

October 13<sup>th</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

- [October is healthy workplace month!](#)
- [Canning program aims to bring food security to northern BC](#)
- [BC community health data](#)
- [Self-management BC](#)
- [Healthy students are better learners](#)
- [Legislation in effect to regulate e-cigarettes](#)

### Healthier Communities Resources

#### New PlanH video: 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. [Watch the video](#)

#### You Are Not Alone: A Suicide Prevention and Awareness Initiative

Mental health is an issue that directly and indirectly affects everyone across the country, and yet stigma still surrounds the topic, especially suicide. Alberta currently has the second highest rate of suicide in the country and there have been recent reports of the suicide rate climbing by 30%. We can't let people continue to suffer in silence – if you are struggling, you need to know that you are not alone. Following the momentum of our previous mental health initiative, Make It Mandatory, we have started the campaign #YouAreNotAlone with the aim of raising awareness and preventing suicide across the country. [More info](#)

#### Local governments key to addressing overdose epidemic

The drug-related public health emergency in BC requires local governments to play a key role in a concerted, coordinated prevention and response strategy, delegates learned at this afternoon's plenary session. [Read more](#)

## Communities on the Move Declaration

In creating smart, fair and healthy transportation options for all BC communities, we envision that in 10 years, neighbourhoods across BC will be connected by transportation systems that make it easy, safe and enjoyable to get around whether by walking, biking, public transit, driving, ride-sharing or in a wheelchair. We want to see government making progressive investments that support active and healthy communities with a wide range of mobility needs. Show your support by signing our Communities on the Move [Declaration](#).

## Healthier Communities Events

### 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](#)

### Mental Health at Work Challenge

Our goal is to have your organization make a commitment to take some immediate small steps to start implementing the National Standard of Canada for Psychological Health and Safety in the Workplace. The *Mental Health at Work*® Challenge is available to all Canadian organizations at no charge. Please [register today](#) to demonstrate your organization's commitment to raising awareness and supporting your employees with turnkey evidence-based tools.

## Webinars & Learning Opportunities

### 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](#)

### 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 >>](#)

### Hydrate Your Athletes for Optimal Performance & Health Webinar

**October 27<sup>th</sup>, 2016 @ 6:30-7:30 pm (PST)**

Learn from Ruth Hellerud- Brown, Registered Dietitian with Fraser Health Authority and Stacey Berisavac, Manager of Health Promotion with the Canadian Cancer Society, on the importance of hydrating your athletes for optimal performance. This presentation tackles common marketing myths around sport and energy drinks and will provide you with tips and resources to better serve your athletes. [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.

### 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 >>](#)

## 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 >>](#)

## Funding Opportunities

### Join the ParticipACTION Teen Challenge

ParticipACTION challenges all teens to find their passion and get moving. Only 5% of youth in Canada are active enough to get all the benefits that come with regular physical activity. Working with community organizations, the Teen Challenge provides support for teens to find the activities they need to get moving. Any community organization, league, church, recreational centre facility, or school that provides the grounds, facilities, equipment and instructors to support a physical activity program for Canadians aged 13-19, can be part of the [ParticipACTION Teen Challenge](#). Apply for a [teen challenge grant](#).

### Highway 16 Community Transportation Funding

The government has committed \$800,000 in funding over three years as part of a cost-share program to assist with the purchase of vehicles and/or operating costs of eligible services that improve transportation for communities along the [Highway 16 corridor from Prince Rupert to Prince George](#). The Highway 16 Community Transportation Grant Program encourages funding partnerships with First Nations, local, regional and federal governments, as well as agencies and private sector organizations. To apply for grant funding [click here](#). Also, learn about the new \$5-million [Transportation Action Plan](#) for Highway 16.

### Age-friendly grant funding announced

The Province has announced the continuation of funding for the Age-friendly Communities program. The Ministry of Health has committed an additional \$0.5 million in funding to the program and a maximum of 30 grants of up to \$20,000 are now available for 2017 community planning initiatives or community projects. [More info](#)

### 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](#)

## Recent Articles from the Northern Health Blog

Great Northern Scavenger Hunt

- [Get your game on!](#) by: Reg Wulff
- [The Great Northern Scavenger Hunt – Off to a strong start!](#) by: Andrea Palmer
- [Spring versus Summer: Two seasons at Eskers Park](#) by: Yvonne Liang

- [So long summer \(but it's not all that bad!\)](#) by: Reg Wulff

#### World Breastfeeding Week

- [La Leche League of Canada: Raven Thunderstorm talks about breastfeeding supports](#) by: Emilia Moulechkova
- [Bringing out the best: Breastfeeding, the World Health Organization and Quesnel](#) by: Theresa Healy
- [What does breastfeeding mean to you?](#) by: Emilia Moulechkova
- [World Breastfeeding Week: Share your story!](#) by: Jeanne Hagreen

#### Healthy eating

- [Foodie Friday: Prince George carrots, B.C. apples, and the urge to bake this fall](#) by: Lindsay Kraitberg
- [Foodie Friday: Have you tried leeks?](#) by: Emilia Moulechkova
- [Ditching the can opener: Tools, services, and tips to make healthy, homemade meals accessible](#) by: Rebecca Larson & Valerie Pagdin

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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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