

November 3<sup>rd</sup>, 2016

## Healthier Northern Communities ebrief

### Influenza (Flu) Season

#### Flu season generally occurs during the fall, winter and early spring

Influenza, also called the flu, is an infection of the upper airway caused by an influenza virus. Every year there is a period of time where there are more outbreaks of the flu, this is called flu season. Getting sick with the flu can put you at risk of getting other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. In Canada, thousands of people are hospitalized and may die from the flu and its complications during years with widespread or epidemic influenza activity. [HealthLink BC](#)

### Food for Thought

- [Flu Clinic Locations and Information](#)
- [The Early Development Instrument: reports and resources](#)
- [Health Alerts for Communities in the North](#)
- [What is Population Health?](#)
- [Health Canada Healthy Eating Strategy](#)

### Healthier Communities Resources

#### New Community Health Data Website & Community Health Profiles

The Provincial Health Service Authority recognizes that communities in BC are unique, each with its own assets and health needs. Local-level data is important to provide a picture of health in each community. We are pleased to announce the public release of PHSA's Community Health Data website. Take a look through the interactive website, the latest community health profiles for your communities, and search the database to find more information on indicators of interest to you. Find it [here](#).

#### Health Canada Seeks Testimonials for Tobacco Package Warnings

Health Canada is currently looking for volunteers to share true stories about how their health and lives have been impacted by tobacco use. Since 2011, personal stories, or testimonials, have been displayed on labels of tobacco product packaging. These testimonials help inform Canadians and raise awareness about the serious health risks of tobacco use and the benefits of quitting. Find [more information](#) on tobacco product labelling in Canada.

#### Air Quality Information

Natural Resources Canada has developed an [Anti-Idling](#) website with ready-to-use graphic materials, articles, tools and templates that can help you organize a public education campaign at your workplace or develop a larger-scale awareness and outreach campaign in your community.

## Affordable Rental Innovation Fund

The Affordable Rental Innovation Fund is to encourage new funding models and innovative building techniques in the rental housing sector. The \$200M Fund is expected to help create up to 4,000 new affordable units over five years and will reduce reliance on long-term government subsidies. Learn more [here](#).

## UNBC Opportunity for a CIRC Research Assistant

### December 9<sup>th</sup>, 2016 – Application Deadline

The Cumulative Impacts Research Consortium (CIRC) is a platform for research and community engagement on the cumulative environmental, community and health impacts of resource development. They are currently looking for a talented student to join their team. The CIRC RA works collaboratively with the CIRC Project Lead, Communications Lead and Steering Committee to support our research and community engagement activities. Please forward your CV and cover letter to [chris.buse@unbc.ca](mailto:chris.buse@unbc.ca) with the subject line "CIRC RA application".

## Village of Granisle: An Age-friendly Community

This PlanH short video celebrates the accomplishments of Granisle, a small northern BC community that serves as a vivid demonstration of how age-friendly policies improve health and wellness for community members of all ages. Granisle residents and community partners have demonstrated that becoming age-friendly creates a healthy community for all through community engagement, building infrastructure and inclusive programs. [Watch video](#)

## Webinars & Learning Opportunities

### 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.

### SafeTALK Workshop

#### Monday, November 14<sup>th</sup> @ 1:00-4:30 pm (PST) – Terrace, BC – Registration deadline is November 9<sup>th</sup>, 2016

SafeTALK is suicide alertness training. Participants, aged 15 and older, learn how to recognize a person who may be having thoughts of suicide and how to engage in open and direct talk about suicide. SafeTALK is an educational program offered through [LivingWorks](#). For more information please call toll free: 1-866-326-7877 or email: [terrace@bccs.org](mailto:terrace@bccs.org).

### CAAWS Leadership Workshop – Conflict Management

#### November 15<sup>th</sup>, 2016 @ 3:00-6:00 pm (PST) – Terrace, BC

Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) Women and Leadership Workshops are developed by women for women, providing valuable professional development and networking opportunities for women working and volunteering in Canada's sport and physical activity system. Management Conflict, in its many forms, is an inevitable part of our personal and professional lives. This workshop will ensure participants can understand and resolve conflict professionally. [Register >>](#)

### Health Evidence Webinar - Interventions for Preventing Elder Abuse: What's the evidence?

#### November 15<sup>th</sup>, 2016 @ 10:00-11:30 am (PST)

Join Philip Baker, Australia Regional Director APACPH, School of Public Health and Social Work Queensland University of Technology, as he discusses the findings of his team's systematic review of the effectiveness of interventions for preventing elder abuse in the home, in institutions and in community settings. [Register >>](#)

### The Missing Piece: How Housing Policy Benefits from a Socio-Economic Perspective

#### Thursday, November 17<sup>th</sup>, 2016 @ 10:30-11:45 am (PST)

Canadian Housing and Renewal Association will discuss the role of broader social and economic drivers impacting the non-profit housing sector as well as homelessness across Canada. This webinar will discuss how unemployment, taxation, recessions, social spending and income assistance impact the social housing landscape, and will speak to the

importance of understanding and relating these impacts to advancing housing policy analysis, advocacy and debate. Register [here](#).

### 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. Join the free lecture at UNBC on November 17<sup>th</sup>, 2016. [Register >>](#)

### Cumulative Impacts Workshop

**November 29<sup>th</sup>, 2016 – Fort St. John, BC**

This workshop will provide a collaborative forum for a variety of community members to share their knowledge and experiences around the cumulative impacts of resource development, and will focus on sharing emerging best practices in cumulative impacts monitoring and assessment, and envisioning the next generation of tools capable of measuring cumulative environmental, community, and health impacts of resource development. More details will soon follow but for now we invite you to save the date.

## Funding Opportunities

### Age-Friendly Grants

**Friday, November 4<sup>th</sup>, 2016 – Application deadline**

Local governments can now apply for age-friendly grants. Age-friendly community grants provide up to \$20,000 to local governments for projects that create a healthy environment for seniors. Projects focus on accessibility, dementia support and awareness, and access to non-medical home supports. Decisions on funding are expected to be made this December. Learn more [here](#).

### Grow Local Program

**November 4<sup>th</sup>, 2016 – Application deadline**

Funding provided by the Government of BC of up to \$25,000 each for 10 communities so they can work directly with their local residents in helping grow their own food. Learn more [here](#).

### Innovative Solutions to Homelessness Funding Stream

**November 14, 2016 – Call for Proposals Deadline**

Stakeholders and organizations are invited to apply for funding between \$25,000 to \$500,000 for large-scale pilot projects that aim to test innovative and promising interventions and practices to prevent or reduce homelessness in Canada. Learn more about both streams [here](#).

### 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](#)

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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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