementia over time. The Western Institute for the Deaf and Hard of Hearing, a non-profit organization, has the only three non-profit Hearing Aid Clinics in BC. They provide hearing tests, sales of new hearing aids and other hearing services. For more information, please visit their website at: [widhh.com](#)

Gambling in Seniors - A Hidden Problem

According to the Canadian Centre on Substance Abuse, approximately 68% of Canadian seniors gamble, and an estimated 2.1% have a moderate to severe gambling-related problem. Negative effects of gambling include depression and suicide, bankruptcy, family breakup, domestic abuse, assault, fraud, theft, and even homelessness. Gamblers Anonymous has an [online list](#) of 20 questions to determine if someone is a compulsive gambler. A number of resources are available to help problem gamblers and their family members: [British Columbia Responsible & Problem Gambling Program](#) and [Freedom from Problem Gambling Self-help Workbook](#)

Get Canada Standing™

Did you know that The World Health Organization now ranks physical inactivity as 4th largest killer globally, behind obesity? According to *Get Canada Standing™* the average Canadian worker sits 10 hours each day. If you sit eight hours per day, your risk of developing heart disease, cancer and diabetes rises by 40%. Regularly moving, even small amounts, can benefit us by preventing illness, relieving stress and keeping us productive. Download a [sitting calculator](#) to determine your risk level.

Active Canada 20/20: A Physical Activity Plan for Canada

Canada's approach to increasing physical activity has been fragmented, which has led to little or no progress in this area. Currently, 85% of adults and 93% of children and youth are not meeting the Canadian Physical Activity Guidelines. Visit [Active Canada 20/20: A physical activity plan for Canada](#) where they lay out the methodology of the action plan and outline an implementation strategy.

Webinars & Learning Opportunities

Deepening Community - Resilient Neighbourhoods: When People Care

June 7th to 9th, 2016 (Edmonton)

Communities are being confronted with complex issues that are beyond the capacity of any one group or sector. Innovative solutions are emerging as municipalities, organizations, and citizens are teaming up and working together in new ways with an intentional focus on discovering what's possible. This workshop includes presentations from international community builders that link theory with action to effectively build and sustain resilient neighbourhoods and strong municipalities. [Register now](#)

Online Chronic Disease Self-Management Program

The free Online Chronic Disease Self-Management Program is a fun and practical online workshop that can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, manage their health and feel more positive. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. You can register at: [Centre on Aging at the University of Victoria](#)

Down on the Farm: Understanding Male Farmers and Mental Health

Monday, May 30th, 2016, 10:00 to 11:00 am PST (Okanagan)

Dr. Philippe Roy, Visiting Professor, School of Social Work, University of Montreal, will share the findings and recommendations of his CIHR Award winning study describing the influences of masculinities on mental health practices among farming men. To attend in person or via webinar, please register at: [onthefarm.eventbrite.ca](#) Free and open to the public - everyone is welcome!

Conferences & Gatherings

Fit Rendezvous 2016 Conference

May 27th to 29th, 2016 (Edmonton)

The Provincial Fitness Unit and AFLCA proudly present Fit Rendezvous 2016, Western Canada's largest fitness conference. Fit Rendezvous is a strong Alberta tradition known for delivering a phenomenal line-up of sessions from high-caliber presenters. From aquatic to cycle settings get hands-on experience with the latest fitness trends and leading practices. Wear your favorite workout gear; fill your water bottle and "net workout" with more than 400 of your peers. [Register here](#)

Welcoming First Nations, Metis and Inuit Peoples on the Cancer Journey to Tell their Story

June 6th to 7th, 2016 (Prince George)

Travel, accommodation, and meals are provided for First Nations, Metis, and Inuit peoples on the cancer journey, survivors, and an accompanying family member or care-giver. Only 75 registration spots are available - complete your online registration early! [Register here](#)

Early Years Health Fair

June 18th, 2016 10:00 am to 2:00 pm (Prince George)

The annual Early Year's Health Fair is held in partnership with [The Exploration Place](#) and is designed for children ages 0-6 years. Come to [Lheidli T'enneh Memorial Park](#) with your entire family and enjoy many children's activities and prize give-aways.

Funding Opportunities

[\\$75-Million BC Rural Dividend Helps Small Communities](#)

Applications will be accepted from April 4th to May 31st, 2016

The three-year \$75-million Rural Dividend will help rural communities with populations fewer than 25,000 diversify and strengthen their economies. Funding of \$25 million per year is available in four categories: Community capacity building; Workforce development; Community and economic development; and Business sector development. Local governments, not-for-profit organizations and First Nations are all eligible to apply. [More information here.](#)

[New Relationship Trust Announces 2016-2017 Scholarships & Bursaries](#)

Application Deadline: June 9th, 2016

The New Relationship Trust Foundation has announced their Scholarships and Bursaries for 2016-2017 are now available to First Nations students in BC! FNHA is pleased to contribute to the NRT scholarship and bursary program for students in the health field. [Apply>>](#)

[Community Fund for Canada's 150th](#)

Canada will be celebrating its 150th 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](#)

[Infrastructure Planning Grant Program](#)

Deadline: June 29th, 2016

Grants up to \$10,000 are available to help improve or develop long-term comprehensive plans that may include: capital asset management plans, community energy plans, integrated storm water management plans, water master plans and liquid waste management plans. Grants can be used for a range of activities related to assessing the technical, environmental, and/or economic feasibility of municipal infrastructure projects. [read more >>](#)

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For more opportunities check out:

[Community Grants: Information for northern communities and partners](#)

Recent Articles from the Northern Health Blog

Healthy eating

- [Foodie Friday: A hiker's power food](#), by: Karli Nordman (dietetic intern)
- [Foodie Friday: Something fast and fishy!](#) by: Lindsay Kraitberg (registered dietitian)
- [Foodie Friday: Pulses, lycopene, and the black bean salsa that ties them all together!](#) by: Amy Horrock (registered dietitian, regional dysphagia management team)
- [Foodie Friday: Quinoa, have you tried it?](#) by: Rebecca Larson (registered dietitian)
- [Foodie Friday: Nature provides](#), by: Victoria Carter (lead for engagement and integration, aboriginal health)

Immunization (Apr. 23-30 is National Immunization Awareness Week!)

- [Keeping children safe and healthy with routine immunizations](#), by: Patricia Strim (nursing lead, public health)
- [National Immunization Awareness Week - 100,000 Vaccine Challenge](#), by: Carlin Miroslaw (communications liaison nurse, public health)

Injury prevention

- [Getting ready for Safe Kids Week 2016: Highlighting preventable injuries](#), by: Amy Da Costa (regional nursing lead for injury prevention)
- [Risky play and the freedom to roam](#), by: Denise Foucher (injury prevention coordinator)

Oral health (April is National Oral Health Month!)

- [A lifetime of healthy smiles](#), by: Shirley Gray (team lead, dental programs)
- [Certified Dental Assistants: A passion for healthy smiles!](#) by: Shirley Gray (team lead, dental programs)
- [Oral Health Month: Healthy smiles for your family](#), by: Kelly Esopenko (registered dental hygienist)

Physical activity

- [Just stop and play](#), by: Sandra Sasaki (Children's First manager)

Other

- [Workplace tragedy is preventable: Steps for Life](#), by: Vince Terstappen (communications advisor – population & public health)
- [Screening & follow-up care to prevent cardiovascular disease in women in Prince Rupert](#), by: Justine Derksen (coordinator, physician engagement initiatives)

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

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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