

September 1st, 2016

Healthier Northern Communities ebrief

Concussion Awareness Training Tool (CATT)

This September, all teachers and educators are being asked to take the newly released Concussion Awareness Training Tool (CATT) for School Professionals. Join Northern Health in encouraging not just educators, but everyone to get the training. Concussions Matter! A concussion is a mild traumatic brain injury. Recognizing when one happens, knowing how to respond, and appropriately supporting a person's return to school/work/play can make a difference to their recovery and help prevent re-injury. Cattonline.com has designed a toolkit so everyone can learn to prevent, recognize, and manage concussion symptoms. Download the [Concussion Ed. app](#). To learn more we welcome you to read [BC's Concussion Injury Insight](#) from BCIRPU.

Food for Thought

- [BikeBC Funding for Communities throughout BC](#)
- [Weight Loss Diets and Programs - Healthy or Harmful?](#)
- [HealthLink BC – 24/7 Health Advice You Can Trust](#)
- [Public Health Protection - Facility Ratings](#)

Healthier Communities Resources

Food Skills Curriculum for Pregnant Women

Partnerships with Prenatal Programs Wanted! Do you have a weekly program currently running that is two hours in length? Are you looking for a more structured and established curriculum? The Canadian Diabetes Association invites your program to collaborate on a new pilot. This 18-week pilot program provides an opportunity for pregnant women to cook together, create support networks and develop their kitchen skills, while also learning important prenatal information. Learn more: [Promoting Healthy Eating for Families](#)

Survey on Access to Early Years Services in BC: What Information and Data do we have?

September 23, 2016 – Survey deadline

We want to hear from you! The First Call Early Childhood Development (ECD) Roundtable is gathering information from service providers on access barriers for parents to early-years services for their young children. This short survey (4 questions) is a first step to see what information you have about access barriers that parents encounter for the ECD programs or services you offer. We hope that you will complete this [survey](#) and/or distribute it broadly.

Household Food Insecurity

In August 2016, Dietitians of Canada released 3 documents addressing household food insecurity in Canada: [Background Paper](#) - including information about the prevalence, severity and causes of household food insecurity in Canada, with references, [Position Statement and Recommendations](#) - addressing the issues related to household food insecurity, with referenced rationale and [Executive Summary](#) - which includes the position statement, recommendations and key information from the two larger, referenced documents.

2016 FNHDA Inspiration Awards Nominations

September 27-29th, 2016

Now is your chance to nominate an exceptional First Nations Health Director Association Lead doing extraordinary work in our communities. To be eligible, nominees must be a FNHDA Member in good standing with the Association. All nominations are kept confidential to respect privacy. There are a potential of seven awards based on the Seven Standards of Excellence to be honored at the FNHDA Annual General Meeting on Coast Ts'msyen (Tsimshian) Territory in Prince Rupert, BC. [More info](#)

CIHI – Data on Emergency Department Visits for Sport-related Brain Injuries

According to the newest injury and trauma data from the Canadian Institute for Health Information (CIHI), more than 9 out of 10 (94%) Emergency Department (ED) visits for sport-related brain injuries in 2014–2015 were concussion related. Furthermore, more than 6 out of 10 (62%) ED visits for sport-related brain injuries were made by males. Hockey, cycling, football and rugby were the sports that sent the largest number of patients to the ED for brain injuries. For more information visit: cihi.ca

Healthier Communities Events

Back to School Celebration

Tuesday, September 6th, 2016 @ 11:00-2:00 pm (PST)

Come join in the Back to School Celebration at the Prince George Native Friendship Centre! The celebration will begin with an opening prayer and welcome to the traditional territory. There will be food, face painting, photo booth, clothing exchange, free haircuts, free booster seats and a *free backpack filled with school supplies* for each child registered. Go to [PGNFC](#) or call 250.564.3568 for more information.

Mysterious Barricades: A Cross-Canada Concert for Suicide Awareness, Prevention and Hope

September 10th, 2016 – World Suicide Prevention Day

The goal of this concert is to bring the gift of music to the country on World Suicide Prevention Day in order to raise awareness of the mysterious barricades between mental illness and health, to encourage public discourse about the prevalence of suicide and measures for suicide prevention, to encourage the formation of community by those impacted by suicide, and to raise funds for education and support of those at risk and those impacted by suicide. For more information, visit: [Mysterious Barricades](#)

Walk a Mile in Her Shoes

Saturday, September 10th, 2016 @ 10:00am (PST) – Vancouver, BC

Aboriginal men coming together and putting on heels, pumps, wedges and flats and are walking a mile to honor all women and to call for an end to violence, sexual assault and gender violence against our women. We are respectfully requesting men to bring their drums. See the Facebook event for [more information](#).

Aboriginal RunWalk and Honour Your Health Challenge

September 16th, 2016 – Registration deadline

Registration is open for the 2016 Regional Leader Training Sessions. They are designed to bring together community leaders and individuals who are passionate about promoting health and wellness in Aboriginal communities. At the conclusion of training, participants will become eligible to apply for up to \$1000 in grant support for their Aboriginal RunWalk or Honour Your Health Challenge community project.

- Terrace..... September 28-29th, 2016 [Register for Terrace](#)
- Prince George October 5-6th, 2016 [Register for Prince George](#)
- Kamloops..... October 19-20th, 2016 [Register for Kamloops](#)
- Nanaimo October 27-28th, 2016 [Register for Nanaimo](#)
- Vancouver..... November 7-8th, 2016 [Register for Vancouver](#)

2016 Regional Leader Training Sessions

The training sessions are offered to individuals representing an Aboriginal community, who are committed to delivering a healthy living project under the [Aboriginal RunWalk](#) or [Honour Your Health Challenge](#) programs. The sessions are designed to bring together community leaders and individuals who are passionate about promoting health and wellness in the Aboriginal community. At the conclusion of training, participants will become eligible to apply for up to \$1000 in grant support for their Aboriginal RunWalk or Honour Your Health Challenge community project. [Learn more >>](#)

Take Back the Night 2016

Friday, September 16th, 2016 @ 6:30pm (PST) – Prince George, BC

The Take Back the Night March is scheduled for September 16th, 2016. Bring your lights and make some noise to end violence in Prince George! If you are interested in the event or would like more information please contact us at: tbtn@pgwebhost.com or check out the event on Facebook: [Take Back the Night PG](#)

Global Breastfeeding Challenge

October 1st, 2016 @ 11:00am (PST)

In 2001 the Quintessence Breastfeeding Challenge started in the Canadian province of British Columbia with 856 babies and their mothers at 26 sites. By 2011, there were 4,466 children in 16 countries. Breastfeeding and donor milk-banking need support around the world. Do your part, join us - organize a site - big or small! Every breastfeeding child counts in the final numbers! Learn more and register for this year's challenge at: babyfriendly.ca

Webinars & Learning Opportunities

Gender, Design & Delivery for Public Health Interventions

Thursday, September 8th, 2016 @ 10:00-11:00am (PST) – Kelowna, BC

Dr. Kate Hunt, Professor; Associate Director, MRC/CSO Social and Public Health Sciences Unit, Institute of Health and Well-being, University of Glasgow, Scotland, will share the key messages from Football Fans in Training, and a weight management and healthy living program for overweight men. To attend in person or via webinar [register here](#)

McMaster Optimal Aging Portal Webinar

September 12th, 2016 @ 10:00-1130pm (PST)

The McMaster Optimal Aging Portal is a free and easy-to-use website that gives you access to high-quality information to help you age well. The Portal filters out the noise and makes it easy to understand how evidence-based information can help you — whether you're a citizen, a clinician, a public health professional or a policymaker. Explore the [McMaster Optimal Aging Portal](#). To register for the webinar [click here](#)

Northern Perinatal Conference

September 16-17th, 2016 – Registration deadline: Friday, September 2nd, 2016 – Smithers, BC

The fourth annual Northern Perinatal Conference aims to highlight patient and family centered care, seamless perinatal care transition and inter-professional collaboration. Friday, September 16th will also see an evening networking event co-hosted by the *Northern Health Authority and the First Nations Health Authority*. An open invitation is extended to any frontline health, social caregiver or community member who would like to attend.

[Register](#)

Pacific Post-Partum Support Society presents Two-day Workshop

Thursday, September 22-23rd, 2016 in Prince George, BC

The topics discussed during this workshop include: defining postpartum depression/anxiety/adjustment, the continuum of PPD/A reactions, the multidimensional model of PPD/A, what helps, the importance of self-care for the mother and the support person, partners and the postpartum period, basic postpartum depression, motherhood myths, personal stories, giving support and making referrals, anger and the postpartum period, suicidal feelings, evaluation and resolution of postpartum depression/anxiety, and when a participant is ready to leave the group.

[Register >>](#)

Are Canadian Kids too Tired to Move?

Tuesday, September 27th, 2016 @ 8:00-9:00 am (PST)

The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The 2016 edition has for the first time assigned a grade specifically to sleep and includes new Canadian 24-Hour Movement Guidelines for Children and Youth: and Integration of Physical Activity, Sedentary Behaviour, and Sleep. The fee for this webinar is \$25. [Register here](#).

Canadian Falls Prevention Curriculum Online Course

September 30th - November 4th, 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](#)

Northwest Child Care Conference 2016

September 30th – October 1st, 2016 – Terrace, BC

We invite Early Childhood Educators, Family Child Care Providers, Registered License-Not-Required and other Early Years professionals to the Northwest Child Care Conference. This conference brought to you by: Skeena Child Care Resource & Referral, Early Childhood Educators of BC (Terrace Branch), and Northwest Community College Early Childhood Education Department. A \$70.00 registration fee for Early-bird registration must be dropped off or postmarked by Friday, September 16th, 2016. [Apply today](#)

A Regional Symposium for and by People Living with Insulin-Dependent Diabetes in Northern BC

Saturday, October 1st, 2016 – Smithers, BC

A day of inspiration, education and skills development for people living with Type 1 Diabetes, their caregivers and their healthcare teams. Engage with informed & empowering speakers and a community of T1s on themes of managing exercise, overcoming challenges, building community, supporting mental health, and living our very best lives. [Register now!](#)

Circle of Security (COS) Parenting DVD Training

October 3-6th, 2016 – Prince George Native Friendship Centre

This 4-day seminar teaches professionals how to use an eight-chapter DVD to educate parents and caregivers. The program presents examples of secure and problematic parent/child interaction, healthy options in care giving and animated graphics designed to clarify principles central to COS. Circle of Security Parenting implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling. [Register here](#). Or contact Kim Chernenkoff at 250.564.3568 ext. 201 for more information.

Heart Mind Conference 2016: Cultivating Resilience

October 21-22nd, 2016 – Surrey, BC

Join the Dalai Lama Center for Peace and Education at the Bell Performing Arts Centre for the 4th annual Heart-Mind Conference featuring some of the leading minds in child development, education and mental health addressing the Dalai Lama's question, "How can we educate the hearts of children?" [Register >>](#)

2016 IDC Research Days Conference

November 7-9th, 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. The [Call for Abstracts](#) is available online. Abstracts are due September 18th, 2016.

Northern BC Housing Conference

November 14-16th, 2016 – Prince George, BC – Registration opens September 6th, 2016

Co-hosted by the Community Development Institute (CDI) at UNBC and the Canadian Homebuilder's Association (CHBA) Northern BC, this year's Housing Conference will provide workshops on local energy efficiency partnerships and housing solutions for changing communities. [CHBA Northern BC](#)

5th Health & Wellbeing in Children, Youth & Adults with Developmental Disabilities Conference

November 16-18th, 2016 – Vancouver, BC

Children, youth and adults with Developmental Disabilities (DD) are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD and their families, to improve their quality of life experience. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and inter-professional collaboration. [Click here](#) to view the conference brochure. [Register online >>](#)

2016 PHABC Conference - Strengthening Healthy Development: Education and Public Health in Partnership

December 11-12th, 2016 – Vancouver, BC

The Public Health Association of BC (PHABC) is preparing to present their 2016 conference. This year's focus is "Strengthening Healthy Development: Education and Public Health in Partnership." PHABC welcomes participants from a variety of professional backgrounds who are working directly or indirectly on public health and/or education issues, and feel the topic could be of relevance to you and your networks. Registration opens September 1st, 2016. [Register >>](#)

Funding Opportunities

NutritionLink Services Society 2016 Granting Program

September 15th, 2016 – Application deadline

NutritionLink Services Society (NLS) is distributing annual grants to registered charities. We encourage charities with continuing projects to reapply. In 2014, NLS provided over \$25,000 to six grant recipients. Each year NLS has provided up to \$32,000 for as many as six recipients. [Apply here](#)

20th Annual BCAPOP Conference & Annual General Meeting

October 26-28th, 2016 - Richmond, BC

Supporting Diverse Needs with Compassion, Knowledge and Skill. This conference is of interest to anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families. Intended for an adult audience. [Register](#)

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](#)

For More Opportunities Check Out:

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

Recent Articles from the Northern Health Blog

Healthy Communities & Community Granting

- [From trail to town: How one accessible project led to greater change in Old Massett](#) by: Andrea Palmer (communications advisor, population & public health)
- ["Local solutions to local problems": The Open Gate Garden Project in McBride](#) by: Vince Terstappen (communications advisor, population & public health)

Healthy Eating

- [Foodie Friday: Make zoodles with your summer harvest!](#) by: Erin Branco (registered dietitian)

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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