

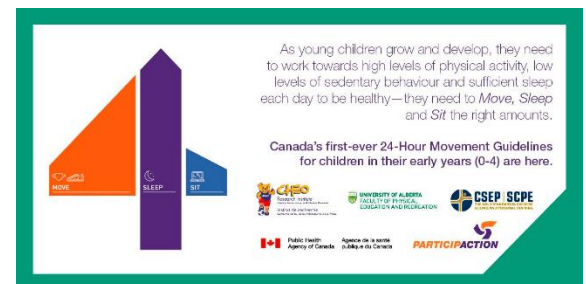
December 2017

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.

Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years)

Integrating physical activity, sedentary behaviour, and sleep, these guidelines are relevant to all apparently healthy infants, toddlers, and preschoolers. Following these guidelines through the early years is associated with better growth, cardiorespiratory and musculoskeletal fitness, cognitive development, psychosocial health/emotional regulation, motor development, body composition, quality of life/well-being, as well as reduced injuries. To learn more, visit ParticipACTION.com.



Food for Thought

- [ICBC's Operation Red Nose](#) provides rides to drivers and their passengers who have been drinking or are too tired to drive home during the holiday season. Operation Red Nose is available in Prince George.
- [Shift Into Winter](#): Conditions change. So should your speed. Slow down!
- Health Canada update on [Baby Nests](#).
- Heating your home with a wood stove? Tips for burning responsibly can be found on our [Northern Health website](#), or see if you qualify for the [BC Wood Stove Exchange Program](#).
- Thinking of donating food to an organization in your community this holiday season? Here's why you should give a monetary donation instead and some ideas for [healthier food donations](#).
- Survey for local planners on considering aging in community planning. Access this 5-10 minute survey through the [American Planning Association](#).
- The Youth Experiences Project PG is seeking participants in Prince George between 16-30y to complete a survey on their experience with drug use. Visit their [Facebook](#) for more information and to see if you qualify, or call/text 250-532-0065. Participation is anonymous and confidential. Participants will be offered \$25 for their time.

Resources

When Words Matter: A Guide – Fraser Health

Whether you're a parent, child, friend, partner, or co-worker of someone who may be using substances, reaching out and having conversations about overdose prevention is a crucial step that you can take together. Use this [guide](#) to prepare for and begin the conversation about overdose prevention. For more information visit [Fraser Health](#).

Youthspace.ca

This free, online [text chat](#) for youth operates between 6pm and midnight PST daily. Youth do not need to be in crisis to chat. Volunteer staff are certified in ASIST (Applied Suicide Interventions Skills Training) and are available to youth to talk about stress, relationships, school, suicide, abuse or other concerns. Average chats are about 40 minutes and can sometimes require a wait to get on. [The Need2 Suicide Prevention Education and Support program](#) is based in Victoria, BC.

Private Out-Patient Addictions Treatment in Prince George

[Brazzoni and Associates](#) has opened a new, privately-run addictions treatment program aimed to support people seeking help while also holding down jobs and maintaining families. This is an [intensive out-patient program](#) and is run in partnership with Edgewood Health Network.

UPnGO with ParticipACTION – Workplace Wellness Program

UPnGO with ParticipACTION helps deskbound workplaces seamlessly integrate fun, rewarding, and healthy behaviour programming into the workday to help employees be at their best. This unique program is designed to mobilize entire workforces, not only the physical activity keepers. To learn more check out the [ParticipACTION.com](#).

Canadian Assessment of Physical Literacy (2nd Edition)

The Canadian Assessment of Physical Literacy (CAPL) is the first tool of its kind to help assess the physical literacy level of a child. The [website](#) includes manual, quick reference guides, training videos and webinars, and has built-in data entry. The training provided allows parents, teachers, public health practitioners, coaches and rec leaders to administer the assessment.

Get Active Questionnaire (Canadian Society for Exercise Physiology)

Thinking of getting active or have clients/children wanting to increase their physical activity? Take this [pre-participation questionnaire](#) to help yourself or someone you're working with identify risk factors that should be considered before engaging in physical activities. Also a great discussion tool to use with your primary care provider.

Community Events

November 25th - December 10, 2017 – 16 Days of Activism against Gender-Based Violence Campaign

Running from International Day for the Elimination of Violence against Women (Nov 25) to Human Rights Day (Dec 10), this campaign and theme "Leave No One Behind" reinforces the UNiTE Campaign's commitment to a world free from violence for all women and girls around the world. To join in the conversation share your photos and messages with the hashtag #orangetheworld on [Facebook](#) and [Twitter](#).

December 1st, 2017 – CBC Open House and Food Bank Day

CBC's annual open house and food bank day continues for the 31st year! The need for emergency food for families, single adults, seniors and children in our communities continues to grow. Listen to CBC radio from 6am-6pm on December 1st for live radio programs and amazing guest performers. Tour the CBC studios from 8am-3pm and learn how digital radio and television programming work. Donations are accepted on behalf of BC food banks. To donate to the food bank near you visit the [foodbankbc.com](#).

Funding Opportunities

Community Dialogues on Opioid Use – CISUR Grants

Apply now – available until funding expended

[The Canadian Institute for Substance Use Research](#) (CISUR) is providing a second phase of funding to support community dialogues in response to the opioid overdose crisis in BC. Selected communities will receive grants from \$2,000 to \$15,000 to assist with costs of hosting. For more information visit the [uvic.ca](#).

Annual Bus Pass Supplement for Persons with Disabilities

Beginning January 1, 2018

A transportation supplement of \$52 per month will be available to support those on disability assistance with transportation costs. People who have the Persons with Disabilities (PWD) designation can use the new supplement for an annual bus pass or for other transportation needs, such as HandyDART. For more information see the [BC Bus Pass Program](#) on the Ministry website.

Education/Learning Opportunities

WEBINAR: “Racing” the social determinants of health and health equity (Part 2)

December 5th, 2017 – 10:00-11:30am PST

This [webinar](#) is the second of a two-part series on the impact of racism on health. The aim of the discussions is to explore approaches to addressing racism, as well as improve the health of Indigenous and racialized peoples. The [recording of Part 1](#) is available here.

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](#).

2018 Active Living Research Conference

February 11-14th, 2018 – Banff, Alberta

This conference brings together active living researchers and champions from over 30 disciplines to advance knowledge and action around active communities. Hear from scientists, practitioners, and policy makers on how to create and sustain active living environments. Visit their [website](#) for more information and to register.

Rural Routes Podcasts – Memorial University

Online

A Canadian podcast series out of Newfoundland that focuses on topics of relevance to rural and remote communities. Previous episode topics include: community research, the future of forestry, food waste, research ethics in indigenous communities, housing, immigration, and more. Visit the [website](#) to listen to pre-recorded episodes and subscribe for updates.

Winter Driving Safety Online Course for Employers and Supervisors

Online

This course provides you with the tools you need to plan, implement, and monitor a winter driving safety program in your organization. You will be presented with challenges to complete using the winter driving safety employer toolkit. To take the course visit the [ShiftintoWinter.ca](#).

Addictions Best Practices – Canadian Mental Health Association

Online

The BC Division on Addiction Best Practice, which focuses on addiction in the workplace, has pre-recorded a [webinar on Addictions Best Practices](#). You will find a review of addiction and information on human rights considerations.

Northern Health Blogs

- [Falling is not a “right of passage”; Falls Prevention Awareness Week](#) By: Amy Da Costa
- [IMAGINE Community Grants: An opportunity to connect with your community](#) By: Mandy Levesque
- [Discovering BC apples](#) By: Emilia Moulechko
- [Protecting the vulnerable: the reality of flu](#) By: Ami Drummond

Additional Online Health Newsletters/Updates

Pathways – UBC Faculty of Medicine’s Digital Magazine

This digital magazine is published three times per year and shares stories about learning, discovery, and innovation that are making a difference in BC communities and around the world. Explore their [latest issue](#) and sign up to subscribe.

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>

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with “subscribe” in the subject line.
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If you have any questions about our list and your privacy, please feel free to phone us at: 250.645.6568

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Next edition to follow in January 2018