

Keep Safe on the Roads this Summer

Summertime is the season of barbecues, road trips and fun in the sun. For drivers, cyclist and pedestrians this season of fun also means more dangers on the road.

Speed, impaired driving (driving after consuming alcohol or other substances), and distracted driving are the top contributing factors to crashes that can result in serious injuries and fatalities.

Impairment means more than just drinking and driving – it also means driving after using cannabis, illegal substances, or some prescription medications. Individuals may not realize that being impaired can affect ones driving ability and reaction time. In BC, an average of 65 people die every year in crashes that involve impaired driving.



Remember: There is nothing risk-free about driving under the influence.

Keep the summer season safe!

- When driving be attentive and on the lookout for cyclists and pedestrians.
- Keep speed within the legal limits.
- Avoid distractions by not using a cell phone while driving.
- Have a designated driver and do not drive impaired.

See these infographics from ICBC to learn more:

- [Impaired driving in B.C. infographic \(icbc.com\)](https://www.icbc.com/infographic/impaired-driving-in-bc)
- [Speed infographic \(icbc.com\)](https://www.icbc.com/infographic/speed-in-bc)
- [Distracted driving in B.C. infographic \(icbc.com\)](https://www.icbc.com/infographic/distracted-driving-in-bc)

For Your Information

Healthy Schools Newsletter – Summer Edition

This new Northern Health [bi-annual newsletter](#) provides an informative and interesting range of health topics and links to resources from Population and Public Health for school staff, parents, caring adults, and youth. The [Healthy Schools Newsletter](#) is best viewed in the electronic format as there are web links built into the document. There are also QR codes included to increase accessibility to the information in the print format. If

you have questions, comments, or ideas for future newsletters, email healthyschools@northernhealth.ca

Youth 4 Youth Digital Media Competition Registration Deadline: July 21, 2022

Canadian young adults between the ages of 18 to 24 are invited to [develop a short educational video, poster, or both](#) to raise awareness about the impact of cannabis use on adolescent brain development. Submission deadline is August 29th, 2022.

Two-Spirit Medicine Bundle Pilot Project: HIV Self-Testing

The Two-Spirit Program at [Community-Based Research Centre \(CBRC\)](#) has recently launched the Two-Spirit Medicine Bundle Pilot, a program that will explore the uptake of Indigenous-designed, peer-led, and culturally competent HIV self-testing and dried blood spot (DBS) testing through a medicine bundle to two-spirit, queer, and trans Indigenous community members in British Columbia. For more information visit [The Medicine Bundle Project](#).

Harm Reduction Supplies: Free, Anonymous, and Sent Directly to You

[Health Initiatives for Men \(HIM\)](#) has a new anonymous [harm reduction supply order program](#) that allows BC residents to order a wide range of supplies. Supplies include: safer sex supplies, safer drug use supplies, and injectable hormone supplies free of charge. They are ordered online and shipped discreetly and anonymously to the individual's home.

Resources (toolkits, reports, websites)

LGBTQ2+ Toolkit

Happy Pride Month! The Canadian Commission for UNESCO has created an [LGBTQ2+ Inclusiveness Toolkit](#). Municipal governments are often the public authorities that people contact first and as such are an administrative sector that has a crucial role to play in the inclusion of, and respect for, the LGBTQ2+ minority.

Wildfire Smoke Fact Sheets

The BCCDC has created [fact sheets](#) with information about wildfire smoke and its health impacts, including information on how to prepare for wildfire season.

Northern Health Injury Prevention Resources

As you head out for adventures this summer, look to [Northern Health](#) for resources on preventing serious injuries and fatalities on our Northern BC roads.

Community Garden Toolkit

The [Public Health Association of BC](#) has released a [Community Garden Accessibility Toolkit](#) to explore how Universal Design principles can be applied to the physical, built environment in community gardens. It provides an easy-to-use guide for garden coordinators to develop more physically accessible gardens.

Who Does What Series: The Municipal Role in Housing

[This report](#) identifies the ideal role of municipalities in housing policy, where municipalities currently face constraints, how other orders of government can support municipalities, and where intergovernmental cooperation is needed. Additionally, [this book chapter](#) provides an overview of the three main causes of homelessness: structural causes; individual-level risk factors; and systems failures.

Civic Indigenous Placekeeping & Partnership Building Toolkit

This [toolkit](#) is intended for all those who are interested and passionate about Indigenous worldviews and truth and reconciliation. It will be especially useful for community leaders, staff from municipalities, civic and cultural organizations working in the spaces of placekeeping, city building and reconciliation and who want to strengthen their relationships with Indigenous partners.

Heat Preparedness Resources

There will be a two-tiered system for issuing a heat warning and extreme heat emergency. The [BC Provincial Heat Alert and Response System \(HARS\)](#) lays out the criteria that will be used to issue an alert, the appropriate public health messaging for both types of alerts, and the recommended actions for health sector and other partners.

The [PreparedBC Extreme Heat Guide](#), prepared by the Province of BC in cooperation with the Ministry of Health and the BC Centre for Disease Control, contains up-to-date information on the health risks of extreme heat and how to stay cool and safe.

Irreversible Extreme Heat: Protecting Canadians and Communities from a Lethal Future

[The Intact Centre on Climate Adaptation](#) created a resource package which includes a [guide](#), an [infographic](#) and a pre-recorded [webinar](#), which present a series of practical actions that Canadians can undertake to reduce extreme heat risks. Actions fall into three categories: changing behaviour (non-structural), working with nature (green infrastructure), and improving buildings and public infrastructure (grey infrastructure).

Vancouver Coastal Health: Heat Check-in Support Framework

Health authorities across British Columbia recognize the severe health risks associated with extreme heat events and are working to increase awareness and knowledge around this environmental hazard. The [Heat Check-in Support Framework](#) was created to support non-governmental organizations in performing heat check-ins.

Funding Opportunities

Federal Local Food Infrastructure Fund

Deadline: July 15, 2022

The [Local Food Infrastructure Fund \(LFIF\)](#) was created as part of the Government of Canada's Food Policy for a healthier and more sustainable food system in Canada. It is aimed at community-based, not-for-profit organizations with a mission to reduce food insecurity by establishing and strengthening their local food system.

Municipal Asset Management Grants

Deadline: July 15, 2022

Municipalities deliver essential services and infrastructure that support Canadians' quality of life. [The Federation of Canadian Municipalities](#) is [offering Asset Management grants](#) to help your municipality strengthen its asset management practices to help you make the most of every infrastructure dollar.

Northern Health Stories

National Indigenous Peoples Day is June 21

June 21, 2022 is [National Indigenous Peoples Day](#)! This is a time for everyone in Canada – Indigenous, non-Indigenous, and newcomers – to reflect on and celebrate the history, heritage, and diversity of First Nations, Inuit, and Métis peoples across the country...[continue reading](#).

Living the garden life: Celebrating the year of the garden 2022

Last week, people across Canada celebrated the Year of the Garden 2022 with National Garden Day on June 18. This year's theme is "[Live the Garden Life](#)," and it encourages you to celebrate everything garden and gardening-related...[continue reading](#).

June is men's health month: We check in with 6 northern men

June is national Men's Mental Health Month, and the theme is "[Move for your Mental Health](#)." To recognize and celebrate this important occasion, we asked some men, who also happen to be Northern Health employees, what they do to take care of their mental health. Here's what they had to say...[continue reading](#).

See the latest stories at stories.northernhealth.ca.

E-Brief Information

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

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