



Healthy Smile Happy Child

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Quarterly Report

April – June 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:

Public Health

Burntwood (BRHA) & Churchill regions:

- Healthy Baby Coordinator has incorporated resources into mail outs and uses dental BINGO during Oral Health Month. She also plans to provide a new toothbrush every 3 months to parents as a reminder to brush (BRHA).
- Direct Observed Therapy (DOT) worker works with high risk children and plans to use the resources to encourage better oral health (BRHA).
- Midwife discusses oral health during post-partum visits and has resources available in office for clients (BRHA).
- Public Health nurses in Ilford were interested to learn about fluoride and toothpaste and plan to incorporate information into Child Health Clinics and post-partum visits. Resources available in waiting rooms and clinic rooms. On call worker in Ilford stated that providing families with toothbrushes helps parents be more receptive to message (BRHA).

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

- Primary Care nurse did a Kindergarten presentation on oral health (ARHA).
- Public Health nurse is using HSHC handouts and stresses importance of early mouth care for babies with families. Also interested in providing information to local daycare (Brandon).

NOR-MAN & Parkland regions:

- Ste. Rose Public Health used an oral health activity bag at their Healthy Baby dental session in April. They use HSHC handouts at Child Health Clinics and post-partum visits and plan to put "so sweet cups" in waiting room for Clinic. They have also created a dental kit to use at school presentations which includes various food items and their sugar content (Parkland).

Winnipeg (WRHA) and Interlake (IRHA) regions:

- St. Laurent Public Health nurse giving toothbrushes to older siblings while on post-partum visits. She is also putting together an oral health presentation for grades 3 and 4 at the St. Laurent Elementary School (IRHA).
- Centre de Santé nurses have been oriented to HSHC resources by Nurse Manager (WRHA).

- IRHA Healthy Baby incorporates oral health education into the nutrition component of their program (IRHA).
- River Heights Public Health team organized a health resource fair and included information on early childhood oral health (WRHA).

Early Childhood Programs

- Best Beginnings outreach worker in Flin Flon mentioned that using HSHC resources in their program has become a “part of what we do.” She recalled an experience where they were easily able to use HSHC resources to present on oral health with little time to prepare. Also mentioned that one mother recalled remembering the “so sweet” bottle visual from 5 years ago and how this impacted her behaviour (NOR-MAN).
- Daycare Directors in the Interlake interested in rotating an oral health display among daycares in the region (IRHA).
- After workshop Daycare Director taught staff how to brush the children’s teeth properly and plans on developing an oral health display to put in the entrance for parents to see. Reports that finding time to put this together is a challenge (CRHA).

Aboriginal Communities/Programs

- York Landing First Nation has a tooth brushing program at school. A Teacher at the school is interested in putting together an activity for the kids using the “so sweet bottles” concept. York Landing Nursing Station currently using HSHC resources during Well Baby Clinics (BRHA).
- Fox Lake First Nation Canadian Prenatal Nutrition Program (CPNP) worker using True & False game as well as the “so sweet bottles” into her groups. Community Health nurse using HSHC resources and posters are posted around her office and in exam room (BRHA).
- God’s Lake First Nation nurses are using resources during Well Baby Clinics and prenatal and post-partum appointments. HSHC posters are posted around the Nursing Station in exam room and waiting rooms (BRHA).

Schools and Community Organizations

- Kindergarten Teacher at Juniper School in Thompson talked with her class about oral health during Oral Health Month. Some of the children wrote notes about their oral health in their journals; “I like my teeth” “I need to look after my teeth” “It is important to brush my teeth everyday and not drink lots of pop” (BRHA).
- Seven Oaks School Division Clinical Services has printed 600 oral health bookmarks for students during Speech and Language Month (WRHA).
- Seven Oaks Early Years Coalition including dental services and information at their Park, Play, & Grow event which features local programs and services available to families. The Coalition has also printed 500 oral health bookmarks for families attending the event (WRHA).
- Winnipeg YMCA-YWCA including oral health station at Healthy Kids Day (WRHA).
- Leaf Rapids School engaged students in various activities for Oral Health Month (BRHA).

Dental/Medical Offices

- Dental Office in Dauphin has HSHC resources in waiting room (True & False game, Flipchart, poster) and mentioned that the resources are “really good educational material” and notice parents looking through resources while waiting (Parkland).
- Dental Office in Flin Flon willing to be a community resource for NOR-MAN service providers (NOR-MAN).
- Local Dentist was present at health event in Fairford (IRHA).

Regional Health Authorities

- IRHA used their HSHC resources and display at Starting Blocks Community Preschool Event in Stonewall and connected with local dentist to man the booth (IRHA).

- CRHA, Brandon, and ARHA are looking at the incorporation of “oral health” on their infant care maps. Brandon plans to make this addition. ARHA will incorporate oral health into their baby’s best practice guideline. CRHA is still working on this.
- CRHA Regional Diabetes Program has incorporated oral health on their nursing and dietitian assessment forms as well as their clinical dietitian forms. A regional diabetes patient education sheet is being prepared and it will include oral health information. (CRHA).
- IRHA Health Promotion Coordinator following up with current oral health promotion activity to obtain a sense of the degree of sustainability of the message within the region (IRHA).
- HSHC display to be incorporated into IRHA Mobile Wellness Initiative when targeting specific populations such as First Nation communities and Hutterite Colonies. Health Promotion Coordinator to orient Mobile Wellness staff to display and encourage staff to promote the use of the display in other areas of the region (IRHA).
- IRHA planning to rotate oral health display around the region on a continual basis to display in facilities for public education (IRHA).
- IRHA received funds from the Aboriginal Transition Fund to establish a First Nations diabetes education program and are looking at incorporating oral health into this program (IRHA).

Challenges:

- It is difficult to do appropriate follow-up with some of the Northern First Nation communities due to travel.
- Some mailings to First Nations communities never reach intended individuals.
- Many programs are wrapping up for the summer months are not interested in starting anything new until the fall.

Community Involvement/Partnerships

Project Activity:

1) Phase II Evaluation

- Project Coordinator and BRHA Community Facilitator presented Phase II results to Thompson at New Beginnings on May 7th, 2008. A member of the local paper was present.
- Project Coordinator and WRHA Community Facilitator presented results to South Point Douglas at the Andrews Street Family Centre on May 13th, 2008. Project Coordinator interviewed on CJOB that morning and Dr. Schroth and Project Coordinator were featured on CTV, Global, CBC, and CBC Radio.
- Project Coordinator and BRHA Community Facilitator presented results to Norway House Cree Nation at Head Start on May 21st, 2008. Both were able to also meet with a member of Council who holds the Health Portfolio.
- Plans are in place to present results to Roseau River First Nation in July 2008.

2) Community and Professional Contacts

Burntwood/Churchill Regions:

- Professional Groups trained – Ilford Health Centre staff (Public Health nurse, On Call Worker), York Landing (Head Start staff, Better Futures Initiative (BFI) Coordinator), lunch and learn offered to BRHA staff (Public Health nurses, DOT worker, nursing student, Healthy Baby Coordinator, and midwife attended), Fox Lake (CPNP, Aboriginal Diabetes Initiative (ADI), Community Health nurse), Thompson Babies Best Start Outreach workers, God’s Lake (BFI, CPNP, ADI Coordinator), Tadoule Lake Nursing Station staff (Health Director, Community Health Representative (CHR), CPNP), Wasagamack Head Start staff, God’s River daycare staff, Maternal Child Health Conference in Thompson, and Thompson Families First.
- Organized and promoted HSHC Phase II report back for Thompson and Norway House.

- Oral Health Month activities: HSHC display set up at all BRHA communities including health centres and schools. Displays were also sent to all First Nations communities and Churchill. Articles submitted to Thompson Citizen, Nickel Best News, and Cottage North. PSA's submitted to 610 CHTM and NCI FM.
- Participated in the BRHA Health Circus where 4-5 year old children were offered a free dental screening.
- During visit to Norway House connected with Special Services Consultant from Frontier School Division who provided numerous contacts for follow-up.
- Connected with Public Health nurse in Churchill regarding follow-up visit in fall 08.
- Partnered with Manitoba Keewatinowi Okimakanak (MKO) to organize National Aboriginal Day's children's events.
- Helped organize BRHA walking float for Nickel Days. BRHA handed out toothbrushes instead of candy.
- Sent letters to University College of the North Midwifery program in Thompson and Norway House.
- Distributed magnets to Families First and Grassroots Mentoring
- Continuing to find opportunities to network with programs and organizations in Thompson.

NOR-MAN/Parkland Regions:

- Professional Groups trained – The Pas Primary Health Care nurse and Families First home visitors, Swan River Daycare Centre workers, Swan River Nursery Teacher, Swan River Dentist and Dental Assistants, Alonsa Community Health Worker, and Ethelbert Public Health nurse.
- Follow-up meeting with Ste. Rose Public Health nurses and Flin Flon Best Beginnings Baby & Me outreach worker.
- Meeting with Flin Flon Family Dental Centre.
- Meeting with Dauphin Regional Health Centre Obstetrics nurse.
- Working on requests from various groups following training sessions such as answering questions, providing articles, creating community resources, etc.
- Made initial contact with various programs at University College of the North.
- Contacted Bayline Regional Roundtable Inc. regarding food security initiatives.

North Eastman/South Eastman Regions:

- Attended an orientation to using MB Telehealth.
- Professional Groups trained - Public Health nurse from Pine Falls, Hollow Water First Nation CHR's.
- Met with NEHA Healthy Baby Coordinator, Public Health Manager and nurses.
- Met with Nurse Practitioner for Springfield area to discuss diabetes and the oral health connection.
- Prepared an informative report with key messages that linked diabetes and oral health and presented information to Black River First Nation community as requested. Also met with Public Health nurse and Health Director in community.
- Attended lecture on breastfeeding and oral health.
- In SEHA, met with Public Health Program Manager, Healthy Baby Super Start Team Leader, Families First Coordinator, Early Years Program Facilitator, and Program Manager of Anna's House.
- Attended a Northern Community Wellness Coalition Meeting.
- Presentations given at 3 Hutterite Colonies.
- Met with COHI Dental Worker Aid on Brokenhead First Nation community and provided resources.
- Volunteered at the Teddy Bear's Picnic in Winnipeg.
- Did classroom presentations for 3 Hutterite Colonies and met with Principals regarding toothbrushing programs.
- Mailed and distributed magnets to Families First Coordinator's in both regions.
- Met with Fort Alexander Strengthening Families Nurse Coordinator, home visitor, and Head Start Coordinator.
- Continuing to make further contacts and updating information.

Central/Assiniboine/Brandon Regions:

- Professional groups trained – CRHA Regional Workplace Wellness staff.
- Attended Portage Community Network board meetings. Healthy Living Together grant has been revised and resubmitted.
- Participated in a teleconference meeting in preparation for the May High School Presentation sponsored by Turtle Mountain School Division.
- Set up telehealth session on oral health care for children with special needs.
- Following a training provided at Roseau River First Nation, the PowerPoint presentation and sippy cup information sent to nursing staff as requested.
- CRHA Long Term Care staff requested oral health information, provided some resources and references for them to connect with.
- Large HSHC posters sent to all First Nations communities in three regions.
- Oral Health Month activities for all regions resulted after a brainstorming session with CRHA's Child and Adolescent Program Team and included:
 - Media: PSA's sent to radio stations and had one radio interview, news article sent to newspapers.
 - Weekly workplace messages on oral health distributed to RHA Managers to share with staff.
 - A nutrition newsletter to be given to parents that highlighted oral health was developed in collaboration with dietitians in CRHA and sent to all school divisions in the three regions.
 - The Healthy Community Conference in CRHA included xylitol gum with an oral health message in 300 conference participant packages.
 - HSHC magnets were purchased and distributed to Public Health nurses and Speech Language Pathologists to use with clients.
 - Post-partum posters "mouth care starts at birth" copied and distributed to maternity wards to be posted or used as a teaching tool.
 - Article submitted to RHA's staff newsletter.
 - Resource package distributed to parent child programs.
- Following the resource kit presentations to Brandon and ARHA, a list of suggestions given at the sessions was compiled and sent back to the regions to distribute to staff.
- In the process of gathering ideas for a resource package for Head Start programs.
- Information was shared with all 3 regions on wait list, HPSEN presentation, COHI resources, and making referrals to MDA.

Winnipeg/Interlake Regions:

- Professional Groups trained – River East Transcona Leadership Team, South Central Winnipeg Daycare Directors, West/Central Winnipeg Daycare Directors, North St. Vital/St. Boniface Daycare Directors, Tec Voc Infant Development Lab, Red River College ECE Workplace program (one group in May and a separate group of students in June), and Winnipeg Child Care Coordinators.
- Met and followed-up with: Lord Selkirk Park Resource Centre, Victory School Healthy Baby, and St. Laurent Public Health nurse.
- Preparing for WRHA Community Facilitator follow-up meetings. Focus will be on identifying gaps in the community area and plans for the next year.
- Attended Seven Oaks Early Years Coalition Park, Play, and Grow Event planning meeting. Generated list of dental services to be available at the event.
- Inquired about health fairs/events planned for the summer to encourage organizers to incorporate oral health education into these events.
- Ordered 12 large community posters for each community area in WRHA and will present each WRHA Community Facilitator with a poster to assist with community events and health fairs.
- Met with new IRHA Health Promotion Coordinator to provide an update on HSHC and discuss sustainability of message within IRHA as well as plans for upcoming year.
- Submitted numerous oral health articles for newsletters in regions.

- Attended one day workshop with Volunteer Manitoba on “Encouraging Community Involvement.”
- Mailed 5 large “think about your baby’s teeth” posters to Head Nurses on Interlake First Nation communities.
- Participated in Follow-up study results report back to South Point Douglas community at Andrews Street Family Centre.
- Attended Manitoba Association of Home Economists Annual General Meeting.
- Prepared Interlake Regional Activity Report for follow-up meetings with IRHA staff and community groups.
- Connected with IRHA Public Health Nurse Manager and Families First Coordinator regarding regional follow-up, community poster for Families First, and collaboration with Public Health to reach Hutterite populations.
- Connected with Carrington Dental Centre in Stonewall regarding high rates of ECTD on Interlake Colony. Dental Centre willing to collaborate and provide support for ECTD prevention and education with Colony.
- Received revised toothbrushing program guidelines from FNIHB and will forward to Child Care Coordinators in WRHA and IRHA regions.
- Met with the Downtown YMCA-YWCA staff person to orient her to oral health resources targeted towards children and youth.
- Attended Seven Oaks Early Years Coalition Meeting.
- Sent resources to: WRHA Point Douglas Community Facilitator, Youville Centre, St. James Families First, and Winnipeg Child and Family Services as requested.
- Distributed magnets to Families First teams in both regions.
- Follow-up presentation at IRHA Public Health meeting in Ashern.
- Met with WRHA and IRHA supervisors and IRHA Health Promotion Coordinator to discuss this year’s plan for IRHA and ways to increase sustainability.

3) Presentations:

April 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	12	153
Brandon	0	0	0	0	7	200
Central	0	0	1	7	7	85
Burntwood	6	33	12	266	17	0
Churchill	0	0	0	0	0	0
NOR-MAN	0	0	0	0	0	0
Parkland	0	0	0	0	0	0
Winnipeg	4	38	0	0	5	400
Interlake	0	0	0	0	0	0
NorthEastman	0	0	4	88	10	1
SouthEastman	0	0	0	0	5	0
Total	10	71	17	361	63	839

Maternity Ward visits in Burntwood Region – 22

May 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	150	10
Brandon	0	0	0	0	45	7
Central	1	6	0	0	292	19
Burntwood	3	10	5	266	12	150
Churchill	0	0	0	0	0	0
NOR-MAN	1	3	0	0	0	110
Parkland	4	19	2	25	2	87
Winnipeg	3	24	0	0	17	0
Interlake	0	0	0	0	4	0
NorthEastman	0	0	3	62	18	1
SouthEastman	0	0	0	0	0	0
Total	12	62	10	353	529	384

Maternity Ward visits in Burntwood Region – 29

June 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	80	200
Brandon	0	0	0	0	3	10
Central	0	0	0	0	40	44
Burntwood	3	13	1	4	14	100
Churchill	0	0	0	0	0	0
NOR-MAN	0	0	1	17	1	46
Parkland	1	1	30	150	1	259
Winnipeg	2	35	0	0	17	700
Interlake	0	0	0	0	1	0
NorthEastman	2	3	4	43	13	5
SouthEastman	0	0	0	0	0	0
Total	8	52	36	214	170	1364

Maternity ward visits in Burntwood region – 38

4) Community events:

- April:
- Nor'West Community Health Co-op – display for oral health month
 - Norquay School health fair – display
 - Stonewell Starting Blocks Community Preschool Event – display
 - Healthy Baby fair in Oakbank, Lac du Bonnet, and Beausejour - display
 - Networks for Change in Beausejour
 - Portage Preschool Wellness fair
 - Brandon Preschool Wellness fair
 - Killarney Preschool Wellness fair
 - Boissevain Preschool Wellness fair

- May:
- Teddy Bear's Picnic in Winnipeg – display
 - Thompson Health Circus – display
 - Cranberry Portage Health fair
 - West Region Tribal Health CPNP “Healthy Choices, Healthy Families” – display
 - Carmen Preschool Wellness fair
 - Carmen Kindergarten registration day
 - Morris Preschool Wellness fair
 - Rosenort Preschool Wellness fair
 - MacGregor Preschool Wellness fair
 - Brandon Infant screening
 - Killarney High School Child Development day
 - Boissevain High School Child Development day
 - Lac du Bonnet Kids fair
- June:
- Prairie Rose School Division Hutterite Kindergarten registration days
 - Neepewa Teddy Bear Picnic
 - Sioux Valley First Nations Preschool Wellness fair
 - Benito Children's & Community fair “Itza Kidz Day” – display and 10 minute presentations to ~30 groups of children throughout day
 - National Aboriginal day in Thompson – display
 - Pine Falls Wings of Power – display
 - Turtle Lodge Workshop Sagkeeing Community Wellness Days – display
 - Seven Oaks Early Years Park, Play & Grow event
 - Centre for Community Oral Health Urban Smiles event at the Aboriginal Wellness Centre

5) Media:

- Tooth Fairy's guide to a healthy smile – Feature in *NorthRoots* (April/May 2008).
- April is Dental Health Month – Feature in *Nickel Belt News* (April 2008).
- Schroth RJ. Update on early childhood oral health. *Bulletin – Manitoba Dental Association* 2008; 27(1): 19.
- Did You Know? – Feature in Interlake Regional Health Authority *Synergy* (April 2008).
- Healthy Smile Happy Child! – Feature in *Circle of Hearts* Spring Newsletter (2008, Issue 1).
- Thompson moms get congratulations – Feature in *Thompson Citizen* (Wednesday, May 14, 2008).
- Global News. Winnipeg, MB. May 13, 2008. Healthy Smile Happy Child Research Project (2.5 minutes).
- CTV News. Winnipeg, MB. May 13, 2008. Healthy Smile Happy Child Research Project (1.5 minutes).
- CBC TV. Winnipeg, MB. May 13, 2008. Healthy Smile Happy Child Research Project (1.5 minutes).
- Schroth RJ, Harrison RL, Lawrence HP, Peressini S. Oral health and the Aboriginal child: a forum for community members, researchers, and policy-makers. *J Can Dent Assoc* 2008; 74(5): 419-22.

Collaborative Activity

- 1) Centre for Community Oral Health held an Urban Smiles Event at the Aboriginal Wellness Centre on June 11, 2008. HSHC project members participated in the Faculty of Dentistry's Urban Smiles community outreach event held at the Aboriginal Centre. This included a display and screening young children and applying fluoride varnish.

- 2) Project Coordinator attended the Canadian Association of Public Health Dentistry Conference in Halifax, NS on May 30-June 1, 2008 and presented a 3 hour workshop titled "Community Collaboration to Prevent ECC: Together Everyone Achieves More."
- 3) Jeanette Edwards, Dr. Robert Schroth, and Project Coordinator presented an information update on Healthy Smile Happy Child activities to Health Programs Senior Executive Network (HPSEN). Update was well received and many present mentioned seeing HSHC resources in their communities.
- 4) Project Coordinator met with the Postgraduate Family Medicine Program Director to discuss ways to imbed early childhood oral health message within curriculum such as with the dietitians who provide regular education to residents.
- 5) Dr. Schroth presented on early childhood caries research in Manitoba at the Manitoba Institute of Child Health Pediatric Research Rounds on April 3, 2008.
- 6) Inquiries continue to be received from numerous jurisdictions outside of Manitoba.

Feedback/Evaluation/Research

- Qualitative Evaluation study
 - HSHC undertook an evaluation project to assess the perceptions about early childhood oral health and early childhood caries by service providers and caregivers who have been exposed to Healthy Smile Happy Child project activities in Manitoba.
 - Report on findings is finalized and will be made available online.
- 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. Additional focus groups are planned for late summer/fall with Immigrant and Refugee populations.
- Pre/Post Test Workshop Questionnaire update
 - Currently working on completing a report of this work and preparing a manuscript for publication. This evaluation project will also be shared with the partnership and Manitoba Health.

Staff Development

- Manitoba Health will again support 2 STEP students working full time during the summer 2008.
- Support and management of STEP student activities includes: help with qualitative study, literature reviews, database entry, development of displays, and other administrative tasks.

Administrative/Research Activity

- All database entry is up to date.

Planning for next Quarter

- Complete analysis of project evaluation research study and dissemination plans with communities.
- Use of MB Telehealth for training in remote/isolated communities.
- Displays at conferences and community events.

- Continued communication with dental services and the 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.
- Submit publication on pre-post workshop evaluation study