

November 2018

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.

Cannabis Legalization

Cannabis has now been legal in Canada for two weeks. This change has a wide range of implications for individuals, families, schools, employers, and governments – particularly when it comes to making decisions that keep communities healthy and safe. With new policies, legislation, bylaws and recommendations circulating around the country, there is a lot of information to digest. There are also a number of tools designed to help communities move forward.



- British Columbia recently released [Get Cannabis Clarity](#), an online hub for information on legislation, health implications and usage in communities.
- The Centre for Addiction and Mental Health published [Lower-Risk Cannabis Use Guidelines](#), outlining 10 steps to reduce health risks if using.
- Drug Free Kids Canada has published a [Cannabis Talk Kit](#), designed to help engage teenagers in conversation.
- The Canadian Centre for Substance Abuse and Addiction has initiated [Let's Talk Cannabis](#), a growing repository of tools for starting community conversations.

As a whole, these tools encourage constructive and informed conversations about this changing landscape.

For Your Information

- New campaign from ParticipACTION: [EVERYTHING GETS BETTER when you get active](#). The benefits of physical activity extend WAY beyond the way we look; there are brain benefits, relationship benefits, community benefits and benefits we may have never even expected. Check the [ParticipACTION website](#) for “All the Betters” and how they connect to so many other aspects of our lives – because an active life is a better life.

- Appetite to Play is an initiative in British Columbia designed to support early years providers to promote and encourage physical activity and healthy eating for children 0–5 years old. Check out this [quick video](#) to learn more about the initiative, and then explore appetiteto.com to learn more and get tools to set the stage for lifelong healthy behaviours.
- November is Seniors' Fall Prevention Awareness month. Promote awareness by visiting findingbalancebc.ca and downloading campaign materials.
- **New DASH BC Employment opportunity! Position Summary:** Provide community liaison services to assist communities to implement DASH initiatives, full-time position. **Location:** Any community within the Northern Health Authority Region. **Qualifications:** A degree in a school health related or community development field with content in education, population health/health promotion, community development and/or project management. Please send a cover letter and your resume to info@dashbc.ca by **November 16, 2018 at 4:30.**

Resources

Food Systems Journal

The *Journal of Agriculture, Food Systems, and Community Development* ([JAFSCD](#)) is the world's only peer-reviewed, trans disciplinary journal focused solely on food and farming-related community development. JAFSCD emphasizes best practices and tools related to the planning, community economic development, and ecological protection of local and regional agriculture and food systems, and works to bridge the interests of practitioners and academics. JAFSCD is an online-only journal; [subscribers](#) access the content online and may download or print any articles. The most recent issue looks at [Local Government in Food Systems Work](#).

Funding Opportunities

Healthy Schools BC First Nation School Grants Are Now Available!

Due November 9, 2018

Healthy Schools BC First Nations School Grants are intended to support First Nations schools in implementing Indigenous ways of wellness across a whole-school environment. These grants are available to BC First Nations Schools. Public schools are not eligible for this grant. Further information can be found on the [Healthy Schools BC website](#).

Farm to School BC Grants: Bringing Healthy Local Foods to Schools

Deadline: Nov. 19, 2018

Want to start a school garden or salad bar program? Teach students about harvesting, preparing and preserving local or traditional foods? [Farm to School BC grants](#) are still open to all BC schools with great ideas for school food programs. Grants are valued at up to \$3,500 for new applicants, and up to \$1000 for previous grant recipients. For more information, visit the [Farm to School BC website](#), or contact a Northern Health Population Health Dietitian at 250-631-4265

Northern First Nations Community Wellness Grants 2018/19

Due November 22, 2018

First Nations health Authority and Northern Health are offering [Wellness Grants](#) for a maximum of \$5,000 to support First Nations communities working to improve the health and well-being of First

Nations in northern BC. First Nations bands, community organizations, and health centres are eligible to apply here.

District Staff Well-being Grants – DASH BC and McConnell Foundation

Due Nov. 30th, 2018

The focus for this year's grant will be on "mental well-being of staff as a way to improve the mental well-being of all members in the school district community". Grant amount \$5000.00 (4 grants @ \$5,000.00 will be awarded). Eligibility: The grants are available to all BC School Districts and must be submitted by a school district and their health authority partner. Applications and more information can be found at: <https://dashbc.ca/>

Education/Learning Opportunities

Learning for Life Resources for Educators

NEW free online

Learning for Life aims to **promote healthy lifestyle behaviours and build digital health literacy skills** among intermediate elementary students. Using a fun and interactive approach, Learning for Life provides educators with **curriculum-based resources** for students in grades 4-7. The Second Edition of Learning for Life follows a comprehensive approach to facilitate **learning, reflections** and **goal setting around five critically important healthy lifestyle behaviours**, including physical activity, nutrition/healthy eating, sleep hygiene, stress management and social connectedness. Learning for Life also explores **how technology can support students in being healthier**, through building competencies in digital health literacy and facilitating important discussions around balancing technology with healthy behaviours. To learn more go to:

<http://digem.med.ubc.ca/projects/ubclearningforlife>

Making Multisport Work webinar

27 November 2018, 10:00 – 11:30 PST

Recently, the concept of multisport participation has gotten some exciting media attention with leadership from our friends at [Active for Life](#) and great examples from Canadian sport organizations. Many research studies back up the concept. So, if everybody knows about it, why isn't multisport participation the norm for young, developing athletes across Canada? [Registration](#) is required.

Northern Health Blogs

- [Serving up healthy school lunches](#), salad bar style; by Emilia Moulechkova
- Tumbler Ridge physician makes [33rd appearance in long-running journal feature](#); by Anne Scott
- [It's Canadian Intensive Care Week!](#); by Anne Scott
- Primary and Community Care Transformation is hard: [How one nurse changed her perspective](#); by Bailee Denicola
- Wellness at Work: [Tips from your Recreation Therapist](#); by Jaymee Webster
- In photos: [Medical students meet "Simbaby"](#); by Tamara Reichert
- Food Security Part 1: [What is household food insecurity?](#); by Laurel Burton
- [Hemodialysis collaboration during the 2017 wildfires](#); by Tamara Reichert
- [School Safety](#): the old and the new; by Robbie Pozer
- [Active school travel planning](#) for improved health and better grades; by Gloria Fox

- [Help your community health star shine!](#); by Robbie Pozer
- [Breastfeeding: It can look different!](#); by Theresa Healy
- [Tandem breastfeeding](#): strengthening family connections: Randi Parsons
- [Human milk banking](#): getting breast milk to the babies that need it most; by Jeanne Hagreen
- [Nutrition and breastfeeding](#): are we sending the right message?; by Lise Luppens
- Breastfeeding-friendly spaces: [make breastfeeding your business](#); by Jessica Quinn
- [Welcome to 2018 Breastfeeding Week](#); by Vanessa Salmons

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/services/Healthy-Living-in-Communities>

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250.645.6568**

*Northern Health's Population and Preventive Public Health Team
Centre for Healthy Living
1788 Diefenbaker Drive, Prince George, British Columbia*

Next edition to follow in December 2018