

Healthier Northern Communities E-Brief

October 2021

October 1-7 is Breastfeeding Week in Canada

Celebrate with us! This year's theme is "Protect Breastfeeding: A Shared Responsibility". When needed, timely and skilled support can help to get feeding off to a good start. This month, read [Northern Health Stories](#) about health professionals who support clients with breastfeeding.

However, protecting breastfeeding goes beyond the work of health care providers. "Shared responsibility" speaks to how members of our communities *all* have a role to play in protecting, promoting, and support breastfeeding.

How can you get involved?

- **Child care providers:** How can your program welcome and normalize breastfeeding? For ideas, see [Breastfeeding is easier with support: What child care providers can do](#)
- **Teachers/educators:** For younger grades, teach about how mammals feed their babies; for older grades, explore societal influences on infant feeding
- **Employers:** Accommodate staff to nurse or express their milk at work. See relevant policies and guidelines from the [City of Toronto](#) and the [City of Vancouver](#)
- **Businesses:** Welcome families to breastfeed any time, anywhere. Learn more: [Breastfeeding-friendly spaces: Make breastfeeding your business](#)



For Your Information

Anti-racism initiatives engagements – Government of BC

BC is seeking public input to guide the creation of [#antiracism](#) data legislation. This legislation will shape the way services are delivered in sectors like policing, health care, and education. Share your thoughts by November 30, 2021. For more information and to participate, visit the [Government of BC webpage](#).

Resources (toolkits, reports, websites)

Resilience BC: Anti-Racism Network

The [Resilience BC Anti-Racism Network](#) sees a future free from racism and hate. Their website provides tools to help you do the hard work and make anti-racism a reality. Tools include, but are not limited to, e-learning resources, websites, videos, podcasts, and more.

Let's Get Every BODY Moving Campaign

Collectively on social media, the [Physical Activity for Health Collaborative](#) is sharing messages on the importance of physical activity, ways people can be safely active, and a collection of low barrier resources to support physical activity. For more information visit [bchealthyiving.ca](#).

Northern Health Physical Activity

Northern Health's Physical Activity program now has a publicly accessible webpage providing current evidence-based information and resources to support improved health and wellness through physical activity for all. For more information visit [northernhealth.ca](#).

What is the value of outdoor education?

Research shows outdoor classrooms help decrease sedentary behaviour and help students be more active, improve attention and motivation, and reduce stress levels. This fact sheet outlines five tips to help teachers get started. For more information and to download the fact sheet, visit the [EdCanNetwork](#).

Events and Learning Opportunities

Choose to Move Fall session

Date: starts October 5, 2021

Choose to Move is a free, 10 week program for adults 65+. Currently there is an in-person session being planned for residents of Prince George, but this may shift to a hybrid or virtual delivery format. Topics include Goal Setting, Brain Health & Exercise, Fall Prevention & Nutrition. For more information visit [choosetomove.ca](#).

Funding Opportunities

Food Infrastructure Grant Information

Deadline: December 15, 2021

United Way British Columbia (UWBC) in partnership with the Ministry of Health would like to announce the upcoming Food Infrastructure Grant for **rural, remote and Indigenous communities**. UWBC recognizes unique food access needs and food availability challenges of these communities. Two available funding streams will fund the development, implementation, or improvement of food infrastructure to support year-round, long-term procurement, storage and distribution of fresh, nutritious, traditional and other food and enhance community well-being. Funding available to any community

food-based organization operating food access programming/services located in any rural, remote and/or Indigenous community of British Columbia **OR**; BC First Nations Band or Tribal Council. Grants of up to \$20 000 may be awarded. For more information please email info@uwbc.ca. An information session will be hosted in early October; [please RSVP](#) if interested.

Farm to School BC Grants

Deadline: November 14, 2021

The Farm to School BC grants include start up grants and scale up grants valued at \$3000 and \$1000. These grants support a variety of school-driven farm to school initiatives and activities including salad bars, school garden, greenhouses, indoor growing (e.g. microgreens, growing towers), farm/ocean/land field trips, local food harvesting and preserving projects, learning about traditional foods and foodways, and more. For more information visit [Farm to School BC Grants – Farm to School BC](#).

Great Big Stories: Measuring Impact in Substance Use

Deadline: early fall

Problematic The Great Big Stories (GBS) Grant focuses on capturing, sharing, and spreading stories of success in the creation, design, uptake, and refinement of youth and family centered, inclusive and equity-enhancing efforts on addressing problematic substance use for youth and their families. Grants of up to \$20 000 are available. For more information, and to apply, visit [FRAYME – Great Big Stories](#).

Active Transportation Fund

Deadline: Not yet determined

The Active Transportation Fund (ATF) is a national program intended to support projects that improve active transportation infrastructure across Canada. The Fund will make available \$400 million over five years to help build new and expanded networks of pathways, bike lanes, trails and pedestrian bridges, as well as support Active Transportation planning and stakeholder engagement activities. Grants of up to \$50 000 are available for successful applicants. For more information and to apply, visit [Government of Canada – Active Transportation](#).

Childcare BC New Spaces Fund

Deadline: November 16, 2021

The Childcare BC New Spaces Fund provides funding to create new licensed child care, helping families access quality, affordable, and inclusive child care while strengthening communities across British Columbia. This year, the focus is on supporting child care projects that are run by public-sector and non-profit partners that

will create child care centres that remain in community long-term. Local governments are encouraged to apply for funding. For more information, and to apply, visit the [Government of BC webpage](#).

Union of BC Municipalities - Regional Community to Community Forum Program Deadlines: December 3, 2021. For events between January 1 and March 31, 2022

New in 2021/22 - The [C2C program](#) can contribute a maximum of 100% of the cost of eligible activities – to a maximum of \$5,000.

Northern Health Stories

Fort St John resident shares why she got both her COVID-19 vaccines

Getting both doses of the vaccine was a no-brainer for me. I did it to protect myself, my family, and my community... [continue reading](#)

Orange Shirt Day – Learning about residential schools and Indian Hospitals

Orange Shirt Day is a time to remember, to witness, and to honour Residential School Survivors, their families, and communities. It is also an opportunity to take action and demonstrate personal and organizational commitments to reconciliation. This year Thursday, September 30 is Orange Shirt Day across Canada... [continue reading](#)

Cases are increasing again: Get vaccinated, be vigilant

Northern Health staff have seen the severity of COVID-19 impacts first hand. In the last month, cases have shot up across the region, and this has put significant pressure on health care to respond. As part of the response, the Northern Health case and contact management (CCM) team is quickly scaling up operations... [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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