



Healthy Smile Happy Child

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Quarterly Report April – June 2009

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

- The Oral Health Resource Kits provided to Public Health in Central Regional Health Authority (CRHA) have been well received. Nurses have started to book the kits for upcoming community events (CRHA).
- Public Health nurses report that the “teething handout” created by the HSHC facilitator and approved for use in CRHA has made oral health easier to address with families since tooth eruption is their primary concern at that time (CRHA).
- Families First home visitor reports that the oral health resource binder accessible through the Birtle Health Centre is being used frequently and she uses materials with every family she connects with (Assiniboine Regional Health Authority (ARHA)).
- ARHA Healthy Living Team has become more involved with preschool wellness activities and plans to use the oral health resource kit for community oral health promotion (ARHA).
- Families First Coordinator put together an oral health display for the Milestone Preschool Wellness Fair and reports that she felt equipped with the appropriate knowledge and felt comfortable addressing the questions of preschool parents (Brandon).
- Interlake Regional Health Authority (IRHA) Families First home visitors are using the HSHC resources and find them useful (IRHA).

Aboriginal Communities/Programs

- Nelson House Aboriginal Head Start organized their own dental health month activity – participants drew their own smile and wrote a sentence about why we need to keep our teeth healthy. Smiles were posted on a bulletin board (Burntwood Regional Health Authority (BRHA)).
- Brandon Friendship Centre put up oral health posters and display materials for oral health month. The Friendship Centre staff held an oral health education session for parents in April and they reported that this is done on a fairly regular basis (Brandon).

Schools and Community Organizations

- Red River College (RRC), in partnership with a Winkler dentist, has been working closely with a Hutterite Colony school with high rates of ECTD to prepare a proposal for a fluoride rinse program. RRC plans to incorporate the program into a research study (CRHA).

- RRC Dental Assistant program in Winkler has loaned out their HSHC resource kit to the Healthy Child Coalition to use for community programming (CRHA).
- The HSHC display at the Beausejour Kids Fair was the most popular booth as indicated by parents on an evaluation forms (North Eastman Regional Health Authority (NEHA)).
- Numerous schools in BRHA organized oral health activities for dental health month (BRHA).
- Thicket Portage School has implemented a tooth brushing program in the early year's classrooms. The teacher is positive about the program and reports that the children are starting to become more aware of their oral health (BRHA).
- Red River College in CRHA has expressed that HSHC resources are used for developing personal community education/service learning modules. They also report that the Oral Health Resource Kits are very useful in providing education for Hutterite Colonies and Growing with Mom groups (CRHA).
- ARHA Community Nutritionist is interested in taking the HSHC message to next year's Killarney Preschool Wellness Fair (ARHA).
- All Interlake Hutterite Colony Schools plan to include oral health into their education curriculum this fall (IRHA).

Dental/Medical Offices

- A dental office recently opened up in Lynn Lake and the local school teachers report an improvement in the oral health of their students (BRHA).
- Brandon midwives plan to contact their Public Health Manager to order supplies for a prenatal and newborn anticipatory guidance bags for their clients. They also plan to incorporate a gum disease screen into their prenatal health screen (Brandon).

Regional Health Authorities

- The inclusion of the link to HSHC resources on regional health authority websites has been appreciated by Public Health Managers and various professional groups.

Challenges:

- In Northern Manitoba it is difficult to follow-up with communities due to the amount of travel required. It is hard to determine how the community is doing and if further support is required over the phone.
- Access to dental care for children under 3 years of age and lack of low-income options for rural families.
- Staff turnover within Regional Health Authorities (RHAs).
- Getting the message out to programs that HSHC is a tool and resource rather than a program that provides direct service delivery.
- Some programs desire colored copies of resources and report that clients aren't interested in taking photocopies.
- Some service providers feel that a lot of resources have been supplied but are unsure how to incorporate the resources and messages into existing programs.
- Parents are requesting more information on effective techniques to getting their children to brush their teeth.

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 Regional Health Authorities:

Funding for Community Facilitator position ended on July 10, 2008.

- Groups trained – Nelson House Cree Nation Wellness Centre staff, refresher workshop for BRHA Public Health staff,
- Organized and participated in Dental Health Day at the Thompson Mall. Submitted print and radio adds as advertisement. The day consisted of a free dental screening for children, educational displays, and a take home goody bag of dental products.
- Researching grant opportunities for Norway House Cree Nation to produce anticipatory guidance bags to give out during immunizations.
- Developing a referral system for public health staff to directly refer clients to the Children's Dental Program who require dental surgery. Completed trainings on this system with Public Health staff and Grassroots Mentoring.
- Provided child presentation for dental health month at various daycare and childcare centres across Thompson and Wabowden.
- Prepared and sent out oral health displays to all BRHA and First Nations and Inuit Health community schools and Health Centres.
- Connected with the school Principal and Resource Teacher at Lynn Lake and Leaf Rapids to discuss HSHC resources and sustainability of oral health message.
- Attended Community Health Regional Meetings.
- Participating on the committee for Safe Kids Week.
- Helped to perform oral screenings on children at the BRHA Annual Health Circus.
- Attended the Chronic Disease and Oral Health telehealth presentation.
- Working with management and program coordinators to develop a realistic plan for sustainability of the preschool oral health message within BRHA.

NOR-MAN/Parkland Regional Health Authorities:

Funding for Community Facilitator position ended on July 1, 2008.

- Groups trained – Best Beginnings Baby and Me in Flin Flon, The Pas Community Health Developer, Duck Bay nurse, Dauphin Public Health team, Swan River Public Health team,
- HSHC project introductions provided to Aboriginal Midwifery Program in The Pas, Parkside Children's Centre and Laurier Playzone, Mothers of Preschool Program, Aboriginal Head Start, Ukraine Bilingual Preschool,
- Met with Swan River Obstetrics Clinical Director.
- Attended the Chronic Disease and Oral Health telehealth presentation.

North Eastman/South Eastman Regional Health Authorities:

- Groups trained – Mrs. Lucci's Resource Centre in Lac du Bonnet, Anola Kindergarten Teacher, Oakbank Diabetes Educator and Community Dietitian, SEHA Healthy Living Coordinator, and NEHA Wellness Facilitators.
- Submitted an article on oral health to the Carillon (South Eastman Regional Health Authority (SEHA) newspaper) and the NEHA newsletter.
- Provided an oral health DVD to be played at the NEHA Primary Health Centres throughout NEHA.
- Participating in the Chronic Disease Prevention Initiative (CDPI) Health Forum Planning Committee. Forum will be held in Beausejour and Pine Falls.
- Attended the Chronic Disease Prevention Conference in Pine Falls.
- Met with the new SEHA Healthy Living Facilitator and Health Promotions Coordinator.
- Attended the Annual Scientific Assembly 2009 in Winnipeg to help with the booth.
- Attended the Vita Health Forum and working towards establishing a fluoride and/or tooth brushing program at the school.
- Attended various community events and health fairs.
- Attended the Chronic Disease and Oral Health telehealth presentation.
- Met with the SEHA Healthy Living Coordinator to discuss prevention strategies and the incorporation of oral health messages into healthy living initiatives.

Central/Assiniboine/Brandon Regional Health Authorities:

Funding for Community Facilitator position ended on May 31, 2009.

- Groups trained – Brandon midwives, Assiniboine RHA Health Promotion Team, and Promise Years Program.

- Created 5 oral health resource kits for CRHA. Locations for the kits were decided by HSHC Facilitator, CHRA Public Health Managers and Admin Support Supervisor. A universal tracking system/sign-out process was created for the regional resource kits.
- Participated in the Healthy Communities Conference in Gladstone. Facilitator collaborated with Families First to create a healthy habits display.
- Provided HSHC resources, self learning module, and other oral health information for a teacher from Austin Mennonite School to take to the community at large. Teacher had expressed concern regarding the lack of knowledge in the community related to oral health issues.
- Provided presentation to the Healthy Living Team addressing key areas of current health promotion and where oral health messages could be imbedded.
- Prepared two articles on oral health and overall health for the CRHA newsletter as well as a public newsletter.
- Provided Promise Years Program with an oral health resource kit to be shared within the program.
- Provided an oral health resource kit, puppet, and HSHC poster series to ARHA Public Health Manager for the Well Baby committee to review.
- Provided an oral health resource kit and sugar shocker display to Brandon RHA and the Elspeth Reid Centre.
- Participated in the CKX television noon show to promote oral health month and ECTD. The show connects with both Brandon and Assiniboine regions.
- Sent out reminders to daycares and Friendship Centre's that April is oral health month.
- Provided HSHC web links and information for CRHA staff intranet portal so that resources are available for ongoing oral health promotion.

Winnipeg/Interlake Regions:

Community Facilitator resigned from position on March 31, 2009. Position filled on May 4, 2009.

- Groups trained – Mayfair Resource Centre, Aboriginal Health and Wellness Centre nurse, and Teachers with the Summer Learning Enrichment Program at John M King School.
- Received orientation to the position.
- Connected with the WRHA Community Facilitators.
- "Where to go for Dental Care in Your Community" resource sent to Family Services and Housing offices throughout Winnipeg to be used with EIA clients.
- Met with Public Health nurse in IRHA to go through the self-learning orientation binder and discuss how the Public Health team is working to incorporate oral health messages.
- Distributed HSHC oral health poster series to various schools and community groups as requested.
- Met with two WRHA Community Facilitators to discuss gaps in their respective communities related to oral health. Have plans to arrange a session in fall with all Community Facilitators.
- Attended the Chronic Disease and Oral Health telehealth presentation.
- Contacted WRHA Settlement Workers to discuss how to incorporate HSHC messages into their work. Organized a meeting with one of the newcomers groups in fall.
- Met with the IRHA Wellness Group and discussed contacts for follow-up in the region.
- Met with Families First Coordinator to determine how home visitors are using HSHC resources.
- Connected with the Maternal Child Health Supervisor at the Health Centre in Brokenhead and discussed HSHC messages.
- Contacted a teacher at Rocklake Colony School. All eight Interlake Hutterite Colony schools will be including oral health into their education curriculum in fall.

3) Presentations:

April 2009

| RHA | Train the Trainer Workshop | | Parent/Caregiver Presentations | | Contacts made | |
|--------------|----------------------------|----------------|--------------------------------|----------------|---------------|----------|
| | # Workshops | # Participants | # Presentations | # Participants | Direct | Indirect |
| Assiniboine | 2 | 24 | 1 | 110 | 7 | 2 |
| Brandon | 1 | 8 | 0 | 0 | 2 | 350 |
| Central | 0 | 0 | 1 | 18 | 44 | 0 |
| Burntwood | 2 | 16 | 10 | 148 | 3 | 0 |
| Churchill | 0 | 0 | 0 | 0 | 0 | 0 |
| NOR-MAN | 1 | 3 | 0 | 0 | 10 | 70 |
| Parkland | 0 | 0 | 0 | 0 | 7 | 10 |
| Winnipeg | 0 | 0 | 0 | 0 | 0 | 20 |
| Interlake | 0 | 0 | 0 | 0 | 0 | 0 |
| NorthEastman | 1 | 2 | 2 | 188 | 0 | 3 |
| SouthEastman | 0 | 0 | 0 | 0 | 0 | 1 |
| Total | 7 | 53 | 14 | 464 | 73 | 456 |

Maternity Ward visits in Burntwood Region – 42

May 2009

| RHA | Train the Trainer Workshop | | Parent/Caregiver Presentations | | Contacts made | |
|--------------|----------------------------|----------------|--------------------------------|----------------|---------------|----------|
| | # Workshops | # Participants | # Presentations | # Participants | Direct | Indirect |
| Assiniboine | Unreported | | | | | |
| Brandon | Unreported | | | | | |
| Central | Unreported | | | | | |
| Burntwood | 0 | 0 | 2 | 40 | 2 | 0 |
| Churchill | 0 | 0 | 0 | 0 | 0 | 0 |
| NOR-MAN | 1 | 1 | 2 | 45 | 0 | 57 |
| Parkland | 4 | 14 | 2 | 12 | 0 | 300 |
| Winnipeg | 2 | 3 | 0 | 0 | 9 | 199 |
| Interlake | 0 | 0 | 0 | 0 | 1 | 12 |
| NorthEastman | 2 | 4 | 3 | 100 | 2 | 180 |
| SouthEastman | 0 | 0 | 1 | 210 | 6 | 0 |
| Total | 9 | 22 | 10 | 407 | 20 | 748 |

Maternity Ward visits in Burntwood Region – 27

June 2009

| RHA | Train the Trainer Workshop | | Parent/Caregiver Presentations | | Contacts made | |
|--------------|----------------------------|----------------|--------------------------------|----------------|---------------|----------|
| | # Workshops | # Participants | # Presentations | # Participants | Direct | Indirect |
| Assiniboine | | | | | | |
| Brandon | | | | | | |
| Central | | | | | | |
| Burntwood | Unreported | | | | | |
| Churchill | Unreported | | | | | |
| NOR-MAN | Unreported | | | | | |
| Parkland | Unreported | | | | | |
| Winnipeg | 1 | 4 | 1 | 0 | 5 | 90 |
| Interlake | 0 | 0 | 0 | 0 | 4 | 0 |
| NorthEastman | 1 | 3 | 1 | 17 | 1 | 0 |
| SouthEastman | 1 | 1 | 0 | 0 | 0 | 0 |
| Total | 3 | 8 | 2 | 17 | 10 | 90 |

4) Community events:

April: Beausejour Kids Fair

Dental Health Day at Thompson Mall

Milestone Preschool Wellness Fair in Brandon

Killarney Preschool Wellness Fair

Healthy Communities Conference in Gladstone

Riverton Health fair

Annual Scientific Assembly 2009 (for Family Physicians) in Winnipeg - display

May: Teddy Bear's Picnic in Winnipeg

Teddy Bear's Picnic in Brandon

BRHA Annual Health Circus in Thompson

Lac du Bonnet Readiness Fair

Ready, Set, Grow Fair in Pine Falls

Vita Health Forum

Chronic Disease Prevention Conference in Pine Falls – display

Preschool Wellness Fair in Flin Flon, Cranberry, and Swan River

June: Tooth Fairy Saturday in Winnipeg

Health and Wellness Fair at the Winnipeg Taxation Centre

Aboriginal Day in Winnipeg

Collaborative Activity

- 1) A letter from the HSHC Partnership has been sent to all RHAs encouraging the use of HSHC resources by staff at the RHAs and in particular, the new healthy living/community development positions.
- 2) HSHC Community Facilitators have been working with Healthy Living Facilitators and Wellness Coordinators within each RHA to determine strategies to support the sustainability of early childhood oral health promotion. Strategies include: a designated oral health liaison in some regions, streamlined process to provide resources to support communities within the region, and the inclusion of oral health information into chronic disease initiatives and overall wellness promotion.

- 3) Members of the project have been working with the Manitoba Dental Association on two of their key initiatives: introducing a first dental visit program for young children and an oral health curriculum for school children. Project resources have been shared with the MDA as they develop these initiatives.
- 4) A link to HSHC resources is available on the Oral Health and Aboriginal Child clearing house website.
- 5) Dr. Schroth presented at the Canadian Public Health Association conference held in Winnipeg, MB from June 7-10, 2009. His talk was titled, "Cultural Perspectives of Early Childhood Cares." Results from the cultural study were shared.

Next Steps

- The partnership is continuing to explore ways to provide ongoing central support to the enhancement and sustainability of early childhood tooth decay prevention activities.

Feedback/Evaluation/Research

- Qualitative Evaluation study
 - Currently in the early stages of preparing a manuscript of findings for journal publication.
 - Final report is 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.
 - Final report recently completed and is available online.
 - Will work on preparing a manuscript for journal publication later in 2009
- Pre/Post Test Workshop Questionnaire
 - A manuscript for publication was submitted to Pediatric Dentistry in September 2008. The article has been approved for publication. 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.

Staff Development

- Manitoba Health will again support 2 STEP students working full-time during the summer.
- Support and management of STEP student activities includes: resource mailings, database entry, development of displays, and other projects and 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.

- Complete manuscript preparation for phase II study and begin preparation of manuscripts on qualitative research activities.
- Work with the RHAs 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"
- Explore the possibility of having a BSc (Dent) student join the team to undertake an evaluation project.