

November 2017

Healthier Northern Communities ebrief

The Healthier Northern Communities ebrief is produced by the regional Population Health program (Population and Public Health, Northern Health). In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the ebrief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.

IMAGINE Community Grant Funding Now Available

Do you have an idea for a project that promotes staying healthy? Northern Health is looking for community partners with ideas for projects that will improve the health of those living, working, learning, and playing in northern B.C. 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 or by phone at 250-565-2131.



Resources

Physical Activity of Canadian children and youth: INFOGRAPHIC

Recently released by Statistics Canada, this [infographic](#) is an excellent visual representation of the current state and trends of physical activity levels for both boys and girls, as well as factors that positively affect these numbers.

Appetite to Play – Healthy Eating & Physical Activity in the Early Years

This [initiative](#), geared toward early years providers, is designed to support, promote, and encourage physical activity and healthy eating. Appetite to play provides recommended practices and support resources for early years providers to use in a variety of settings including: daycare centres, family based childcare, preschool, and parent participation programs.

Healthy Eating Strategy – Health Canada (October 2016)

Through regulatory, chronic disease prevention and health promotion functions, the Health Portfolio will support Canadians in making the healthier choice, the easier choice. The [Healthy Eating Strategy](#) is aimed at improving the food environment through: improved healthy eating information, strengthened labelling and claims, improved nutrition quality of foods, protection of vulnerable populations and increased access and availability of nutritious foods.

Bringing Mental Health to Schools: a curriculum resource for grades 8-10

Launching on October 31st, this is a self-guided, fully online, classroom ready, modular mental health curriculum [resource](#). Educators will learn how to apply this guide, as well as upgrade their own mental health literacy. Educators can then use the resource in their schools.

Positive Mental Health Toolkit (2nd Edition)

Designed to promote positive mental health practices and perspectives within the school environment, the [toolkit](#) was developed for the Pan-Canadian Joint Consortium for School Health. The resources are divided into five online modules, which can be explored and completed as the learner wishes.

Marijuana Research – Canadian Centre on Substance Use and Addiction

With the impending legalization of marijuana in Canada, this organization has compiled a collection of [research](#) on the impacts and knowledge on the health effects of non-medical cannabis.

Community Events

Hacking Health and Startup Weekend

November 3rd-5th, 2017 – Prince George, BC - Hubspace

Hacking Health is a global social movement devoted to transforming healthcare through creative collaboration between healthcare professionals and technology creators. This event supports people with ideas to form teams and develop their business ideas in an intense and exciting three days. Purchase [tickets](#) in advance to reserve your spot.

“Finding Balance” Falls Awareness Week

November 6-12th, 2017

Individuals, organizations and communities can visit the [Finding Balance BC website](#) where you can access the campaign toolkit that includes digital content and printable posters. Support seniors to stay injury free!

National Addictions Awareness Week

November 12-18th, 2017

This is a week where organizations across the country join to highlight issues and solutions to help address alcohol and other drug-related harm. It is an opportunity to [learn more](#) about prevention and talk about treatment and recovery.

Change Day BC

November 17th, 2017

Change Day is a global movement that was started in 2013 to drive change and improvement in the health system. Countries from all over the world have since launched their own change days, spreading energy and excitement to improve care globally. Championed in workplaces and communities, each pledge represents an individual who is taking action and making a positive difference in the lives of patients, residents, volunteers or colleagues. To learn more, make a pledge, or access resources visit [Change Day BC](#).

Funding Opportunities

Healthy Schools Network Grants – DASH BC

Due November 10th, 2017

The focus of this year’s grants will be on “Well-being in a Real-World Context”. Mental well-being is a key foundation for student health, well-being, and success. Preference will be given to applications that address the whole school environment with actions across interrelated learning areas. Applications and more information can be found on the [DASH BC website](#).

Student Wellbeing for Systems Change Fund – WellAhead

Due November 17th, 2017

An exciting new grant opportunity for school districts, groups of schools and organizations working within the education system. Grants are for a 3-year term, with request amounts anywhere between \$75,000 and \$300,000. For eligibility criteria and application information, see the [WellAhead website](#).

Expanding Farm to School in British Columbia Start-up/Scale-up Grant

Due December 1, 2017 (11:59pm PST)

Receive up to \$3,500 for new Farm to School recipients and up to \$1,000 for previous grant recipients to support a Farm to School program for two years. Receive individual support from the Farm to School BC Community Animator and access to events, professional development and resources throughout the school year. For more information and to apply check out [Farm to School BC](#).

Northern Lights Community College Scholarships

Due December 15, 2017

The [Northern First Nations Health Partnership Committee Health and Wellness Awards](#) are scholarships of \$500 that are available for 6 undergraduate students enrolled in a health-related program. For eligibility criteria and applications contact Kim McPhedran at kmcphedran@nlc.bc.ca.

College of New Caledonia Scholarships

Due December 31, 2017

The [Northern First Nations Health Partnership Committee Health and Wellness Awards](#) are scholarships of \$500 that are available for 5 undergraduate students enrolled in a health-related program. For eligibility criteria and applications contact finaid@cnc.bc.ca.

BC Fires: Community Partnership Program

This [funding](#) has been allocated to support community-driven efforts for recovery and resiliency in the areas of; emergency relief, community strengthening, safety and wellbeing, Indigenous programming, and disaster risk reduction. Charities, NGOs, municipalities, schools, Indigenous and faith-based organizations, and community groups can apply.

Youth Action Grants (YAG)

The [McCreary Centre Society](#) has made [grants of up to \\$500 available](#) for youth-led projects which aim to improve youth health in their school or community. To qualify, individuals must be from a school district who participated in the [2013 BC Adolescent Health Survey](#). For more information and to register visit the [McCreary Centre Society Youth Action Grants](#).

Education/Learning Opportunities

WEBINAR: From Black Horses to White Steeds: Building Community Resilience

November 2nd, 2017 - 8:00am PST

This webinar will explore three of the case studies, focused on the strengths of local initiatives, from the book “Black Horses to White Steeds: Building Community Resilience”. Register for the [webinar](#) to learn more about how communities are building community resilience.

WEBINAR: Measuring Up to Poverty Reduction in Rural B.C.

November 2nd, 2017 – 1:00pm EDT

Register for this [webinar](#) and learn how four local collaborative poverty reduction tables – Greater Trail, Nelson, Cranbrook and Revelstoke – came together with the Columbia Basin Rural Development Institute to identify indicators to help measure poverty, and impacts of poverty reduction over time.

Mental Health First Aid Course

November 28-30th, 2017 – Prince George Native Friendship Centre (9am-4pm)

The Mental Health Commission of Canada has developed a course to address mental health issues in First Nations communities. Explore mental health issues in a cultural context and join the thousands of mental health first aiders across Canada. Cost to register is \$225.00 and more information can be found by emailing Erin at eanderlini@pgnfc.com

WEBINAR: Building for Mental Health: Healthy built environments for children and youth

December 11th, 2017 – 10:00am PST

This webinar will focus on factors in the urban built and social environments that promote child and youth mental health, and how public health can work to support these factors through upstream approaches. To register visit the National Collaborating Center for Determinants of Health [website](#).

Physical Literacy Instructor Program – Sport for Life

Online and in-person modules

The [program](#) is a blended [e-learning](#) and in-person training experience that provides the opportunity to be recognized as a Physical Literacy Instructor. Learn to design and deliver quality programs to enhance the development of physical literacy in youth. Geared toward recreation management/staff, teachers, public health staff, and others who deliver physical activity programs.

Northern Health Blogs

- [World Breastfeeding Week 2017](#) By: Jeanne Hagreen
- [Why skin-to-skin care is important for your baby's well-being](#) By: Jane Ritchey
- [Breastfeeding: a cultural approach can make all the difference](#) By: Theresa Healy
- [Sustaining breastfeeding together: She can do it, you can help](#) By: Randi Parsons
- [What does introducing solid food mean for breastfeeding?](#) By: Lise Luppens
- [Juggling the joys \(and challenges\) of breastfeeding my toddler](#) By: Randi Parsons
- [The joys of the harvest](#) By: Rebecca Larson
- [Sustaining breastfeeding together: what mothers have to say](#) By: Lise Luppens
- [October is Canada's Healthy Workplace Month](#) By: Mandy Levesque
- [Mental wellness inside and outside of mental illness](#) By: Stacie Weich
- [Nine reasons to quit smoking today](#) By: Nancy Viney
- [Game On...the hunter's twist on the classic Beef Bourguignon](#) By: Carmen Maddigan
- [Eating well at work: what Northern Health staff have to say](#) By: Flo Sheppard
- [Mindfulness at work – a positive mental health strategy](#) By: Jennifer Koh
- [Making kid-friendly meals](#) By: Lise Luppens
- [Sit less and move more for a healthier workplace](#) By: Gloria Fox
- [Halloween celebrations – more than just food](#) By: Lindsay Kraitberg
- [A dietitian's take on the sticky topic of Halloween candy](#) By: Emilia Moulechko

Additional Online Health Newsletters/Updates

Road Safety at Work Newsletter

Subscribe to this [newsletter](#) from [Road Safety at Work](#) for information on road safety for fleet management and staff, events, workshops, and resources.

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 ebriefs 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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Next edition to follow in December 2017