

# Improve Community Health

## Tools for Municipalities, Regional Districts and Indigenous Communities



### Breastfeeding-friendly Public Spaces: Toolkit for Local Governments

Breastfeeding optimizes health for both children and birth mothers. This toolkit from Interior Health provides actions local governments can take to create and support breastfeeding-friendly public spaces.



### Local Government Alcohol Toolkit: Health Evidence and Recommendations

Despite its social and economic benefits, alcohol causes many health and social harms. This toolkit from Interior Health explains the costs and effects of alcohol use and actions that local governments can take.



### Heat Response Planning for Southern Interior BC Communities

The increasing frequency, duration and severity of extreme heat events cause health risks. This Interior Health toolkit provides practical information to help local governments prepare for and respond to extreme heat.



### Radon Action Guide for Municipalities

Radon exposure is the second-leading cause of lung cancer. This Health Canada guide provides practical steps that municipalities can take to mitigate the risk of radon-induced lung cancer in their communities.



### Healthy Built Environment Linkages Toolkit

Neighbourhood design, housing, transportation, natural environments and food systems influence our health. This BC Centre for Disease Control toolkit explains how local governments can build healthier communities.



### Child and Youth Mental Well-being Resources

Local governments play a critical role in improving the mental well-being of children and youth with effects that can last into adulthood. This BC Healthy Communities guide highlights the ways that local governments can support their mental well-being.



### Climate Change, Health and Well-being

Climate change is a global issue affecting social, economic and environmental factors that determine our health. This 2023 Medical Health Officer's Report from Interior Health speaks to collaborative climate actions that will promote and protect health and well-being across communities.

