



Healthy Smile Happy Child

John Buhler Research Centre
Room 501B, 715 McDermot Avenue
Winnipeg, MB R3E 3P4
Tel: (204) 789-3500; Fax: (204) 977-5691

Quarterly Report January – March 2007

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

Submitted by: Lavonne Harms, Coordinator – Healthy Smile Happy Child

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Community Involvement/Partnerships

Project Activity:

1) Phase II Evaluation

- Data cleaning is completed and statistical analyses have begun.
- The biostatistician will run some initial comparisons on knowledge and attitude changes, comparing the follow-up with baseline data.
- Plan to go back to 4 communities involved in study to report findings and provide further support in the prevention of ECTD.

2) Community and Professional Contacts

Burntwood/Churchill Regions:

- Professional Groups trained – Thompson midwife, Lynn Lake Canadian Prenatal Nutrition Program (CPNP) worker and Community Health Representative (CHR), 2nd year nursing students from University College of the North campus in Thompson, Nelson House Public Health nurse and Dental Therapist, Norway House First Nation (Maternal Child Health, CHR, Public Health, Head Start, Pediatric Dental Clinic Staff, and CPNP).
- Further resources provided to First Nations and Inuit Health Branch (FNIHB) Dental office, City Dental office, and Burntwood Community Health Resource Centre.
- Prepared 300 toothbrush packages for goody bags for Family Literacy Day.
- Development of BINGO games for Child Care providers to use with children in their programs.
- Assisted in the organization of the 3rd Annual Hello Parents Parenting Conference, presented at the conference, and set up a display for the 2 day conference.
- Connected with Nelson House community during their Community Health Week providing presentations and a display.
- Provided resources to Norway House for them to give out at upcoming Health Fair.
- Preparing for National Oral Health month in both regions.

NOR-MAN/Parkland Regions:

- Professional Groups trained – Friendship Centre in The Pas, University College of the North nursing students from The Pas campus, University College of the North dental assisting students, Infant/child/youth team at Primary Health Centre in The Pas, Roblin Nursery School staff and Public Health nurses, Gilbert Plains and Grandview Day Care staff, Dauphin Head Start, Early Childhood Education program at Assiniboine Community College Dauphin campus, The Pas Aboriginal Head Start, Flin Flon Guidance Nursery, Best Beginnings (The Pas, Flin Flon, Cranberry), Marigold Preschool in The Pas, Swan River Nursery, Camperville Head Start, Better Beginnings Session Leaders (Swan River, Bowsman, Benito), Public Health nurses (Flin Flon,

Sheridon, Cranberry-Portage, and Central and Eastern Districts in Parkland), and Families First Parent-Child working group in NOR-MAN.

- Project introductions were delivered to Pukatawagan First Nation nursing station, Grand Rapids First Nation (nursing station, CPNP, school, and Head Start), The Pas' District Health Council, the Northern Coordinator for Triple P, Hilda Young Child Care Centre at Opaskwayak Cree Nation, and District Health Council meetings in Grand Rapids and Easterville.
- Preparing for National Oral Health month in both regions.

North Eastman/South Eastman Regions:

- Professional groups trained – NEHA Public Health nurses, Nurses from Little Grand Rapids and Pauingassi, Little Grand Rapids community health educators (CHR's, Healthy Baby, Bright Beginning Coordinator, and mental health worker), Sakgeeng Head Start/Healthy Baby Coordinator, Buffalo Point Wellness Facilitator, French Language Network (Centre de Santé) via MB Telehealth, Poplar River First Nation (CPNP, Brighter Futures, Public Health Educator, CHR, Building Healthy Communities), Bloodvein First Nation (Home Care and Super Start Coordinators), Pinawa Grassroots Early Childhood Facilitator.
- Project introductions were delivered to Dental Therapist in Sakgeeng, Kin Place round table meeting, Oakbank Coalition meeting, and Hollow Water new head nurse and Bright Futures/Healthy Baby Coordinator.
- Connected with Springfield Hutterite Colony school staff regarding a meeting with teachers, principal, community leaders to discuss development of permanent teaching package/workbook to be used throughout the school year.
- Started putting together an outline of oral health teaching ideas for the Hutterite Colonies.
- Met with Coordinator and Winnipeg/Interlake Facilitator regarding approach with Hutterite colonies.
- Participated in MB Telehealth videoconferencing session out of St. Pierre.
- Met with dentist in Steinbach who is very supportive of project and provided resources and workbook.
- Joined the Bright Beginnings Coordinator from Pinawa and attended the Valentines Mom's Pop's and Tot's group in Seymourville.
- Provided resource materials to "daycare worker" for presentation of HSHC to complete her daycare worker certificate.
- Met with and provided resources to a Francophone student nurse who will be preparing a French presentation on oral health to school aged children.
- Prepared inserts and toothbrushes for 3-4 year old goody bags and laminated resources for the wellness library in Pinawa.
- Preparing resource kits for organizations in both regions.
- Met with Principal of Pinawa Elementary School and provided kids activities booklet, discussed distribution of oral health activities to all schools in Hanover School Division, also met with Principal of Poplar River First Nations and provided information on fluoridation systems for the community as well as kids activity booklet. Connected with principal of Oakbank Elementary school regarding distribution of resource materials to new German immigrants.
- Resources provided to Grassroots Early Childhood Facilitator who will laminate for a "dental bag" for the parents library.
- Preparing nursery school/daycare package of oral health activities for program directors.
- Resources provided to Poplar River First Nation Day Care and Head Start.
- Preparing for National Oral Health month in both regions.

Central/Assiniboine/Brandon Regions:

- Professional groups trained – Assiniboine nursing students, Westend Day Care child care workers, Central Regional Health Authority staff (Public Health, Families First, Healthy Baby etc.), Francophone health and child care workers via MB Telehealth, Assiniboine public health nurses.

- Project introductions were delivered to South Central Day Care Coordinators.
- Further resources provided to Carman Public Health nurses, Brandon CPNP and Community Action Program for Children (CAPC) programs.
- Public Health nurses in all 3 regions requesting services when planning community health fairs.
- Attended training on self management model for chronic disease.
- IITV (Information technology system – like MB Telehealth) presentation provided to 20 Hutterite Colonies and distributed resources to each site.
- Continuing to build relationships with First Nation communities, Hutterite Colonies, Healthy Child Coalition Coordinators, and Chronic Disease Prevention Initiative Coordinators.
- Working on National Oral Health month plans in all 3 regions.

Winnipeg/Interlake Regions:

- Professional Groups trained – Youville Centre, Selkirk Friendship Centre Day Care, Lord Selkirk School Division Kindergarten teachers, Families First Team Supervisors, University of Manitoba nutrition practicum students, WRHA Primary Care dietitians, CPNP, CAPC, FASD, and Head Start Public Health Consultants, Rehab Centre for Children occupational therapist and 2 students, WRHA Public Health nurses (3 sites: St. James/Assiniboine South, River Heights, Seven Oaks), Aboriginal Health & Wellness Centre, Parent Resource Network, Nor'West on Alexander, Point Douglas Parent Child Coalition, French Language Network (Centre de Santé and Swan Lake) via MB Telehealth, Interlake Early Childhood Development Committee, Nova House/Growing Years, Diabetes Education Resource for Children & Adolescents, and Nobody's Perfect Parenting program MB Facilitators.
- Project introductions were delivered to Centre for Community Oral Health dentists, Aboriginal Health & Wellness Centre, NEEDS, Ma Mawi Wi Chi Itata Centre, letters of invitation for workshops sent to Elmwood community workers, and St. Boniface Women's Program Team Managers.
- Attended training at MB Telehealth to learn how to use Telehealth to deliver presentations to remote communities. Telehealth practice session at Centre de Santé.
- Met with Point Douglas Public Health to discuss partnerships and to ensure oral health promotion effort supports other initiatives in the Point Douglas community.
- Met with St. Boniface WRHA Community Facilitator to discuss contacts and potential programs to approach for workshops with the Francophone community which has led to the identification of numerous future potential contacts
- Creating resource kits for WRHA Community Health Offices.
- Met with Community Connector for River East Transcona School Division to assist in incorporating oral health into "Kids in the Kitchen" program and other community events for nutrition month in Elmwood community.
- Working to build relationships with Public Health offices in Winnipeg region. Contacted all Public Health Team Managers to schedule presentations at team meetings.
- Working on submissions to various newsletters as well as Oral Health month plans.
- Resource mail outs sent to all Interlake and Winnipeg dentists, Interlake Healthcare Facilities, and Interlake First Nation health centre's.
- Prepared 350 inserts (handout and toothbrush) for Welcome Wagon registration packages and 200 inserts for a Francophone event in St. Boniface.
- Resources sent to multiple dental clinics per their request.
- Provided toothbrushes fro Andrews Street Family Centre for their Head Start program as staff are presenting oral health messages to children.
- Coordinator of MB Francophone early childhood education programs supportive of HSHC and is planning a workshop for future professional development.
- Met with Devon Schwab (French Volunteer), Karen Cyr (WRHA Volunteer Services) and Project Coordinator regarding involvement in facilitating French workshops.
- In partnership with Seven Oaks Early Years Coalition to create bookmark with key oral health messages to insert into Baby Beginnings packages.

- Arranging workshops with First Nation communities.
- Resource packages mailed out to all Interlake libraries to be shelved and available for circulation as well as pamphlets to display for oral health month.
- Met with Coordinator and North Eastman/South Eastman Facilitator regarding approach with Hutterite colonies.

3) Presentations:

January 2007

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	6	14	4	0
Brandon	0	0	0	0	3	0
Central	1	24	2	12	9	0
Burntwood	2	3	2	9	3	300
Churchill	0	0	0	0	0	0
NOR-MAN	4	40	1	12	7	1
Parkland	4	28	6	70	6	0
Winnipeg	2	20	4	91	26	300
Interlake	2	21	0	0	4	55
NorthEastman	3	24	4	33	2	0
SouthEastman	0	0	0	0	3	0
Total	18	160	25	241	64	656

Maternity Ward visits in Burntwood Region – 45

February 2007

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	1	26	0	0	0	0
Brandon	0	0	0	0	0	0
Central	3	41	0	0	20	0
Burntwood	3	22	6	194	12	145
Churchill	0	0	0	0	0	0
NOR-MAN	4	18	3	25	5	10
Parkland	3	9	5	21	5	200
Winnipeg	5	45	5	41	13	650
Interlake	0	0	0	0	4	0
NorthEastman	1	1	4	81	12	3
SouthEastman	1	1	1	12	10	8
Total	21	163	25	564	61	1016

Maternity Ward visits in Burntwood Region – 21

March 2007

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	1	6	0	0	0	0
Brandon	0	0	0	0	0	0
Central	0	0	3	43	0	0
Burntwood	1	8	1	8	9	0
Churchill	0	0	0	0	0	0
NOR-MAN	2	10	2	10	5	15
Parkland	2	13	3	19	2	20
Winnipeg	10	104	0	0	23	200
Interlake	2	28	0	0	13	9
NorthEastman	3	8	2	54	9	145
SouthEastman	1	5	0	0	3	0
Total	22	182	11	134	64	389

Maternity ward visits in Burntwood region – 20

4) Community events:

January: Family Literacy Day in Burntwood Region

February: Welcome Wagon Baby Shower
 Chronic Disease and Diabetes Education Network in Winnipeg – 3
 Community Facilitators attended to network and man a display
 3rd Annual Hello Parents Parenting Conference in Thompson
 Community Wellness Week in Nelson House
 Display at Swan Valley School Division Professional Development Day

March: Manitoba Recreation Connections Conference in
 Manitoba Chronic Disease Prevention Initiative Conference in
 Dakota Tipi First Nations Health Fair
 Shilo School Health Fair
 Preschool Wellness Clinic at The Pas Family Resource Centre
 FASD (Fetal Alcohol Spectrum Disorder) Workshop in The Pas
 Ecole Dugald School Fun Fare (pre-kindergarten day)

5) Media

- "Brush up on your child's tooth care!" – Feature in *Natotawin* Newspaper (January 12, 2007).
- "Healthy Smile, Happy Child" – Feature in *The North Eastman Health Association Pulse* (December 2006).
- "Tooth decay numbers in children high in Burntwood region" - Feature in *Nickel Belt News* in Thompson (February 26, 2007).
- "Healthy Smile Happy Child" - Article in *Child Care Bridges* a Publication of The Manitoba Child Care Association (Spring 2007, volume 1).

Collaborative Activity

- 1) MB Telehealth technology was used to support the French Language Network in Central, Winnipeg, and South Eastman regions. Four "lunch and learn" sessions were offered via

Telehealth to professionals involved with prenatal and early childhood programming in the Francophone communities within the 3 regions. There are continued plans to use Telehealth to provide workshops to remote Northern communities during the next quarter.

- 2) Contacted Darlene Girard, Provincial Families First Coordinator regarding oral health messages and provincial curriculum. HSHC Project Coordinator will attend provincial meeting in May to discuss ways to ensure capacity with Coordinators from each region.
- 3) Dr. Robert Schroth and Project Coordinator met with Rafi Mohammed with the Manitoba Dental Association (MDA) to explore partnering together to promote first dental visit at first birthday as well as create a listing of dentists who are willing to see young children.
- 4) Abstracts submitted to the following conferences: Prevention Matters Conference in Saskatoon, Aboriginal Education Research Forum in Winnipeg, American Indian Research Forum in North Dakota, and 13th Annual Child and Family Research Symposium in Winnipeg. Abstracts accepted for poster presentation at Prevention Matters Conference, session at Child and Family Research Symposium, Aboriginal Education Research Forum and American Indian Research Forum.
- 5) 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.
- 6) Website continues to expand and now includes the Healthy Smile Happy Child Cree resources. Website hits from last quarter:

October:	218
November:	186
December:	165

Website hits this quarter:	January: 264
	February: 308
	March: 346
- 7) Abstract submission to 2nd International Meeting on Indigenous Child Health: solutions, not problems, was accepted for oral presentation. Dr. Robert Schroth and HSHC Project Coordinator will be attending conference.
- 8) In collaboration with FNIHB, the Circle of Smiles VHS videos have been put on CD-ROM and HSHC has made a bulk purchase to provide to communities to use for early childhood tooth decay prevention initiatives.
- 9) Project Coordinator has provided Public Service Announcements to Community Facilitators to ask local radio stations to run during Oral Health Month in April 2007. A news release has also been sent out to all 45 papers in the Manitoba Community Newspaper Association (MCNA). Four classified ads will also run (one per week in April) in the MCNA papers.
- 10) One page insert highlighting HSHC resources prepared and placed in all registration packages at the Annual Manitoba Dental Association conference in Brandon.
- 11) Inquiries continue to be received from numerous jurisdictions outside of Manitoba. For example, resources have been requested by Cypress Health Region in Saskatchewan and Regional Nutritionist for Kitikmeot region in Nunavut. An inquiry from Children's Oral Health Initiative (COHI) Coordinator in Quebec regarding availability of French resources has been received.

- 12) Information packages mailed out to Manitoba pediatricians, obstetricians, and dental hygienists. Plan to send out packages to Manitoba dental assistants and therapists as well.

Feedback/Evaluation

- Pre/Post Test Questionnaire Preliminary Observations
 - Data compiled are from 32 participants for pre-test information, and 23 participants from the post-test (9 have not responded).

Behavior Change questions

- 100% of post-test respondents knew more about childhood oral health after our presentation.
- 73.9% of respondents have changed the information they give people about tooth brushing.
- Over half of post-test respondents also changed the information they give people about eating less sugar and when to visit the dentist.

Childhood Oral Health Questions

- Only 25% of respondents knew that children should be supervised while brushing teeth until the age of 8 in the pre-test.
- Just over half of respondents did not know what 'lift the lip' meant in the pre-test.
- The vast majority of questions (8 out of 9) showed at least a 30% increase in the percentage of people who correctly answered in the pre-test versus the post-test.

Follow-up by Community Facilitators after Capacity Building Workshops have noted the following ways HSHC message is being spread:

Public Health

- Families First continuing to use resources in Winnipeg and Interlake regions.
- Interlake Public Health displaying posters in community offices as well as using resources in prenatal classes.
- Selkirk Public Health anticipating to use resources at Well Baby Clinics.
- St. Claude Public Health using handouts at pre & postnatal visits and at Day Care.
- Portage Public Health has check off for oral health on their flow sheets and is adding toothbrushes and pamphlets to reading kits that are given to new moms on home visits.
- During January, NOR-MAN Families First gave parents a small lesson on oral health during home visits.
- Swan River Families First will distribute dental goody bags during home visits and include them in their program packages.
- Ste. Rose Public Health is planning a Smile Fair for April.

Early Childhood Programs

- Daycares are interested in getting information on tooth brushing programs.
- Selkirk Rhyme & Reading Circle and Healthy Start for Mom & Me doing their own parent presentations.
- Healthy Baby Coordinator for Parkland commented on how useful the resources are and how they easily fit into every day topics related to Healthy Baby.
- Friendship Centre Daycare displaying resources on parent information board, will be sending out information to parents in April for oral health month, and are thinking about facilitating a parent information evening.

Aboriginal Communities

- Long Plains First Nation Maternal Child program using handouts at first home visit.
- Little Grande Rapids First Nation using resources for prenatal and baby clinics.

- Bloodvein First Nation using and requesting more resources for distribution to new moms and prenatal women coming in to the nursing station.
- Aboriginal Head Start in Dauphin will be hosting a parent workshop on ECTD. Resources are also being distributed to parents.
- Andrews Street Family Centre facilitating parent presentations for the parents of the Aboriginal Head Start program.

Schools and Community Organizations

- Parent-Child Storytime Facilitator at Elwick Community School displaying prevention messages on parent information board and using flipchart in discussions.
- Flipcharts displayed in classrooms at Discovery Children's Centre.
- Downtown Parent-Child Centered Coalition (Communities 4 Families) uploaded HSHC web link onto their coalition website.
- The Pas Family Resource Centre hosted a workshop on early childhood tooth decay prevention and their staff facilitated the workshop with HSHC materials.
- Nova House (women's shelter) displaying posters and distributing to other organizations in their area.
- River Bend School has purchased toothbrushes for all students to incorporate into a school event (as per the request of the students themselves).
- Lord Selkirk School Division including dental health unit in the Kindergarten class.

Hutterite Colonies

- IITV (like MB Telehealth) session facilitated to 20 colonies in Central region was taped and will likely be shown again.

Medical/Dental Clinics

- Women's Hospital and Selkirk General Hospital incorporating newborn pamphlets into postpartum packages.
- Interlake Medical Clinic in Arborg displaying pamphlets and posters and requesting further resources.
- Resources and posters displayed at prenatal clinic at Women's Hospital.
- Resources displayed at Rehab Centre for Children.
- Dentists in South Eastman, Interlake and Winnipeg regions requesting resources.
- As a result of dental hygiene, pediatrician and obstetrician mail outs, many offices calling to request resources.

Regional Health Authorities

- Updated contact information on Interlake Regional Health Authority website.

Challenges:

- Some preschool programs continue ask Facilitators to give presentations to parents even after they have received the Workshop and resources.
- Some resistance continues to exist among WRHA Public Health to have Facilitator provide Workshop and resources.
- There is some difficulty in organizing workshops for Day Care staff as they are unavailable during the day and many evenings.
- Some Facilitators are receiving requests for dental information on older children and adults.
- Challenges continue to exist connecting with some of the First Nations communities.

Staff Development

- Support and management of STEP student activities have included: preparation and compilation of data from Pre/Post Questionnaires, follow-up phone calls, preparation of mail out packages, development of display/community poster, and other administrative tasks.

Documentation Development

- Translation of HSHC poster to the following languages; German, Punjabi, Chinese, Tagalog, Arabic, and Spanish is underway. Poster will be available online to download.
- In preliminary discussions regarding development of a poster series using pictures from flip chart as well as the production of magnets.
- Plan to add HSHC logo to pre-existing poster promoting bottle weaning at age one developed by the Women, Infant & Children Nutrition Supplemental Program (WIC). (Permission granted by WIC for the addition of our logo).

Administrative/Research Activity

- All database entry 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 throughout Manitoba and the development of a listing of dentists willing to see young children.
- Biostatistics of Phase II data will be completed.
- Connect with Northern Medical Unit to further discuss how resources could be supplied to clinical providers working in remote northern First Nations communities.
- Development of a publication describing the positive experience of the intersectoral partnership and community development approach in addressing ECTD.