

This monthly publication is prepared by the [Northern Health Healthy Settings](#) team to provide information and resources for local governments and community organizations to promote and support community health across Northern BC.

For your information

PlanH Healthy Community Grant recipients

Learn more about the [Age-friendly Communities program](#) and the successful communities in Northern BC that received funding for their projects. Congratulations to the District of Houston, District of Kitimat, District of Stewart, District of Taylor, River of the Peace Métis Society, Town of Smithers, and Village of Pouce Coupe.

Resources (toolkits, reports, websites)

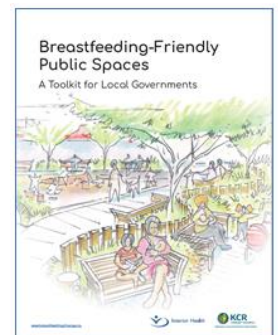
Activate Your Neighbourhood (Canadian Parks and Recreation Association)

Use this [guide](#) to help re-imagine, re-think and re-purpose the spaces in your neighbourhood to support and encourage physical activity and social connections.



Breastfeeding-friendly Public Spaces: A Toolkit for Local Governments (Interior Health)

Breastfeeding is linked to a strong economy, food security, sustainability, equity, truth and reconciliation, and health across the lifespan. Local governments can positively influence breastfeeding rates by creating spaces where parents feel safe and welcome to breastfeed in public. Get inspired by examples of [tools](#) that other local governments have implemented to make their communities more breastfeeding-friendly.



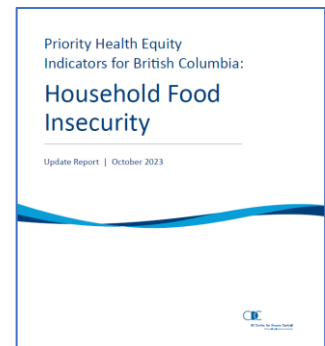
Promoting Physical Activity for Older People: A Toolkit for Action (World Health Organization)

Use this new [toolkit](#) to help develop and implement policy actions to increase participation in physical activity. The toolkit focuses on three key activities: "educating and encouraging" – communicating why physical activity is important; "engaging and supporting" – ensuring physical activity programs and services meet the needs of older people; and "enabling every day" – ensuring that environments where older people live, work, and socialize support physical activity.



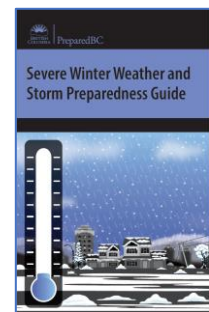
Priority Health Equity Indicators for British Columbia: Household Food Insecurity (BC Centre for Disease Control)

Reporting on the rates of household food insecurity (HFI) is one way to monitor food security in BC. According to this [new report](#), the Northern Health (NH) region continues to have the highest rates of household food insecurity in the province. HFI is more common in households with children, especially lone-parent households, and people who receive income assistance. People and communities living with HFI face additional barriers to physical and mental health and social well-being and are best supported through strategies that include [healthy public policy and systems change](#).



Severe Winter Weather and Storm Preparedness Guide (PreparedBC)

This guide is a must-read for everyone living in and visiting BC through the winter months. It will help you prepare and know what to do when severe winter weather and storms arrive.



Events and learning opportunities

Increasing Affordability Through Municipal Climate Action - Food Security (Climate Caucus)

Date: January 15, 2024

Are you passionate about making a positive impact on your community and taking action on climate change? Are you eager to learn more about how municipalities can play a crucial role in addressing climate change while increasing affordability? Join this [webinar](#) to more about how food programs and policies can support the planet while tackling the affordability crisis.

Outside and risky play online workshop (Appetite to Play)

Date: January 20, 2024

Are you an early childhood educator and want to learn more about physical activity and outdoor risky play for children 0-5 years old? Register for the [Outside and Risky Play Online Workshop](#).

Building Communities That Create a Sense of Belonging (Tamarack Institute)

Date: January 31, 2024

Join this [webinar](#) about the structures (social, physical, and relational) that create belonging. Learn about these structures and how to move from a collective basis from isolation to belonging.

Food and physical activity online workshop (Appetite to Play)

Date: February 15, 2024

Are you an early childhood educator and want to learn more about healthy eating for children 0-5 years old? Register for the Appetite to Play [Food and Physical Activity Online Workshop](#).

Funding opportunities

Food Security Emergency Planning and Preparedness Fund (Investment Agriculture Foundation)

Deadline: December 19, 2023

Apply for the [Food Security Emergency Planning and Preparedness Fund](#) for up to \$150,000 for emergency planning projects and up to \$2 million for emergency preparedness, infrastructure, and equipment projects.

First Nations Well-Being Fund (First Nations Public Service Secretariat)

Deadline: December 31, 2023

Apply to the [First Nations Well-Being Fund](#) to support community led-solutions for BC First Nations to develop and evaluate a well-being plan. Priority areas include, but are not limited to, food security, social and cultural supports, employment, education and training, families, children and youth, mental health, and transportation.

Complete Communities (Union of BC Municipalities)

Deadline: January 12, 2024

Apply to the [Complete Communities program](#) to advance identified community goals. The program supports communities in undertaking assessments to inform land use decision-making, considering housing need, supply, and location; providing transportation options including increased walkability; and making connections to infrastructure investment and servicing decisions.

National Anti-Racism Fund Event and Youth Initiative Grants (Canadian Race Relations Foundation)

Deadline: January 15, 2024

Interested in planning a community-based event (conference, workshop, festival, intercultural activities, etc.) to combat racism and discrimination? Apply to the [National Anti-Racism Fund Event and Youth Initiative Grant](#) for up to \$10,000.

Vision Zero Road Safety Grants (BC Injury Research and Prevention Unit & Northern Health)

Deadline: January 15, 2024

Apply to the [British Columbia Vision Zero in Road Safety Grant Program](#) to make roads safer for people who travel without a motor vehicle. Get inspired by previously funded

projects by exploring the [Vision Zero BC webpage](#). You may apply to one of two program streams: Stream #1 is for the design and installation of low-cost road infrastructure that improves the safety of vulnerable road users (people who walk, cycle, or roll), and Stream #2 is for Indigenous communities and governments to set and direct their own road safety priorities.

Active Communities Grant (BC Alliance for Healthy Living)

Deadline: February 5, 2024

Apply for an [Active Community Grant](#) for up to \$50,000 to increase access to physical activity in your community. Indigenous communities and local governments are encouraged to take advantage of collaborative partnerships to strengthen their project and application.

Disaster Risk Reduction – Climate Adaptation (Union of BC Municipalities)

Deadline: March 28, 2024

Apply for [Disaster Reduction-Climate Adaptation funding](#) to support initiatives that reduce disaster risks from natural hazards and climate-related events. First Nations and local governments are encouraged to apply.

Anti-Hate Community Support Fund

Deadline: March 31, 2024

Apply to the [Anti-Hate Community Support Fund](#) for up to \$10,000. This fund is intended to support organizations, such as places of worship or cultural community centres, that have sustained damages to their site(s) or are seeking to enhance security measures in and around their site(s).

Climate Fund Finder (Clean BC)

Deadline: Ongoing

Planning a climate action project? Need financial support? Not sure where to start? The [Funding Finder](#) is the tool for you. By answering a few questions, you'll be on your way to learning which programs fit your program best.

#GreenMyCity Program (Green Cities Foundation)

Deadline: Ongoing

Apply for a [#GreenMyCity grant](#) to support the restoration and revitalization of any publicly owned land, including parks, community gardens, sports fields, playgrounds, and public open spaces. Garden clubs, associations, neighbourhood groups, service clubs, and school/youth groups are encouraged to apply.

Northern Healthy Communities Fund (Northern Development Initiative Trust)

Deadline: Ongoing

Is your community nearby an LNG Canada or Coastal GasLink project? Apply for the [Northern Healthy Communities Fund](#) (NHCF) to help your community adjust to the economic growth expected to occur as a result of major economic development projects.

Northern Health Stories

Holiday giving: Thinking outside the (gift)box

How do you feel about giving and receiving gifts during the winter holidays?

For some, gift giving means extra costs, stress, unwanted stuff, and more impact on the planet. In fact, some people opt out of gifts altogether. But for others, gift-giving is a valued tradition that's tied to happy memories. They find it exciting and rewarding, and a way to show others they care – a “love language.”

How about you? Maybe you like to give and receive gifts, but want to spend less, cut clutter, and reduce consumption. What kind of gifts align with your values?

I reached out to a few Northern Health colleagues working in Population and Public Health and they shared a wealth of ideas. Looking for inspiration this holiday season? ...[continue reading](#).

This NH Story by: Lise Luppens

See the latest stories at stories.northernhealth.ca.

E-Brief information

The Healthy Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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