# Healthy Smile Happy Child

The Manitoba Partnership for the Prevention of Early Childhood Tooth Decay

## **REPORT ON ACTIVITIES**

April —July 2017

John Buhler Research Centre

510-715 McDermot Avenue

Winnipeg, MB R3E 3P4

Tel: (204) 789-3500

Fax: (204) 977-5691

Submitted by: Daniella DeMaré, HSHC Coordinator

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## **Preamble**

Healthy Smile Happy Child (HSHC) is an intersectoral, collaborative partnership that takes an upstream community development approach to engage communities in Early Childhood Caries (ECC) prevention strategies and promotion of early childhood oral health. ECC, also known as early childhood tooth decay or cavities, is a destructive, yet preventable, form of tooth decay in young children, particularly those living in disadvantaged populations. Manitoba experiences excessive demand and wait times for pediatric dental surgery under general anesthesia. This burden and the need for effective prevention and sustainable oral health promotion strategies led to the development of the HSHC partnership.

Key objectives of the HSHC project have been to 1) gain community acceptance of the importance of the issue of ECC, 2) build on existing programs which target young children, 3) increase parental knowledge of ECC prevention, 4) increase knowledge of existing service and health providers of the importance of prevention, and 5) encourage existing service and health providers to incorporate prevention activities into their practice.



Map of Manitoba Regional Health Winnipeg (Churchill) **Authorities** New 5 RHAs Northern Interlake-Eastern Prairie Mountain Health Winnipeg Southern Health -Santé Sud

# **Northern Regional Health Authority**

A Health Circus was held in Thompson with local clinicians conducting oral health screenings. Approximately 100 children were screened. Toothbrushes and oral health resources were distributed to participants.

## Southern Health - Santé Sud

On June 6 and June 14, Healthy Smile Happy Child provided French presentations to daycare and kindergarten children in the École St-Agathe and Centre de Santé. In total, HSHC presented to 37 children. Each presentation consisted of playing the "Happy Tooth Sad Tooth" Game, "Egg-Speriment" and a toothbrushing demonstration.

On June 13, HSHC provided 3 separate presentations in French at École St-Joachim in La Broquerie. The groups were split into 3 groups of 16 children. Sixteen were from the daycare and 32 in kindergarten. Again, "Happy Tooth Sad Tooth", "Egg-Speriment" and a toothbrushing demonstration were presented.







HSHC attended the Carman Preschool Screening Day, on June 15th, and Dr. Schroth and Mary Bertone with assistance from our students provided dental screenings for 44 children.

Frequently parents ask questions about soother use, thumb sucking, and toothpaste, HSHC was prompted to develop two new resources: the *Thumb Sucking and Soother Tips* resource and the *Toothpaste for Young Children* resource. These resources are in the process of being reviewed and finalized by the HSHC partnership.

## **Prairie Mountain Health**

In Brandon, there were many oral health presentations during April, Oral Health Month. Three were held at nursery schools in Brandon. During these events, toothbrushing puppets were available for the children to use to learn how to brush their teeth. In total, 53 people participated in these events.

In addition, three oral health promotion presentations were held at a Healthy Baby program in Brandon. The "Sugar Shocker" game was used at these events. One presentation was held for a prenatal group and two for postnatal groups. 60 people attended these events.

On April 11, a request for clarification was sent from a Health Promoter in Prairie Mountain Health regarding the prenatal information pamphlet posted on the HSHC webpage regarding toothpaste recommendations for baby's teeth (0-12 months). HSHC shared the Canadian Dental Association (CDA) position statement on fluoride toothpaste and children, which can be found at the following:

#### https://www.cda-adc.ca/en/about/position\_statements/fluoride/

HSHC was invited to attend the Neepawa Preschool Screening on May 9 and 10. This was a two day event held in Neepawa. HSHC was generously hosted at the Westway Inn for one night by the Beautiful Plains School Division. In total, it was estimated that there were 60 children at the event. The children's attention was captured by offering them a chance to brush the puppets' teeth and an opportunity to spin the "Wheel of Smiles". Oral health information was shared with the parents at the same time. Resources were handed out to interested parents. Thirty two resources were handed out and 11 toothbrushes.







HSHC at the Neepawa Preschool Screening

Healthy Smile Happy Child mailed out a variety of HSHC resources to Ebb & Flow First Nation after a request was made following the 19<sup>th</sup> MB Telehealth Session on Healthy Smile Happy Child's new Lift the Lip Video. Ebb and Flow First Nation has also been added to the HSHC distribution list so that they will receive any information on new resources or telehealth presentations.

On June 28th, an oral health presentation was held at the Westman Immigration Services in Brandon for a group of new Canadians. The "Sugar Shocker" game and "Caring for Children's Teeth" newcomer resource were used. There were 12 participants.

# **Interlake - Eastern Regional Health Authority**

On April 4th, a dental health presentation was held in the St-Georges community at École Communautaire to seven pre-school/Kindergarten children.

A Child Development clinic was held at the Adam Hardisty Health Centre in the Seymourville community hall on April 19<sup>th</sup>. This clinic was in partnership with the Wings of Power & IERHA. 20 preschoolers and their caregivers attended.

On April  $20^{\rm th}$ , a Presentation was held for Springfield playgroup to 35 toddlers/preschooler & caregivers in Anola.

A Dental Health presentation was held for children at Aboriginal Head Start in St Laurent on April 25<sup>th</sup>. Thirty-one preschool children attended the presentation.

On May 8, Healthy Smile Happy Child attended the Stonewall "Ready Set Grow" health fair. This health fair was for 4 year olds who will be registering for Kindergarten in Fall 2017. Children were introduced to the booth with the "Wheel of Smiles", and were offered a chance to



brush the puppet's teeth. After the children finished the two activities, important oral health messages were shared with them and their parents. It was estimated that 60 people attended the booth. Twenty-two resources were handed out and 55 toothbrushes.



HSHC Step Student with local dentist at the Stonewall "Ready Set Grow" Health Fair

"The Ready Set Grow Planning Committee would like to thank you for your involvement with the Stonewall Ready Set Grow event!! Without you our event would have not been possible.

Please see stats/feedback from the event and feel free to let us know if you would like to add any feedback. We hope the event will continue annually and would love to see it grow.

Thanks so much!"



On May 10th, a preschool readiness clinic was held as part of the "Ready Set Grow" health fair in Powerview-Pine-Falls. This Fair was held in partnership with Wings of Power, Bright Beginnings PCC, IERHA Children's Therapy Initiative, and the Sunrise School Division. Fifteen preschoolers and their caregivers attended the event.

Eighty-five preschoolers attended the Preschool Readiness clinic as part of the Ready Set Grow Fairs on April  $25^{th}$ , in Anola.

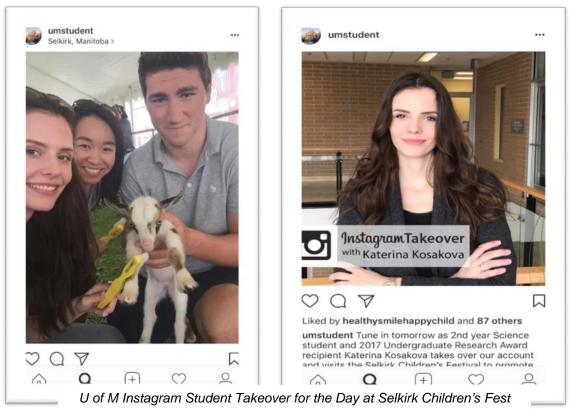
On June 8<sup>th</sup>, a dental health presentation was held for 20 elementary school kids at Marble Ridge Colony School.



The HSHC STEP students presented to 34 daycare children at the Springfield Learning Centre in Anola on July the 4<sup>th</sup>. HSHC played the "Happy Tooth/Sad Tooth" game, "Sugar Shocker" and finished with a toothbrushing demonstration & puppets. This was the first event where HSHC distributed handouts complete with bags, toothpaste and floss.

The Mobile Wellness team, including a dental health display, participated in a number of events in the region. Lake St. Martin Treaty Days were held in St. Laurent on July 7<sup>th</sup>. Fourty children and their families attended. The Peguis Treaty Days were held on July 19<sup>th</sup> in Peguis. Eighty children and their families attended. The Jackhead Treaty Days were held on July 26<sup>th</sup>. Fourty six children and their families attended.

On Friday July 14, HSHC attended the Annual Selkirk Children's Festival. This event took place outdoors between 11 am and 4 pm. HSHC's STEP students, two research students, and one volunteer helped out during this event. The event saw hundreds of children come by the HSHC table. Children had the opportunity to spin the Wheel of Smiles and play with the toothbrushing puppets. This year, HSHC coordinated with the Manitoba Dental Association (MDA) to provide gift bags containing toothbrush, toothpaste and floss. In total, HSHC handed out 100 gift bags. This was a fantastic event to provide many children and families with oral health information. In addition, A HSHC summer student was able to share the event on the University of Manitoba Instagram account as part of the U of M Instagram Student Takeover for the Day.







HSHC at Selkirk Children's Fest

## Winnipeg Regional Health Authority

HSHC was very busy in the WRHA region this quarter. On April 5, a Healthy Baby Facilitator from the Gilbert Park area requested a presentation from HSHC for a group of mothers of infants and small children. The presentation was conducted using the "You and Your Baby" dental health kit.

HSHC provided resources and materials to the community facilitator at Seven Oaks Health and Social Services Centre for the public health table at the Seven Oaks School Division event,

"Arts in the Park". With the theme of their table being summer safety, they also requested the sugar shocker game in order to provide education on staying hydrated during the summer.

Between April 12 and May 3<sup>rd</sup>, HSHC participated in the Preschool Growing and Learning Conferences (hosted by River East Transcona School Division). The events were held at the following locations:

Emerson School Ecole Centrale Sherwood School Polson School Ecole Margaret Underhill



These conferences are held for children entering kindergarten in the fall. During these events, HSHC set up a table complete with resources, information pamphlets, "Wheel of Smiles" and toothbrushing puppets. Toothbrushes were handed out to the children that visited the table.







HSHC at Preschool Growing and Learning Conferences

On May 30, HSHC presented at Wolseley Family Place. HSHC visited with 8 children, in the daycare, reading them a book on going to the dentist and having them brush the toothbrushing puppets teeth. After this, they presented to parents and caregivers. Toothbrushes were given to the children.

The family fun day, "Happy Days on Henderson", was held on June 17th and hosted by the Elmwood/Chalmers community. HSHC participated with the "Wheel of Smiles" and the "Say Ahhhh" golfing game. Approximately 2,000 families attended the event. HSHC was able to connect with many families, sharing the importance of good oral hygiene and handing out toothbrushes.



A public health nurse in the Downtown East, Winnipeg requested information for an upcoming newcomer presentation on how to access dental care in Manitoba. HSHC shared the January 19, 2016 telehealth presentation, "Newcomers to Canada and Oral Health".

HSHC delivered resources to Access Downtown, Access Nor'West and Mount Carmel Clinic in order to re-stock their waiting areas with HSHC resources. In addition, a request was made by the community facilitator with Access River East for resources to supply to the Elmwood Community Resource Center, Winnipeg School Division family rooms and the Together in Elmwood (TIE) parent-child coalition and their families.

On July 17, HSHC provided a presentation to a group of 8-12 year old children at the Medical Masters Children's Camp. This summer camp is held at the Seven Oaks Wellness Institute. HSHC played the Happy Tooth/Sad Tooth Game, Sugar Shocker and Wheel of Smiles with the children. There were 20 children in total. At the end of the presentation, gift bags with toothbrushes, toothpaste and floss were handed out to each child.





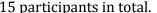
HSHC presenting at the Seven Oaks Wellness Institute for the Medical Masters Children's Camp

# **Provincial HSHC Partnership Activities**

#### **Telehealth**

On April 13, 2017 HSHC Hosted the the 18th Healthy Smile Happy Child MBTelehealth presentation entitled, "Helping your Clients make Healthy Choices: SUGAR!" Amanda Nash, the Health Promotion & Nutrition Manager with Heart & Stroke and Pam McFarlane, Director of Member and Public Relations with the Manitoba Dental Association, presented the topic oral health and sugar consumption. Eight sites attended this Telehealth. These included Winnipeg Health Science Centre, Winnipeg Access NorWest in the Winnipeg Health Region, La Broquerie Community Health Centre, Portage la Prairie Hospital, and Ste-Anne in the Southern Health Region, and St.Laurent, Stonewall District Health Centre, and Fairford Health Care Centre in the Interlake- Eastern Health Region. There were 20 participants in total.

HSHC hosted their 19th MBTelehealth Presentation on June 22nd. The telehealth introduced participants to the new HSHC video, "Lift the Lip with Healthy Smile Happy Child: Preventing Early Childhood Caries. Five different sites attended this Telehealth. These included Winnipeg Health Science Centre, and Manitoba Health in the Winnipeg Health Region, Ashern Lakeshore Hospital in the Interlake-Eastern Health Region, Rolling River Health Centre in the Prairie Mountain Health Region and, Peguis Health Centre in the Southern Health Region. There were







#### HSHC Intersectoral Dental Health Promotion Group Meetings

Intersectoral advisory meetings were held on April 27 and June 12, 2017.

#### **Pearly Whites:**

Healthy Smile Happy Child continues to receive requests for Pearly Whites Kits from HSC Children's Hospital.

Despite running low on kits and materials, HSHC provided the following:

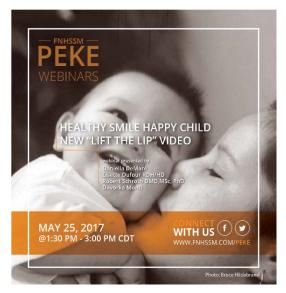
April - 18: Request from Children's Hospital 4 for Pearly Whites:

April-20: Request for Pearly Whites kits from Children's Hospital 3/Day Surgery for 0-3 years and 3-6 years.

May 24, Request for 40 Pearly Whites Kits (10 of each age group) to Children's Hospital 5 and 10 4-6 Pearly Whites Kits to Children's Hospital3/ Day Surgery.

#### Public Health Agency of Canada

To help build awareness of early childhood tooth decay, the Public Health Agency of Canada Canadian Prenatal Nutrition Program (CPNP) "Healthy Start for Mom and Me Inc" has partnered with HSHC in the creation of a culturally appropriate video incorporating key oral health messages for vulnerable children 0-6 years and their families. The video was produced in English, French, Cree, Ojibwe and Inuktitut and demonstrates a practice called "Lift the Lip" to complete a simple assessment of tooth decay in children. This practice is recognized worldwide as an effective means to increase early intervention to prevent more advanced oral caries and disease.



PEKE Webinar to promote Lift the Lip video

To promote the release of the video "Lift the Lip with Healthy Smile Happy Child: Preventing Early Childhood Caries", the Nanaandawewigamig, First Nations Health and Social Secretariat of Manitoba - Partners for Engagement and Knowledge Exchange (PEKE), and the Saint Elizabeth First Nations, Inuit and Métis Program hosted two webinars. PEKE is an organization that brings together traditional knowledge keepers, service providers, researchers and decision-makers to share learning and encourage the framing of wise practices. One of the methods of knowledge exchange is through a

partnership with the Saint Elizabeth First Nations, Inuit and Metis Program. This program provides virtual education at no cost to health care providers working in First Nation communities in the form of online courses, webinars, community forums and 24/7 access to peers and experts. One webinar was hosted in English on May 25, 2017 and the other was hosted in French on June 1, 2017. These webinars, as well as the Lift the Lip video, were promoted through many avenues including:



May 11: WRHA's Health Care Connection eblast.

May 25: Children's Hospital Research Institute of Manitoba (CHRIM) added the Lift the Lip video to their Youtube Channel.

May 25: Healthy Smile Happy Child shared the Lift the Lip video on their Facebook page.

May 26: The Canadian Association of Public Health Dentistry (**CAPHD**) promoted the video through a CAPHD eblast.

May 29: the Manitoba Dental Association advertised the Lift the Lip video on their website with a link to YouTube.



On July 24: the Lift the Lip video was also promoted in the Children's Hospital Research Institute of Manitoba's Weekly News.





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#### FROM THE BOARD CHAIR AND THE EXECUTIVE DIRECTOR



After 20 years of connecting with thousands of families, our framework of respect, teamwork and meeting people 'where they are' continues to flourish. Participants are eager and motivated to learn about pregnancy and parenting, and Healthy Start continues to find new ways of meeting the needs of participants through engaging, evidence-based information. We help people start their journey into parenthood by being a part of the foundation they will build on over a lifetime.

Healthy Start celebrates 20 years of individual

reality start celebrates of years of individual commitment to support a community effort.

Thank you all. Sheryl Bates Dancho, Board Chair; Davorka Monti, Executive Director

"Healthy Start has helped me become the mother I am today." -quoenom participant

#### SOME HIGHLIGHTS FROM THIS YEAR INCLUDE:

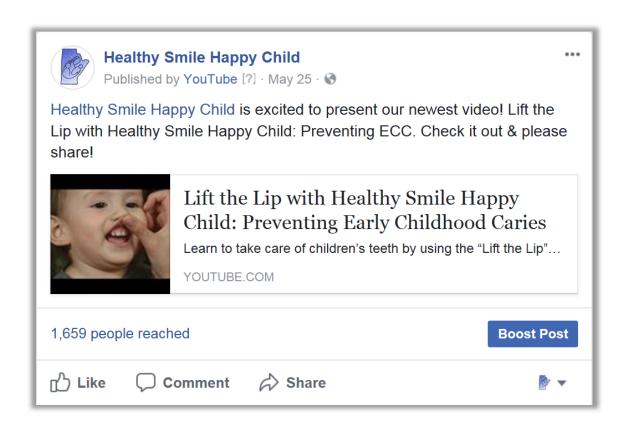
 Breastfeeding initiation continues to be high

- Birthweights of babies are better than expected in low-income populations
- Milk and egg coupons, prenatal
   vitamins and vitamin D, are creat
- vitamins and vitamin D are great incentives and meet real needs
- Parents say they feel safe to ask questions
- Health equity in action: health information provided to families where they live
- Hundreds of referrals to community
- Cooking demonstration videos on YouTube to reinforce skills learned at
- Participants making connections with each other, which helps break isolation
- 1,750 meal bags assembled to feed
- Partnership with Healthy Smile Happy Child (HSHC) and funding from the Public Health Agency of Canada to develop a dental health video called "Lift the Lip"

The Lift the Lip Video partnership with Healthy Start for Mom and Me, PHAC and HSHC was highlighted in the Healthy Start for Mom & Me Annual Report 2016-2017.



HSHC promoted the Lift the Lip videos on Facebook and Instagram. 1,659 people were reached on Facebook with 54 post clicks (34 from link, 20 from other clicks). It was shared by FACT coalition MB, Healthy Start for Mom & Me, Fort Garry/St. Norbert Healthy Child Coalition.



The HSHC YouTube channel will host all translations of the Lift the Lip video, English, French, Ojibway, Oji-Cree and Inuktitut.

#### **Events**

On May 28th, HSHC attended the Teddy Bears' Picnic at Assiniboine Park. Over 1,000 kids came to visit the "I want to be a Scientist" tent. HSHC had toothbrushing puppets, the "Egg-Speriment" game, and gave away 1,030 toothbrushes. HSHC team members, summer students, undergraduate dental hygiene and dentistry students volunteered and were provided with appreciation certificates for their volunteer work.



On June 10, HSHC staff and students attended the 35<sup>th</sup> annual International Kids Fest at the Forks for MDA's Tooth Fairy Saturday. The MDA provided dental screenings for children and had many games and prizes. HSHC set up the banner, toothbrushing puppets, and the "Wheel of Smiles". Approximately 150 children attended this event.

### **STEP Student Contributions**

- Kept Facebook and Instagram pages up to date
- Added more "contacts" and pages to HSHC Facebook page
- Attended Healthy Babies group at Community Food Centre and provided a presentation using "You and Your Baby Dental Health Kit"
- Attended the Growing and Learning Preschool Conference at Emerson School
- Delivered Pearly Whites Kits to CH4 and CH3
- Set-up/added HSHC resources to iPad
- Created new smiles for Wheel of Smiles
- Worked on Pediatric Dental Surgery Rates Article for Bob
- Created a script of the Newcomer Resource for YouTube video
- Created a handout with the Oral Health Dental Consultant for Manitoba Health, Seniors and Active Living (MHSAL) and the Dental Hygienist with SMILEplus "Access to Dental Services in Manitoba for the Newcomer"
- Created presentation for Academic Half Day
- Formatted the December 2016 March 2017 quarterly report
- Created an efficient Applicant team table for Scaling up project
- Edited/Updated HSHC Projected Budget 2017 18 & beyond
- Updated Teddy bear picnic volunteer list
- Created and emailed out Teddy Bear picnic role/shift time table to all volunteers
- Participated in the Teddy Bear's Picnic at Assiniboine park.
- Wrote report summarizing Teddy Bear Picnic Day
- Emailed Certificates to each of the volunteers for Teddy Bear Picnic
- Created & presented French version of Webinar for launch of Lift the Lip Video
- Attended Growing & Learning Conference at Polson school & École Margaret Underhill
- Attended Ready Set Grow Health Fair in Stonewall
- Attended Preschool Screening Program/ Health Fair in Neepawa
- ECOH Presentation at Wolsely Family Place
- Posted information on Dental Visits and Fruit Juice recommendations for children to FB page
- Started an analysis & evaluation paper of the Newcomer Resource
- Created advertisement for Lift the Lip telehealth session.
- Delivered resources to Seven Oaks Access on Leila
- Created a dental joke resource for children based on jokes from CDA website
- Worked on Telehealth evaluation Report



- Created Lift the Lip Video tracking sheet
- Presented Lift the Lip Webinar in French
- Updated WRHA 2017 Fiscal Report
- Presented at Ste-Agathe School Centre de Santé
- Completed report on Lift the Lip Video Activities/Webinars
- Presented at La Broquerie School to daycare and kindergarten kids
- Attended Happy Days on Henderson
- Created advertisements for upcoming Telehealth presentations
- Kept track of Lift the Lip YouTube video views
- Created a generic HSHC PowerPoint presentation with recorded voiceover and music.
- Attended Tooth Fairy Saturday at Kids Fest
- Attended Carman Preschool Screening
- Created a thumb sucking/soother use resource.
- Created a toothpaste resource
- Replenished Newcomer resource supply for the waiting room in dentistry
- Created an HSHC YouTube Channel
- Created a Lift the Lip Newsletter insert for the CHRIM Weekly Newsletter
- Mailed Oral Health Community Facilitator Kits to the Children's Oral Health Initiate Coordinator (FNIHP) in Saskatchewan Region
- Added Colgate Resources and games to HSHC iPad
- Provided an Oral Health Presentation at the Springfield Learning Centre
- Attended the Selkirk Children's Festival
- Attended Medical Masters Children's Camp
- Worked on thumb sucking/ soother use resource.
- Worked on toothpaste resource
- Replenished HSHC Resources at Access NorWest, Access Downtown, Mount Carmel Clinic
- Organized Storage Rooms
- Translated Lift the Lip Brochure to French
- Sent out Summer Newsletter insert to Dental Health Group
- Mailed out HSHC resources to Ebb & Flow First Nations
- Developed a PowerPoint for Ebb & Flow First Nations focusing on key messages for caring for baby's teeth
- Mailed Newcomer Resource to Health Promoter at Prairie Mountain Health
- Registered for Picnic in the Park

# Feedback/Evaluation/Research

#### **Grants received:**

Feasibility and acceptability of silver diamine fluoride to arrest early childhood caries in young children. College of Dentistry Research Fund, University of Manitoba. \$5,000 (2017-2018 R Schroth (Principal Investigator (PI)); M Bertone (Co-Investigator):

The etiology of genes involved in taste signaling in determining young children's susceptibility to severe early childhood caries. The Children's Hospital Research Institute of Manitoba. \$40,000 (2017 – Co-Investigator); P Chelikani (PI).

#### **Publications:**

Agnello M, Marques J, Cen L, Mittermuller B, Huang A, Chaichanasakul Tran N, Shi W, He X, **Schroth RJ**. Microbiome Associated with Severe Caries in Canadian First Nations Children. J Dent Res. 2017 Jul 1:22034517718819. doi: 10.1177/0022034517718819. [Epub ahead of print]

Wong PD, Birken CS, Parkin PC, Venu I, Chen Y, Schroth RJ, Maguire JL, and the TARGet Kids! Collaboration. Total breastfeeding duration and dental caries in healthy urban children. Acad Pediatr. 2017 Apr;17(3):310-315. doi: 10.1016/j.acap.2016.10.021.

Cidro J, Maar M, Peressini S, Schroth RJ, Broughton J, Jamieson L. Strategies for meaningful engagement between community based health researchers and First Nations participants. Front. Public Health 5:138. doi: 10.3389/fpubh.2017.00138.

#### **Peer Reviewed Publications Accepted or In-Press**

Deane S, Schroth RJ, Sharma A, Rodd C. Combined deficiencies of 25-hydroxyvitamin D and anemia in preschool children with severe early childhood caries: a case-control study. Pediatrics & Child Health.

Roos LL, Dragan R, Schroth RJ. Pediatric Ambulatory Care Sensitive Conditions: birth cohorts and the socioeconomic gradient. Can J Public Health.

El Azrak M, Huang A, Hai-Santiago K, Bertone M, DeMare D, Schroth RJ. The oral health of preschool children from newcomer families to Manitoba. J Can Dent Assoc. (revision submitted April 2017)



Nicolae A, Levin L, Wong PD, Dave MG, Taras J, Mistry C, Ford-Jones EL, Wong M, **Schroth RJ**.

Identification of Early Childhood Caries in Primary Care Settings. Pediatrics & Child Health.

# Planning for Next Quarter (August-December 2017)

- August 14 presentation at Medical Masters Children's camp.
- August 19 North End Renewal Corporation's Picnic in the Park.
- August 24 School Readiness Fair at Weston Community Centre
- September 14 HSHC Telehealth
- September 25-27 CIHR Annual Pathways Gathering
- October 12 Louis Riel School Division's Growing and Learning Together Fair
- October 14 World Cavity Free Future Day
- November 22 Indigenous Institute of Health and Healing Ongomiizwin: Research 5<sup>th</sup> Annual Indigenous Health Symposium