



## Healthy Smile Happy Child

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### Quarterly Report October - December 2008

The Manitoba Collaborative Project for the  
Prevention of Early Childhood Tooth Decay

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### Community Feedback

Follow-up by Community Facilitators after Capacity Building Workshops have noted the following ways Healthy Smile Happy Child (HSHC) message is being spread:

Feature story of community based oral health initiatives:

Sandy Bay First Nation Daycare, in Central Regional Health Authority, has noticed that older children who did not attend the Daycare when they were younger tend to have more dental surgery. The Daycare staff brushes the children's teeth after lunch, juice is diluted, and they only offer a fried lunch once per month.

### Public Health

Central (CRHA), Brandon, & Assiniboine (ARHA) regions:

- Public Health Manager is looking into modifying clinical practice guidelines to include oral health messages (CRHA).
- Child Health Clinics are working to prohibit sugary snacks, putting up the poster series in the clinics, and trying to incorporate "lift the lip" screening (CRHA).
- CRHA Public Health has requested numerous resource binders, prenatal gum disease screening tool, and the new HSHC poster series (CRHA).
- Families First have added a laminated "lift the lip" resource for screening purposes when working with families. They have also requested information on how to regularly obtain oral health resources so that they can sustain their teaching (CRHA).
- A Public Health nurse used the Brandon RHA oral health kit to produce a display and presentation for a Preschool Wellness Fair at Shilo (Brandon).
- A Public Health nurse is using the resources with clients to get out the message of early childhood oral health. She reports that her workload sometimes impedes her ability to talk about oral health, but overall is having little problem integrating the information into her daily practice (ARHA).
- A Families First home visitor is working to customize oral health messages (anticipatory guidance) for the families she works with so she is able to provide more information and support to those that need it (CRHA).
- A Public Health nurse provides health screenings for 3 year olds prior to school entry and at that time provides some brief oral health messages to families (CRHA).
- A Families First evaluator reports hearing from families that the oral health information home visitors are providing to them is useful and appreciated (CRHA).
- A Public Health nurse feels that the resources are good, but would like to see a small washcloth added to post-natal information packages to help emphasize the message (ARHA).

- A Families First home visitor reports using the materials in group settings. When asked about further training, she indicated that training on behaviour change and how to encourage families to set goals and work to change behaviours would be helpful (ARHA).
- Focusing on the link between chronic disease and oral health has motivated CRHA and Brandon Public Health teams to address oral health promotion (CRHA and Brandon).
- CRHA Public Health and Families First have started to order their own toothbrushes and other supplies (CRHA).

Winnipeg (WRHA) & Interlake (IRHA) regions:

- Downtown Public Health team is including the new Breastfeeding and Oral Health handout in their post-partum packages (WRHA).
- Fort Garry Public Health team purchased oral health tear sheets from First Nations and Inuit Health for all their local public health programs. This team is also working with Kindergarten teachers to develop a plan to address ECTD among low income and newcomer populations (WRHA).
- Mount Carmel Clinic has circulated the new Breastfeeding and Oral Health handout to all staff in the clinic.

### **Early Childhood Programs**

- Family Resource Centre staff have used HSHC handouts to lead a discussion with the "Growing with Mom" group, made a set of the "so sweet" sippy cups, used oral health information on their "did you know?" bulletin board, and offer free toothbrushes with information attached to families every 2 weeks. The Centre also only offers water and milk and reinforces the message of no juice in the bottle with parents (CRHA).
- St. Claude Daycare/Nursery is planning an oral health presentation for the children using that region's HSHC resource kit (CRHA).
- Daycare Centre in Brandon uses HSHC resources and has sent information home with parents. They have an after lunch toothbrushing program, offer minimal juice, and expect children to use a regular cup after 18 months (Brandon).
- College Universitaire de St. Boniface Early Childhood Educator Program instructors are incorporating information into their curriculum (WRHA).

### **Aboriginal Communities/Programs**

- Rolling River First Nation reports that accessibility to resources online is not always feasible on-reserve and in low-income areas (ARHA).

### **Schools and Community Organizations**

- Homewood School has offered to co-facilitate an oral health session with all their students and is looking at starting a toothbrushing program in the school and promoting oral health in the broader community (CRHA).
- Samaritan House in Brandon is very interested in finding ways to promote good oral health to patrons, including possible partnership with local dental office (Brandon).

### **Dental/Medical Offices**

- A Dental Hygienist, who is also a recent new mother, has requested materials to give to her husband who is a dentist who provides services in Nunavut (CRHA).
- Obstetrics staff plan to use the 'lift the lip' and HSHC newborn handouts with families (Parkland).

Challenges:

- Accessibility of dental care for children under 3 years of age and lack of rural low-income option for families.
- Staff turnover within regional health authorities.

- Getting out the message to programs that HSHC is a tool and resource versus a program that provides direct service delivery.
- December was a slow month due to the fact that many program staff were away during the Christmas season.

## **Community Involvement/Partnerships**

### **Project Activity:**

#### 1) Phase II (Follow-up Study) Evaluation

- Currently in the early stages of preparing a manuscript of findings for journal publication.

#### 2) Community and Professional Contacts

##### Burntwood/Churchill Regions:

- Groups trained – Thompson Crisis Centre staff, Lynn Lake Friendship Centre staff and Child and Family Services Workers, new Families First Home Visitor, and Nisichawaycsihk Cree Nation (NCN) Child and Family Services workers.
- Attended Canadian Alliance of Community Health Centre Association (CACHCA) conference in Winnipeg (October 6-7, 2008).
- Donated toothbrushes and resources to 2<sup>nd</sup> year nursing student project on oral health.
- Distributed oral health promotion magnets to Babies' Best Start in Thompson.
- Completed a semi-annual report on HSHC and oral health initiatives in BHRA for Healthy Child Manitoba.
- Sent HSHC resources and toothbrushes to Lynn Lake for the announcement of the reinstated dental program to cover both Lynn Lake and Leaf Rapids.
- Attended a presentation on sweetener recommendations for children by a dietetic intern.
- Travelled to Oxford House First Nation with BRHA Public Health dietitian to provide a presentation on Healthy Eating and Oral Health, unfortunately there was no one in attendance.
- Partnered with Healthy Baby in Leaf Rapids for a presentation on "making your own baby food, diabetes, and oral health."
- Connected with the dental therapist in Garden Hill and further communication is planned.
- Donated 100 toothbrushes and HSHC resources to the Skills Canada Young Women's conference.
- Donated 400 toothbrushes and HSHC resources to Wabowden Emergency Medical Officer for the Santa Claus Parade.
- Participated in the planning for National Child Day.
- Prepared a report on National Child Day for the Thompson Neighborhood Renewal Corporation.
- Attended "Get Better Together", a Chronic Disease Self Management Course.

##### NOR-MAN/Parkland Regions:

Community Facilitator left the position on August 15, 2008. Position filled on October 6, 2008.

- Groups trained – The Pas Early Childhood Education (ECE) students, The Pas Dietitian, The Pas Primary Care Nurse, Dauphin Obstetrics nurses (3 separate training sessions), and Magic Horizons Daycare director.
- Worked at becoming orientated to the position and both regions.
- Met with ECE Program Instructor from the University College of the North.
- Connecting with Daycares in both regions.
- Met with new Administrative Assistant for Parkland region.

#### North Eastman/South Eastman Regions:

Community Facilitator left the position on October 17, 2008. Position filled on December 4, 2008.

- Groups trained – Lac du Bonnet Little Buddies Daycare coordinator, Pine Falls Daycare directors, Wings of Power Prenatal Team, Berens River First Nation (Prenatal Worker), Poplar River First Nation (Community Health Representative, Daycare Director, Brighter Futures Initiative, Head Start coordinator, Prenatal Program Coordinator), Anola Nursery School coordinator, Vita Daycare Coordinators, and St. Malo Garderie de Bambins Daycare.
- Created and distributed a letter to all dentists in both regions regarding the creation of a contact list of dentists willing to see children at 1 year of age.
- Connected with Oakbank Wellness Facilitator and sent new HSHC poster series to all Facilitators in NEHA.
- Contacted NEHA Child and Family Services Resource Manager to inquire about including early childhood oral health information in their mail-outs to families.
- Connected with NEHA Families First coordinator and provided new HSHC poster series for team members.
- Contacted the Director of Public Health Services in NEHA and distributed poster series to nurses.
- Met with Network for Change in Beausejour and provided HSHC poster series.
- Contacted all the School Principals in NEHA regarding workshop opportunities.
- Provided HSHC posters to Healthy Baby.

#### Central/Assiniboine/Brandon Regions:

Community Facilitator left the position on August 25, 2008. Position filled on September 29, 2008.

- Groups trained – Brandon Public Health Manager, Brandon Lactation Consultant, Samaritan House in Brandon, CRHA Director and Public Health Manager, CRHA Healthy Living Team, Portage Collegiate Institute students, Sandy Bay COHI worker and Prenatal Facilitator, CRHA North Families First, and CRHA Public Health.
- Connected with Childcare Coordinators regarding continued oral health promotion initiatives in CRHA daycares.
- Connected with CRHA Health Promotion team. They are eager to create further linkages between oral health and overall health and chronic disease prevention.
- Attended CRHA Public Health meeting. Public Health is working on changing clinical practice guidelines for nurses to include early childhood oral health.
- Connected with Brandon Public Health Manager and developed a plan to update the Public Health and Families First teams.
- Created a contact list for each region.
- Added a link to HSHC resources on the ARHA webpage.
- Connected with Regional Communications Coordinators regarding future publications.
- Partnered with Healthy Living to embed oral health messages into overall health messages within existing community programming in Morden/Winkler Kanadier and Mexican Mennonite populations, Altona, Pilot Mound, MacGregor, and Sandy Bay First Nation.
- Four Northern CRHA Families First workers willing to be mentored and provide early childhood oral health promotion messages at Preschool Wellness Fairs and Healthy Baby groups.
- Grade 9 class, including students from various Hutterite Colonies in CRHA and ARHA, attended a presentation about oral health. One student/mentor from each Colony brought home a HSHC resource package for use in their school and communities.
- Brandon Public Health requested Facilitator use the CKX noon show to reach high-risk families.
- Provided "oral health for overall health" information to a Public Health nurse who is putting together an oral health display for senior farmers.
- Connected with Healthy Child Coalition for CRHA to solicit feedback regarding the use of their regional oral health kit. Also informed a St. Claude daycare of the HSHC resource kit, as they have requested materials to do an oral health presentation.

- The Teen Clinic at Portage Collegiate Institute is interested promoting oral health at the clinic. Nurse Practitioner plans to include gum (periodontal) disease screening during prenatal appointments.
- CRHA Public Health has requested a document that addresses teething interventions be made available to parents.
- New HSHC poster series delivered to programs and sites in Brandon region.
- Completed oral health resource information for Samaritan House in Brandon as requested. This resource included HSHC posters and table toppers promoting oral health, facility specific information about how to promote oral care, and a resource binder with low income options for dental care etc.

Winnipeg/Interlake Regions:

Community Facilitator started working 0.5 EFT on November 17, 2008.

- Groups trained – BirthRoots Doula Collective, Seven Oaks/Inkster Leadership Team, River Heights/Fort Garry Leadership Team, Point Douglas Leadership Team, Downtown Leadership Team, Family Resource Centre, Action Daycare, Perinatal Educator Group, Canadian Muslim Women’s Institute, St. Vital Daycare Director’s Networking Group, Manitoba Dental Assistants Association Continuing Education, Dietetic Interns, Outreach Therapies, and MB Association for Childbirth and Family Education Doulas.
- Project introduction provided to Manitoba EAL Coordinator’s Group.
- Continued follow-up with workshop participants and community contacts.
- Prepared HSHC activity report for Leadership Team meetings. All Leadership Teams in WRHA have been oriented to HSHC and are reviewing materials with their staff.
- Sent new HSHC Breastfeeding and Oral Health handout to community contacts.
- Collected materials and prepared for WRHA accreditation week.
- Attended Seven Oaks Early Years Coalition meeting.
- Attended Horizons network meeting.
- Attended “Effective Proposal Writing” workshop at Volunteer Manitoba.
- Inquired about new HSHC poster series distribution among both regions.
- Delivered HSHC display materials to Louis Riel School Division for a Preschool Wellness Fair.
- Attended National Child Day Forum in WRHA as a representative from Seven Oaks Early Years Coalition.
- Forwarded oral health article to John M. King School as requested to be inserted into school newsletter.
- Coordinating with Winnipeg School Division #1 Volunteer Services regarding HSHC poster series distribution to all schools in the division.

3) Presentations:

**October 2008**

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	8	0
Brandon	3	3	0	0	6	3
Central	3	15	1	43	19	1
Burntwood	1	6	2	23	2	0
Churchill	0	0	0	0	0	0
NOR-MAN	1	10	0	0	4	0
Parkland	0	0	0	0	3	0
Winnipeg	3	33	0	0	47	1000

Interlake	0	0	0	0	0	9
NorthEastman	6	22	8	109	14	1
SouthEastman	1	3	1	20	5	0
Total	18	92	12	195	108	1014

Maternity Ward visits in Burntwood Region – 43

### November 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	5	0
Brandon	1	2	0	0	2	3
Central	4	60	4	59	14	255
Burntwood	1	6	2	59	5	800
Churchill	0	0	0	0	0	0
NOR-MAN	1	1	2	10	4	51
Parkland	0	0	0	0	10	0
Winnipeg	8	144	0	0	15	100
Interlake	0	0	0	0	1	500
NorthEastman	0	0	0	0	0	0
SouthEastman	0	0	0	0	0	0
Total	15	213	8	128	56	1709

Maternity Ward visits in Burntwood Region – 38

### December 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	6	0
Brandon	2	30	0	0	3	1
Central	1	1	0	0	38	5
Burntwood	2	7	0	0	6	0
Churchill	0	0	0	0	0	0
NOR-MAN	1	1	0	0	8	0
Parkland	4	13	6	60	72	0
Winnipeg	3	40	0	0	3	1500
Interlake	0	0	0	0	0	3
NorthEastman	0	0	0	0	2	5
SouthEastman	1	10	0	0	1	2
Total	14	102	6	60	139	1516

Maternity ward visits in Burntwood region – 32

- 4) Community events:
- October:      Winnipeg Bake Bake Blinkets Child Awareness Event – 2 days  
Leaf Rapids health Fair – HSHC display board sent  
Fort la Reine Preschool Wellness Fair  
Breastfeeding Challenge 2008 – HSHC resources provided to Winnipeg  
and Brandon events
- November:     Selkirk National Child Day event  
Wabowden School Health Fair  
BRHA Regional Flu Clinic  
Portage Collegiate Institute's Addiction Awareness Week Fair  
Flin Flon Health Fair
- 5) Media:
- Healthy Smile Happy Child – Feature in *Communiqué* The Manitoba College of Family Physicians Inc. Newsletter. (December 2008).

### **Collaborative Activity**

- 1) A new poster series (4 posters) has been produced with grant funding from the Children's Hospital Foundation. Community Facilitator's are currently working at poster distribution and report that uptake has been extremely positive. The poster series will be available online in English, French, and Cree.
- 2) Self-learning orientation modules have been created for each Regional Health Authority to help orientate new regional staff to early childhood oral health messages and HSHC resources.
- 3) HSHC participated in the WRHA's Accreditation Canada site visit in November 2008. The project was submitted as a potential leading practice in the field. The strength of this partnership was highlighted during the Accreditation Canada visit debriefing meeting at the Convention Centre at the end of the accreditation week.
- 4) The Manitoba Dental Association recently started two new committees: the Oral Health School Curriculum Committee and First Free Dental Visit Committee. A HSHC representative sits on each committee.
- 5) Dr. Schroth was invited to comment and provide input on the Canadian Paediatric Society's draft Position Statement on Indigenous Child Oral Health.
- 6) Dr. Schroth contributed to the writing and editing of Chapter 4 (Dental Health) in *Well Beings: a guide to health in child care* (3<sup>rd</sup> ed) by the Canadian Paediatric Society. This chapter provides links to HSHC project resources.

### **Feedback/Evaluation/Research**

- Qualitative Evaluation study findings are now available online.
  - Currently in the early stages of preparing a manuscript of findings for journal publication.
- Qualitative Cultural study
  - HSHC received grant funding from the Manitoba Institute of Child Health to complete a series of focus groups to explore different cultural perceptions about early childhood oral health.
  - Two focus groups (with an urban Aboriginal population and a Hutterite Colony) were completed in June.
  - Two focus groups with Immigrant and Refugee populations were completed in October and November.

- Pre/Post Test Workshop Questionnaire update
  - A manuscript for publication was submitted to Pediatric Dentistry in September 2008. It has been conditionally approved for publication pending minor revisions. The article is titled "The impact of community workshops on improving early childhood oral health knowledge." Authors are MacIntosh AC, Schroth RJ, Edwards J, Harms L, Mellon B, and Moffatt ME.
- Dr. Schroth and Dr. Tijana Stijacic (a recent graduate) recently published an article in the Journal of the Canadian Dental Association. This was a BSc(Dent) project that was developed in response to feedback from HSHC staff and families about the difficulty in access to dental care for infants and young children. This project was supported by the Manitoba Institute of Child Health and the Manitoba Medical Service Foundation. Stijacic T, Schroth RJ, Lawrence HP. Are Manitoba dentists aware of the recommendation for a first visit to the dentist by age 1 year? J Can Dent Assoc. 2008; 74(10): 903-903h. <http://www.cda-adc.ca/jcda/vol-74/issue-10/903.pdf>

### **Staff Development**

- Manitoba Health will again support 2 STEP students working part-time during the 2008/2009 school year.
- Support and management of STEP student activities includes: resource mailings, database entry, development of displays, and other administrative tasks.

### **Administrative/Research Activity**

- All database entry is up to date.

### **Planning for next Quarter**

- Use of MB Telehealth for training in remote/isolated communities.
- Displays at conferences and community events.
- Continued communication with dental services and the dental profession throughout Manitoba.
- Development of a publication describing the intersectoral partnership and community development approach in addressing ECTD.
- Begin manuscript preparation for phase II study and qualitative research activities.
- Work with the Regional Health Authorities to ensure that the knowledge and materials that will assist in promoting overall good health and disease prevention are shared in preparation of the newly funded Community Activator positions.
- Share research findings of the cultural focus groups with those communities to assist with "Knowledge Transfer"
- Possibility of having a BSc(Dent) student join the team to undertake an evaluation project.