



## *Healthy Smile Happy Child*

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### **Interim Quarterly Report January – March 2009**

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

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

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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**

- Public Health has added toothbrushes to their list of resources available to each unit. The toothbrushes will be used as a handout at Child Health Clinics as well as one-to-one visits, replacing suckers. There has been a high demand in all Public Health programs for toothbrushes (Central Regional Health Authority (CRHA)).
- Families First home visitors are enthusiastic about opportunities to hold oral health displays in the future. They feel prepared to promote oral health issues with community displays as well as on a one-to-one level with clients (CRHA).
- Growing with Mom group members felt that the oral health presentation helped them to resolve some mixed messages related to early childhood oral health (CRHA).
- Families First in Mid-Central CRHA plan to incorporate HSHC resources with the First Nations Health Team programs they collaborate with (CRHA).
- The link between chronic disease and oral health continues to be a message that creates interest within Public Health programs, Healthy Living teams, dietitians, and midwives to incorporate HSHC resources into daily practice (CRHA and Brandon RHA).
- A Public Health nurse used the HSHC Resource Kits to deliver several oral health school presentations (CRHA).
- The Resource Binders provided to each CRHA Families First team has been well received. Handouts have been printed and used during home visits (CRHA).
- The Brandon Resource Kit has been well received and plans are underway to identify how it can be used with various programs (Brandon RHA).
- Public Health nurses have used HSHC display material to do several oral health school presentations (CRHA).
- HSHC resource kit provided to Brandon RHA and Elspeth Reid Centre was seen as an early Christmas present and has already been used by the Healthy Beginnings and Families First programs (Brandon RHA).

#### **Early Childhood Programs**

- Bright Beginnings Coordinator uses all of the HSHC resources when connecting with clients and for regional health fairs (North Eastman Health Authority (NEHA)).
- Altona Family Resource Centre has developed their own “So Sweet Bottle” display (CRHA).

- Birthroots Doulas are using HSHC resources during their prenatal classes. They have incorporated the information in the session dedicated to postpartum care (Winnipeg Regional Health Authority (WRHA)).
- Assiniboine Regional Health Authority (ARHA) Head Start has incorporated toothbrushing after snack (ARHA).

### **Aboriginal Communities/Programs**

- Berens River First Nation Prenatal Clinic worker reports that they use HSHC resources monthly and that participants enjoy receiving the information (NEHA).
- Popular River First Nation Community Health Representative and Prenatal worker report using HSHC resources routinely (NEHA).
- The Aboriginal Head Start Worker in Bloodvein First Nation reports to using HSHC resources extensively (NEHA).

### **Schools and Community Organizations**

- Fairholme Colony initiated a noon hour toothbrushing program in their school. The teacher expressed that she has had great success with the program (CRHA).
- Homewood Colony school teachers and students were very receptive to learning about oral health. The Colony teacher is looking into starting a toothbrushing program and reported that she will share oral health information with new students in the future (CRHA).
- Red River College students in Winkler have used their HSHC resource kit during a "Growing with Mom." (CRHA).

### **Dental/Medical Offices**

- Portage la Prairie dentist has been promoting HSHC materials with clients as well as the local dental community. This dentist offers services to children under the age of 3 as well as low-income options. He is also willing to be a mentor for regional Public Health programs (CRHA).
- CRHA midwives are very receptive to oral health information and the importance of prenatal oral health care (CRHA).

### **Regional Health Authorities**

- Brandon Regional Health Authority website updated with HSHC materials as well as additional oral health links such as the Canadian Dental Association and the Manitoba Dental Association (Brandon RHA).
- SEHA created an oral health section on their regional website and incorporated a link to HSHC resources (South Eastman Health Authority (SEHA)).

### **Challenges:**

- 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.

### **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:

- Groups trained – University College of the North Early Childhood Education students, Healthy Baby/Families First Outreach worker, Nisichawayasihk Cree Nation (NCN) Child and Family Service workers, Norway House Cree Nation Public Health nurses, Norway House Community Health Representatives, Norway House Parents as Early Educators Resource program coordinators, and Thicket Portage school staff.
- Distributed HSHC poster series to programs in both regions.
- Distributed First Nations and Inuit Health tear sheets to BRHA communities and programs.
- Participated in the planning committee for National Family Literacy Day.
- Attended the Annual Manitoba Dental Convention and Manitoba Dental Assistants Association General Meeting.
- Made some new contacts in Churchill and planning a trip in April.
- Completed Community Development Evaluation forms for programs and communities in BRHA.
- Researching grant opportunities for Norway House Cree Nation to produce anticipatory guidance bags to give out during immunizations.
- Working with Thicket Portage school staff to develop a toothbrushing program in the early years classrooms.
- Preparing for Dental Health Month.
- Distributed self-learning orientation and resource binders to BRHA communities.
- Developing a referral system for public health staff to directly refer clients to the Children's Dental Program who require dental surgery.

#### NOR-MAN/Parkland Regional Health Authorities:

- Groups trained – The Pas Primary Health Care nurses, nursing student, and Families First home visitor in The Pas.
- HSHC project introductions provided to Children's Special Services in The Pas and Opasquia Middle School grade 1 teacher.
- Met with a dentist in The Pas to discuss HSHC initiatives.
- Met with the Children's Oral Health Initiative (COHI) workers and exchanged information.
- Provided Kindergarten resource kits to schools in The Pas.
- Worked on sustainability of oral health information at health fairs once HSHC Facilitator position is ended.
- Provided resources and information to Best Beginnings regarding Oral Health Month.
- Distributed HSHC poster series within both regions.
- Met with Swan Valley Dental Center and provided resources and HSHC information.
- Met with Parkland Community Nutritionist to discuss various early childhood oral health issues in the region.
- Met with Marigold Centre Daycare Director in The Pas, Cranberry Portage Child Family Resource Centre Executive Director, and Cranberry Portage Wellness Centre nurse to discuss HSHC resources and workshop opportunities.
- Along with the Dauphin Community Health Nutritionist put together guidelines for proper use of the amber teething necklace.
- Met with the Community Health Program Specialist in Dauphin to discuss HSHC resources and accessing grant funding for toothbrushes and printing costs of the resources.

#### North Eastman/South Eastman Regional Health Authorities:

- Groups trained – Lorette Dawson Trail School Kindergarten teachers, Tyndall Gillis School Kindergarten and Grade 1 teachers, and Beausejour Early Years School teachers.
- Distributed HSHC poster series to programs in both regions.
- Contacted each Elementary School in NEHA to introduce HSHC and resources.
- Met with SEHA Super Start Team Leader regarding HSHC resources and possibility of introducing other oral health initiatives into the program.
- Met with Director of Primary Health Services for SEHA to discuss regional progress.

- Completed Community Development Evaluation forms for programs and communities in both regions.
- Provided more HSHC resources to various programs and communities as requested.
- Will be participating in the Chronic Disease Prevention Initiative (CDPI) Health Forum Planning Committee.
- Created an information and fact sheet for SEHA to incorporate on their regional website.

#### Central/Assiniboine/Brandon Regional Health Authorities:

- Groups trained – Growing with Mom Facilitators, Homewood Colony teachers, Mid-Central Families First, North Families First, CRHA Midwives, CRHA Healthy Living Team, CRHA local Dentist, ARHA Families First and Strengthening Parents Program, Brandon Elspeth Reid Healthy Baby prenatal team (Families First home visitor, Public Health nurses, and Elspeth Reid worker), Red River College Dental Assistant students, and Family Resource Centre staff and Daycare Directors from CRHA.
- Distributed newly developed HSHC poster series.
- Self-Learning Resource binders completed for CRHA Public Health Units.
- Compiled materials for an “oral health for overall health” display to be available for all CRHA staff. All resources and documents will be included on a CD within their Self Learning Resource binders.
- Healthy Living Team in CRHA currently evaluating how to incorporate chronic disease and oral health messages into their healthy living toolkit.
- Collaborated with Gladstone and MacGregor Healthy Baby Coordinators to review oral health module and development of an introduction and training for module is in progress.
- In the process of getting a handout used by Public Health nurses in CRHA on teething and weaning accepted as a regionally distributed handout for parents. Final draft has been sent to the CRHA Process-Planning Committee.
- Working with Red River College Dental Assisting program in CRHA to develop sustainable educational opportunities with Hutterite Colonies, Healthy Baby, School Divisions, and other high risk communities.
- Prepared two articles on oral health and overall health for the Brandon regional newsletters (one for staff and one for the public).
- Created letter to send out to dentists in all 3 regions with hopes to collect information on who sees children under the age of 3 years, if anyone offers low-income options, and if anyone is interested in mentoring healthcare/childcare professionals requiring current oral health information. In the process of connecting with a local dentist for guidance and support with the letter and how to best reach dentists in the area.
- Created additional HSHC Resource Kits for the 3 regions due to demand.
- Connected with Assiniboine Regional Health Authority (ARHA) Public Health regarding availability of resources such as HSHC poster series and resource binders.
- Eleven HSHC toolkits sent to ARHA Families First staff who are interested in making oral health a priority in their basic care unit.
- Connected with ARHA Public Health Manager regarding early childhood oral health programming needs within public health. Also provided self-learning binder.
- Participated in the CRHA accreditation survey for Child and Youth.
- Connected with Brandon Friendship Centre regarding ongoing oral health programming.
- Met with CRHA Healthy Child Coalition Director’s to discuss additional ways oral health can be promoted within various communities and facilities.

#### Winnipeg/Interlake Regions:

Community Facilitator resigned from position on March 31, 2009.

- Groups trained – University of Manitoba nutrition practicum students and Children’s Oral Health Initiative (COHI) workers.
- Distributed HSHC poster series across both regions.
- Provided additional self-learning orientation binders for WRHA area.

- Assisting Riverton community to incorporate oral health into their Health and Wellness Fair.
- Attended a Horizons Network meeting.
- Resources sent to the Family Literacy Program Coordinator at Ruth Hooker School in Selkirk to incorporate into parent and child programs.
- Following up with community contacts in both regions.

3) Presentations:

**January 2009**

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	27	0
Brandon	0	0	0	0	2	1
Central	5	17	2	7	21	2
Burntwood	3	21	0	0	6	300
Churchill	0	0	0	0	0	0
NOR-MAN	2	4	2	22	10	0
Parkland	0	0	1	4	5	0
Winnipeg	1	16	0	0	17	352
Interlake	0	0	0	0	2	28
NorthEastman	5	5	5	68	2	7
SouthEastman	1	4	1	68	1	1
Total	17	67	11	169	93	691

Maternity Ward visits in Burntwood Region – 25

**February 2009**

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	1	27	0	0	6	11
Brandon	1	4	1	18	3	3
Central	3	24	3	332	52	102
Burntwood	3	7	4	40	4	0
Churchill	0	0	0	0	0	0
NOR-MAN	1	1	0	0	7	150
Parkland	0	0	0	0	3	10
Winnipeg	1	17	0	0	4	200
Interlake	0	0	0	0	2	5
NorthEastman	1	2	1	17	0	2
SouthEastman	0	0	0	0	0	2
Total	11	82	9	407	81	485

Maternity Ward visits in Burntwood Region – 16

## March 2009

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	2	21	6	3
Brandon	0	0	0	0	7	0
Central	2	22	1	30	26	0
Burntwood	1	3	0	0	6	0
Churchill	0	0	0	0	0	0
NOR-MAN	0	0	1	8	15	20
Parkland	0	0	0	0	2	100
Winnipeg	0	0	0	0	10	3
Interlake	0	0	0	0	19	38
NorthEastman	0	0	1	12	2	240
SouthEastman	0	0	0	0	0	0
Total	3	25	5	71	93	404

Maternity Ward visits in Burntwood Region – 51

#### 4) Community events:

January: Manitoba Dental Association Annual Convention  
 Family Literacy Day in Thompson  
 Chronic Disease Display (including oral health) at Seniors Fair in St. Jean Baptiste

February: Dakota Tipi First Nation Winter Wellness Fair  
 5<sup>th</sup> Annual Parent Conference in Thompson – display sent  
 Kelsey School infant/preschool Wellness Fair in The Pas

March: Springfield Kids Fair – NEHA Wellness Facilitator attended fair with HSHC information  
 Health Fair in Swan River

#### 5) Media:

- Healthy Smile Resources and Oral Health: Good for Life! – Two features in *As A Matter of Fact: Communicating with Healthcare Providers of Central Region*, vol.12 no.02. (February 2009).
- Did You Know? – Feature of Health Corner in *The Beausejour Review*. (February 13, 2009).

## Collaborative Activity

1) An abstract titled “Cultural Perspectives of Early Childhood Caries” submitted to the Canadian Public Health Association annual conference on June 7-10, 2009 in Winnipeg, MB has been accepted for an oral presentation.

2) An abstract on HSHC research and evaluation activities submitted to the International Congress on Circumpolar Health on July 11-14, 2009 in Yellowknife, Northwest Territories has been accepted for an oral presentation as well as a manuscript to be published in the International Journal of Circumpolar Health as a part of the conference proceedings.

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). The update was well received.

4) Dr. Schroth presented HSHC information at Need To Know Team (Manitoba Centre for Health Policy) meeting on February 24, 2009. This is a team of researchers and decision-makers from the various RHAs in Manitoba.

5) The Manitoba Dental Association's committee on First Dental Visit started in response to a recent research project and published paper showing that many Manitoba dentists are not promoting first dental visits by 12 months of age and this is an effective way to prevent ECC from occurring. The research project, published in December 2008 and mentioned in the October-December 2008 quarterly report, started from feedback from caregivers in the community who had attended HSHC training workshops but found they could not access care for their children as many offices were saying they did not see children before age 3. There is representation from HSHC on this committee and they will be using HSHC resources to train dentists to see young children in their offices. The target start date for implementation of a public campaign is April 2010.

6) The Manitoba Dental Association's Oral Health School Curriculum committee meets regularly to discuss opportunities to include oral health into existing school curriculum. The committee has recently connected with the Department of Education.

7) HSHC Committee is considering additional ways to use MB Telehealth including the possibility of hosting an Oral Health Conference in Northern Manitoba for service providers and communities, as well as potentially using video conferencing to screen young children in rural areas where there is limited access to dental professionals.

8) The WRHA Oral Health Program's "Where To Go For Dental Care In Your Community" information guide is available to be used by facilitators.

### **Next Steps**

1) Activator/community development/health promotion positions have been allocated to all RHAs.

2) A letter from the Oral Health Intersectoral 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.

3) 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.
  
- 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 will be made 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 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.
- 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"
- Possibility of having a BSc (Dent) student join the team to undertake an evaluation project.