



## *Healthy Smile Happy Child*

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### **Quarterly Report October – December, 2006**

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 Involvement/Partnerships**

#### **Project Activity:**

##### 1) Phase II Evaluation

- 351 children (in the four initial communities) were examined and their primary caregivers interviewed.
- The purpose of the follow-up study was to evaluate changes in knowledge, attitudes, and behaviours of care providers and compare the prevalence of Early Childhood Tooth Decay.
- Data entry is complete and data cleaning will take place in January followed by statistical analyses.

##### 2) Community and Professional Contacts

###### Burntwood/Churchill Regions:

- Professional Groups trained – Families First workers in Thompson and NCN Cree Nation (Nelson House).
- Project introductions were delivered to Burntwood and Churchill Parent Child-Centered Coalitions, Community Partners of Lynn Lake, staff at Burntwood Community Healthy Resource Centre, Northern Aboriginal Iskwewak Group (women's group), Community Partners of Lynn Lake, and 39 project introduction faxes were sent to all remote communities.
- Resource packages were provided to all Daycare Directors and Women's Clinic in Thompson, First Nation and Inuit Health Branch (FNIHB) dental office, Juniper school physical education teacher, Families First and Grassroots Mentoring Program, and pre-op Nurse for pediatric dental surgeries.
- Assisted the Light of the North Daycare to establish a tooth brushing program.
- In small communities - connected with as many community members as possible; school, public health nurse, daycare, etc.

###### NOR-MAN/Parkland Regions:

- Professional Groups trained – Women's Resource Centre in Flin Flon, Family Resource Centre in Snow Lake and The Pas, Friendship Centre in Dauphin (included Healthy Baby facilitator, parent/child coordinator and Head Start workers from Camperville), Community Daycare Managers and Coordinators in NOR-MAN, and First Nation Nurses from West Region Tribal Council.
- Project introductions were delivered to Fetal Alcohol Spectrum Disorder mentors from Cree Nation Tribal Health Centre.
- Mass mail out of resources was made to community programs in Parkland.
- Toothbrushes were provided for 150 "ready, set, go" bags given out to preschoolers by Better Beginnings Committee in Swan River.
- Connections are being made with the private practice dental clinic in Dauphin.

- Met with daycare managers across Parkland region that attended Healthy Smile Happy Child workshop in 2005 for follow up and further brainstorming about ways to incorporate oral health promotion message.

#### North Eastman/South Eastman Regions:

- Professional groups trained – Day Care Directors in both regions.
- Project introductions were delivered to North Eastman Wellness Facilitators, Hollow Water School teachers, town leader of Hollow Water.
- Second set of resources was sent out to 5 First Nation communities as requested.
- Attended Wellness Coalition meeting in Oakbank.
- Resource distribution was made to Agape House (for families in crisis) in Steinbach, Growing Minds, Super Start, and Early Years Regional Team Facilitator in South Eastman, and dentist in Whitemouth.
- Meeting occurred with the Program Manager for Public Health and Primary Health in South Eastman to get update on how resources have been distributed through region.
- Display with resources was present during “home time” at various Daycares throughout both regions.
- Participated in home visits with Family Services and Child Development Coordinator and Outreach Worker in Seymourville/Manigatogan.

#### Central/Assiniboine/Brandon Regions:

- Professional groups trained – Child Care/Family Resource Coordinators in Central, Aboriginal Head Start Little Teaching Lodge child care workers, Elsbeth Reid Family Resource Centre, Brandon CPNP program, and Swan Lake First Nations health care workers.
- Project introductions were delivered to Child & Adolescent Program Team, Women’s Health Program Team and Public Health Nurses in Central, and MB Health Promotion Network.
- Toothbrushes and resources were provided for 100 newborn baby bags distributed to new moms in Central.
- Project introduction and resource mail out was completed to all dentists and community medical clinics in the 3 regions.
- Resources were provided to Portage Friendship Centre, Public Health nurses in Central to include in classes and literacy packages, and Portage Physicians Clinic as requested.
- Contact was made with the MB Association for Home Economics, First Nations Health Bulletin, and Adolescent Parenting Interagency Network.

#### Winnipeg/Interlake Regions:

- Professional Groups trained – Regional Women’s Health Program Management Committee, Seven Oaks Early Years Coalition, South Winnipeg Directors of Child Care, Families Forward: Fort Rouge/River Heights Parent Child Coalition, Nor’West Community Health Centre, Inkster Neighborhood Network, Southeast Early Childhood Development Committee, Healthy Start for Mom & Me, Manitoba Partnership Program Dietetic Interns, and Interlake Families First.
- Project introductions were delivered to Assiniboine Early Years Team, Health Promotions Coordinator for Interlake, MB Association of Friendship Centres, St. Boniface Community Facilitator, Interlake School Division #21, Lakeshore School Division, Lord Selkirk School Division, Administrator for 8 Hutterite colonies in Interlake School Division, International Centre, Diabetes Education Resource – Children & Adolescents, MB Midwives Association,
- Dental stories were read to total of 152 children from 5 different Daycares on Halloween. Resources were also sent home with parents.
- Resources were provided to Nelson McIntyre Collegiate – Teenage Parent Program as requested.

## 3) Presentations:

**OCTOBER 2006**

RHA	Capacity Building Workshops		Parent/Caregiver/Child Presentations		Contacts made
	# Workshops	# Participants	# Presentations	# Participants	
Assiniboine	0	0	0	0	2
Central	0	0	3	19	7
Brandon	0	0	0	0	1
Burntwood	0	0	4	51	10
Churchill	0	0	6	61	4
NOR-MAN	4	28	6	83	11
Parkland	1	6	2	29	5
Winnipeg	8	133	3	42	84
Interlake	1	6	0	0	15
NorthEastman	1	10	2	99	15
SouthEastman	0	0	3	94	7
Total	15	183	29	478	161

Maternity Ward visits in Burntwood Region – 20

**NOVEMBER 2006**

RHA	Capacity Building Workshops		Parent/Caregiver/Child Presentations		Contacts made
	# Workshops	# Participants	# Presentations	# Participants	
Assiniboine	0	0	0	0	1
Central	1	4	1	7	8
Brandon	1	14	0	0	0
Burntwood	1	6	9	117	10
Churchill	0	0	0	0	0
NOR-MAN	1	3	4	50	4
Parkland	1	11	3	26	2
Winnipeg	7	97	14	220	44
Interlake	0	0	2	39	14
NorthEastman	1	1	4	113	18
SouthEastman	0	0	1	73	6
Total	13	136	38	645	107

Maternity Ward visits in Burntwood Region – 17

**DECEMBER 2006**

RHA	Capacity Building Workshops		Parent/Caregiver/Child Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	5	0
Central	1	8	1	13	3	9
Brandon	0	0	0	0	1	0
Burntwood	0	0	1	4	7	0
Churchill	0	0	0	0	0	0
NOR-MAN	1	2	0	0	3	1
Parkland	1	9	1	6	12	1
Winnipeg	2	19	1	24	6	3
Interlake	1	17	0	0	0	0
NorthEastman	3	8	1	59	3	0
SouthEastman	1	6	3	237	2	300
Total	10	69	8	343	42	314

Maternity Ward visits in Burntwood Region – 21

4) Community events:

October: Manitoba Dental Association (MDA) and Faculty of Dentistry's Open Wide Event

Welcome Wagon Baby Shower

Youville Centre – St. Vital for Pap Day

Roblin Health and Community Fun Fair ~ 500 people in attendance

Treherne Preschool Wellness Fair ~ 30 parents and children

November: National Child Day Forum in Winnipeg – 3 Community Facilitators and Coordinator manned display and attended 2 day conference (400 people in attendance).

2<sup>nd</sup> Annual Manitoba Institute of Child Health Research Day – abstract and poster presentation

National Child Day celebration in Thompson

Burtwood Regional Health Authority Annual General Meeting

Families First National Child Day event in Selkirk ~ 400 people

Elmwood Annual Cultural Celebration ~ 100 participants

Otineka Health Fair ~ 150 participants.

Swan Lake First Nations Health Fair

Crystal City Preschool Wellness Fair

Elie Health Fair

December: Display at Clearspring Mall in Steinbach

5) Media

- Healthy Smile Happy Child: More than just a nice smile – Feature in Central Region *Healthy as can be... 2005/2006 Annual Report to the Community*.
- Taking care of baby teeth: Why are baby teeth so important? – Health Corner in *The Clipper Weekly*, a North Eastman Community Newspaper (October 30, 2006).
- Taking care of baby teeth – Health Corner in *The Clipper Weekly*, a North Eastman Community Newspaper (November 27, 2006).
- Picture of NOR-MAN/Parkland Community Facilitator holding "Think About Your Baby's Teeth" poster from health fair on front page of *Opasquia Times* (November 10, 2006).
- Healthy Smiles – Happy Child – Feature introducing Community Facilitator and project in the *Parkland Regional Link*, a publication for staff, facilities, physicians, and funded agencies (Fall 2006).
- Healthy Smile Happy Child – Feature introducing Community Facilitator and project in *As a matter of Fact* a Newsletter communicating with Healthcare Providers of Central Region (October 2006).
- Tooth Saving Tips – in *Carman Family Resource Centre Newsletter* (November, 2006).
- Healthy Smile Happy Child – Feature introducing the project and Community Facilitator in *pulse NOR-MAN Regional Health Authority Staff Newsletter* (November 2006).
- Healthy Smile Happy Child – Project introduction including contact information of all 5 Community Facilitators featured under Resources section of *nobody's perfect Manitoba Newsletter* (Fall, 2006).
- Healthy Smile, Happy Child – Dr. Robert Schroth – Teledentistry – Feature about the project and collaboration with MB Telehealth in *MB Telehealth Accomplishments, Interviews with Healthcare Providers* (December 2006).
- Did you know? - Feature of facts about ECTD and oral health promotion in *As a matter of Fact* a Newsletter communicating with Healthcare Providers of Central Region (September 2006).
- Healthy Smile, Happy Child – Feature about ECTD and prevention in *The North Eastman Health Association Pulse* (December 2006).

- Healthy Smile, Happy Child – project information listed in *Info Health Guide to health services in Manitoba*.

## **Collaborative Activity**

- 1) MB Telehealth technology continues to provide support to Community Facilitators via team meetings. There are plans to use Telehealth to provide workshops to some remote Northern communities during the next quarter. Healthy Smile Happy Child was featured in the MB Telehealth Accomplishments Newsletter.
- 2) Community Facilitator for North Eastman and South Eastman Regions and Dr. Schroth met with Larry Star from South Eastman Resource Development Council to further discuss ways of equipping community resource workers in the First Nations communities with oral health promotion knowledge.
- 3) Project Coordinator connected with Lori Rudolph-Crawford, Acting Manager for Nutrition and Diabetes Wellness Unit with FNIHB about partnership with CPNP programming offered on reserve.
- 4) At the National Child Day Forum, connected with David Young, Executive Director for Canadian Association of Family Resource Programs who was very impressed with HSHC. His newsletter editor will be in contact regarding a feature as well as the web manager about putting a link on their site.
- 5) Project Coordinator and STEP Students designed poster presentation of Healthy Smile Happy Child for the 2<sup>nd</sup> Annual Manitoba Institute of Child Health research day. Dr. Schroth presented information on Early Childhood Tooth Decay research in MB including Healthy Smile Happy Child. Numerous pediatric specialists were present.
- 6) Project Coordinator met with dietitians from the Diabetes Education Resource for Children and Adolescents to discuss ways to collaborate.
- 7) Website continues to expand and now includes the Healthy Smile Happy Child flipchart available online (English and French) in PDF form. Quarterly reports also available online.
- 8) Abstract submitted to 2<sup>nd</sup> International Meeting on Indigenous Child Health: solutions, not problems.
- 9) Krystle Paskaruk, Community Facilitator for NOR-MAN and Parkland Regions, now participates on the following committees:
  - The Pas Interagency FASD Committee
  - Better Beginnings Committee in Swan River – runs preschool programming within the schools and rural communities.

Lynn Giesbrecht, Community Facilitator for North Eastman and South Eastman Regions, now participates on the board for Chronic Disease Prevention Initiative in Hollow Water.

Christine Crockatt, Community Facilitator for Winnipeg and Interlake Regions, now participates in the Seven Oaks Early Years Coalition.
- 10) Resources have been requested from Saskatoon Health Region, Military Family Resource Centre in New Brunswick, and Health Canada for Northern Health Organizations.
- 11) Healthy Smile Happy Child was listed in the Info Health Guide to health services in Manitoba.

## Feedback/Evaluation

- Pre-Session Questionnaire administered prior to 2 capacity building workshops with 32 participants. Post-Session Questionnaire to be sent out 1 month post workshop.
- Community Facilitator's and STEP student compiling feedback via follow up from Workshop participants.
- Feedback via the facilitators has noted the following:
  - Dental offices are often not seeing children early enough. Many workshop participants are requesting a list of dentists who will see children at one year. This has been raised with Manitoba Dental Association (MDA) and Manitoba Health. HSHC will work with the MDA to make advances in this area.
  - Many First Nations communities are having difficulty obtaining dental services. This access problem makes it difficult for Facilitators to promote seeing a dentist.
  - Several remote Metis communities have requested community dental services such as COHI.
  - Some community workers in Winnipeg region are resistant to presenting early childhood oral promotion information after attending the capacity building workshop. The Coordinator and Community Facilitator will work together to address this concern.

Follow-up by Facilitators after trainings have noted the following ways HSHC message is being spread:

- Families First in Burntwood, NOR-MAN, North Eastman, South Eastman, Winnipeg, and Interlake Regions are using resources during home visits.
- Healthy Smile Happy Child resources are being included into prenatal and postnatal classes and packages in many regions across the province (Burntwood, NOR-MAN, Parkland, Central, Winnipeg, South Eastman).
- Maternity ward visits in Burntwood Region are very successful – first time moms are eager to receive the information.
- Burntwood has supplied toothbrushes to allow for “tooth brush pails” at each site.
- After a workshop with two different daycare coordinators in Burntwood Region, they now have a tooth brushing program in their centre.
- Swan River Families First program have started doing Lift the Lip with the families in the program.
- Resources being using in Snow Lake and as a result of a workshop, community members are doing presentations. The school counsellor has also been distributing resources and doing presentations in school.
- Oral health promotion videos are being played at weights and measures clinics in NOR-MAN.
- Preschool Wellness Fairs requesting display booths in Central/Assiniboine/Brandon Regions.
- Public Health in Central Region using handouts and toothbrushes in preschool readiness bags that are given out on home baby visits.
- NOR-MAN and Burntwood Public Health Nurses providing resources during baby immunization visits.
- In South Eastman Region, handouts used in prenatal classes/packages, oral health component incorporated into Super Start and Growing Minds programs, resources included in Baby Steps bags distributed to all parents of a newborn, and plans to integrate oral health in Child Health Clinics.
- Resources being used by 5 First Nations communities in North Eastman Region.
- Resources being used at Nelson McIntyre Teenage Parent Program.
- Community connectors at Elwick Community School in Winnipeg have shared material with other staff/community workers within their school.
- 2 pediatric dental offices have resources available in waiting rooms.

## **Staff Development**

- One and half days of educational sessions have been provided for Community Facilitators. Sessions have included; mouth body connection, Centre for Community Oral Health overview, evidence based dentistry, fluoride, fluoride varnish and ART, adult learning styles, and First Nations experience with health programming.
- Support and management of STEP student activities have included: French translation of handouts, preparation and compilation of data from Pre/Post Questionnaires, follow-up phone calls, development of display/community poster, and other administrative tasks.

## **Documentation Development**

- Cree Language Translation of "Think about your baby teeth" poster, Healthy Smile Happy Child flipchart, prenatal handout and newborn to 6 years handout has been completed and is undergoing final proofing.
- French translation of all project resources including Action Plan Workbook and Toolkit is underway.
- 3<sup>rd</sup> reprinting of Action Plan Workbook and Toolkit completed (3500 copies).

## **Administrative/Research Activity**

- All database entry up to date.
- Preliminary data from a study conducted by Dr. Schroth and colleagues involving Hutterite preschool children from 6 colonies is being gathered to assist community facilitators. We are attempting to use evidence to guide oral health promotion activities for this population.

## **Planning for next Quarter**

- Use of MB Telehealth for training in remote/isolated communities
- Displays at conferences and community events.
- Increased communication with dental services throughout Manitoba especially in rural areas is planned.
- Resource mailing to MB Dental Hygienists and Assistants, Obstetricians, Pediatricians, and Winnipeg Dentists.
- Biostatistics of Phase II data will be completed
- Update session with CCOH/U of M Dentists
- Connect with Northern Medical Unit to further discuss how resources could be supplied to clinical providers working in remote northern First Nations communities.
- Plan for the 2<sup>nd</sup> International Meeting on Indigenous Child Health, April 2007.
- Prepare update on Healthy Smile Happy Child for HPSEN meeting in January 2007.
- Abstract submission for various conferences (Prevention Matters Conference 2007 in Saskatoon, Aboriginal Education Research Forum 2007 in Winnipeg, and others as opportunities arise).
- Research the development of possible promotional items such as magnets, poster promoting first dentist visit at 1 year of age.
- Plan for Oral Health Month, April 2007.
- Working with Health Canada, First Nations and Inuit Health Branch to reproduce select 'Circle of Smiles' resources to meet community requests in CD format.
- Development of a publication describing the positive experience of the intersectoral partnership and community development approach in addressing ECTD.