

# Healthy Smile Happy Child

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The Manitoba Partnership for the Prevention  
of Early Childhood Tooth Decay

## **REPORT ON ACTIVITIES**

**December 2017 — March 2018**

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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.



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## **Northern Regional Health Authority**

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Thompson held a Family Literacy Day. They included a Dental Hygienist to read oral health books and demonstrate proper brushing with a tooth-brushing puppet. They have also agreed to participate in and join the Northern Regional Health Authority Sweetened Sugar Beverages Committee.

A dental hygienist practicing in Thompson, Manitoba requested resources for new mothers/families in both English and Cree language.

## **Southern Health – Santé Sud**

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Southern Health is looking at ways to include information on oral health during preschool screenings (ages 2-3). They are looking at the possibility of showing the HSHC Lift the Lip video on a loop or slides with oral health information on several of their monitors throughout their region.

Healthy Babies groups in the Southern Health are looking to incorporate more HSHC materials into their presentations.

## **Prairie Mountain Health**

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On February 28, a screening event was held for 3 year-olds in northern Prairie Mountain Health (PMH). There were many dental screening stations with dental hygienists as volunteers. Screenings took place in Roblin and Gilbert Plains. An additional two screenings will be held in Dauphin Turtle River School Division in April.

In Dauphin, a local school requested from PMH a cooking group with children and parents as well as a dental health education session.

Oral health presentations were held by the Healthy Baby Facilitator in Neepawa, Carberry, and Minnedosa using resources from HSHC. They are also looking to have HSHC provide presentations in some of their communities in the future.



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PMH is working on a project looking at which HSHC resources are being used by Public Health Nurses in the region.

The Prairie Mountain Health mobile health clinic is interested in now providing dental health promotion in their regions. For more information about the mobile clinic go to:

<http://www.prairiemountainhealth.ca/index.php/mobile-clinic>

HSHC provided resources to a Primary Care Health Centre in Benito for their oral health promotion display in February. HSHC sent High-Risk posters, Breastfeeding posters, Pre-natal pamphlets, Newborn pamphlets, 6-month pamphlets, 2-month pamphlets, Newcomer resources, Lift the Lip, and Think about Your Baby's Teeth posters.

## Interlake – Eastern Regional Health Authority

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HSHC presented to a Mom & Baby group in Woodlands, Manitoba. The HSHC coordinator and STEP student used the *You and Your Baby: Dental Health Kit* to lead a discussion regarding oral health for young children. Four mothers and their babies participated. There were many questions asked regarding the age that baby teeth erupt, when to take babies for their first dental visit and when to wean babies off bottles.





# Winnipeg Regional Health Authority

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As a part of their advocacy project, third year pediatric residents at the Children's Hospital in Winnipeg are making "Baby Boxes" to be given to new mothers to take home after delivery. Baby boxes contain baby care and development products and can serve as a safe sleep space for infants. HSHC provided the pediatric residents with infant toothbrushes, N-6 pamphlets, High Risk posters, and the Manitoba Dental Association's Free First Visit packages for the boxes.

Dental Hygiene students travelled to Churchill in February. They held various educational activities using HSHC resources (*You and Your Baby: Dental Health Kit*, puppets, pamphlets).

HSHC provided resources for a Health Canada course entitled, "Health and Well-Being". The course is intended for students from northern communities who take courses in Early Childhood Education.

HSHC provided a presentation to the Four Feathers Inc's Healthy Baby Program out of the Community Food Centre in Tyndall Park on March 7<sup>th</sup>.

On March 13<sup>th</sup>, HSHC conducted a presentation at the Traditional Parenting Program facilitated by the Indigenous Family Centre at 470 Selkirk Avenue in Winnipeg. The *You and Your Baby: Dental Health Kit* was used.

HSHC attended the *Super dads = Super Kids* family event on March 17<sup>th</sup>. It was hosted by "Nobody's Perfect Parenting Manitoba" and took place at the Bronx Park Community Centre. The event was a way for father-figures to interact with their children through educational play situations. Many children attended this event and enjoyed playing HSHC's mini-golf game, spinning HSHC's Wheel of Smiles, and brushing the teeth of HSHC tooth-brushing puppets. HSHC handed out children's toothbrushes with fluoride toothpaste and adult toothbrushes for the parents.

*Super Dads = Super Kids Family Event*





### Other Provinces/North America

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The Resource Coordinator with Island Health's Child, Youth and Family Program, in Victoria, British Columbia requested the *Lift the Lip with Healthy Smile Happy Child: Preventing Early Childhood Caries* video in order to include a memory stick copy of it in their *New Parents Oral Health Information Teaching Kit* that issued throughout the region.



The Oral Health Promoter for the Region of Peel in Ontario requested permission to use of a clip from the *Lift the Lip with Healthy Smile Happy Child: Preventing Early Childhood Caries* video on their oral health website.

### Provincial HSHC Partnership Activities

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#### HSHC Intersectoral Dental Health Promotion Group Meetings

Meetings took place on January 22 & March 12<sup>th</sup>.

#### Pearly Whites

Pearly Whites kits were distributed to CH3 and CH5 in the Children's Hospital in Winnipeg.

#### Telehealth

On November 16<sup>th</sup>, HSHC held the 21<sup>st</sup> Telehealth education session, "Healthy Smile Happy Child Report on Pediatric Dental Surgery Rates". Dr. Schroth presented an update on pediatric dental surgery rates in all Manitoba Regional Health Authorities, a comparison of Manitoba and national



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dental surgery levels, and a comparison of dental surgery levels within WRHA communities. Information on how dental surgery data can be used by “decision-makers”, stakeholders, and communities was also discussed.

You are invited to the 21<sup>st</sup> Healthy Smile Happy Child MBTelehealth Presentation Series:

**HEALTHY SMILE HAPPY CHILD  
REPORT ON  
PEDIATRIC DENTAL SURGERY  
RATES**

Date: Thursday, November 16, 2017  
Time: 11am-12pm  
Location: Your MBTelehealth Site  
Presenters: Dr. Bob Schroth & Daniella DeMaré

**Join Dr. Bob Schroth for an update on:**

- Pediatric dental surgery rates in all Manitoba Regional Health Authorities
- Manitoba dental surgery rates compared with national levels
- Comparison of dental surgery rates within WRHA communities
- How dental surgery data can be used by “decision-makers”, stakeholders and communities

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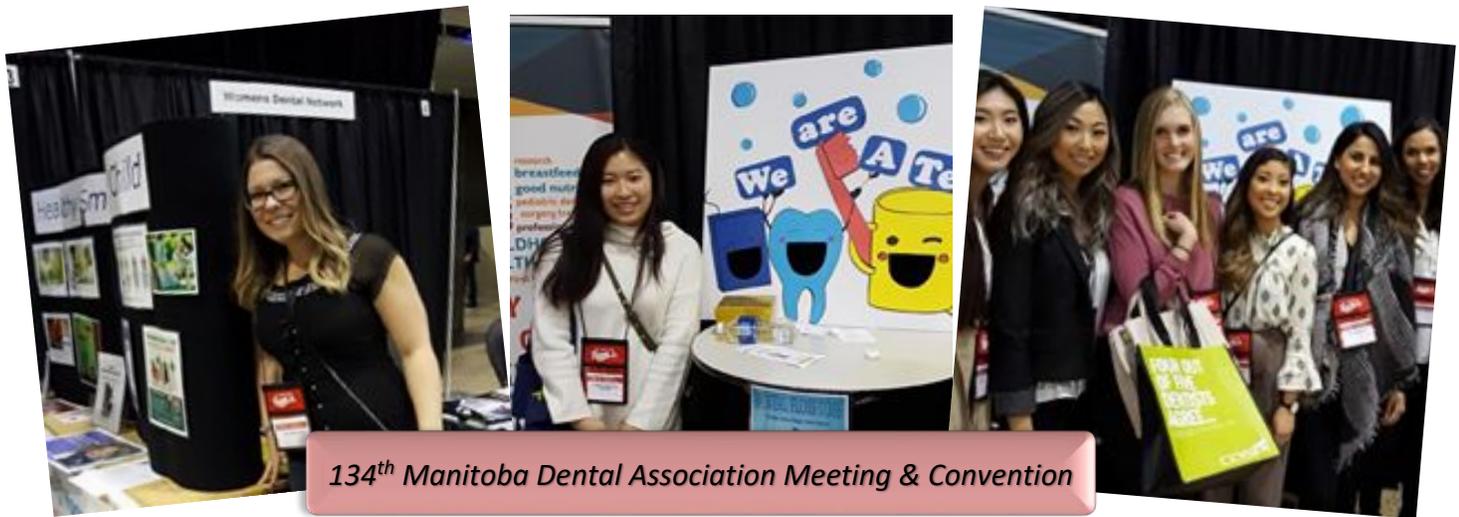
### Manitoba Dental Health Association

HSHC attended the 134<sup>th</sup> annual Manitoba Dental Association Meeting & Convention on January 26<sup>th</sup> & 27<sup>th</sup>. This year’s theme was “All About the Team” and Dental Hygiene students created the “We Are A Team – Toss the Floss” game. Toss the Floss encouraged convention attendees to play for a chance to win a gift card



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*134<sup>th</sup> Manitoba Dental Association Meeting & Convention*

At the convention, oral health professionals were also asked to fill out a short questionnaire regarding the use of fluoride. The questions asked were:

1. What is your position?
  - Dentist
  - Dental Hygienist
  - Dental Assistant
  - Other
2. Which of the following forms of topical fluoride do you use or does your office most often use for children < 6 years of age?
  - Fluoride Varnish
  - Fluoride Rinse
  - Fluoride Foam/Mousse
  - Fluoride Gel
3. Would you or your office apply fluoride varnish twice a year to children on social assistance if it were a covered benefit?
  - Yes
  - No
4. Have you had patients refuse fluoride treatments?
  - Yes
  - No



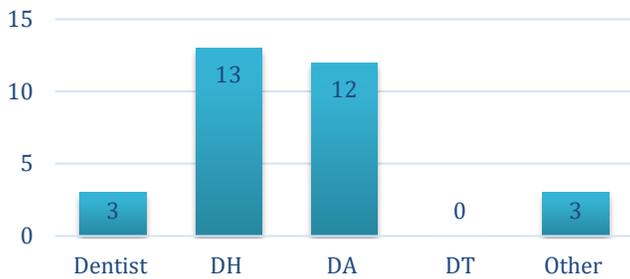
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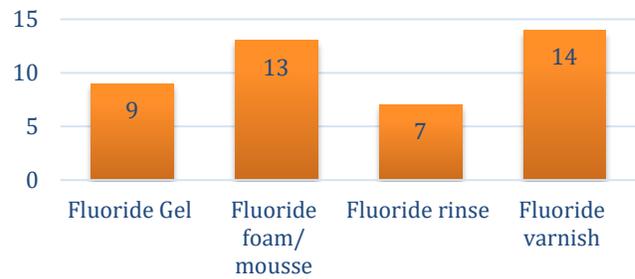
## Results:

Three dentists, thirteen dental hygienists, twelve dental assistance and three other dental professionals, such as dental students, participated in a questionnaire to determine which forms of topical fluoride is most often used in their office for children < 6 years of age. Information on whether or not these dental professionals would apply fluoride varnish twice a year to children on social assistance if it were a covered benefit was also sought. From the results of the questionnaire, the most common form of topical fluoride most often used is fluoride varnish; followed by fluoride foam/mousse; fluoride gel; and lastly, fluoride rinse. However, some dental professionals use more than one form of topical fluoride in their practice. In addition to this, from the thirty-one dental professionals that participated in the questionnaire there was a 97% consensus that all of them would want to apply fluoride varnish twice a year to children on social assistance if it was a covered benefit. Other than that, 6% of the dental professionals stated that their patients have previously refused fluoride treatment.

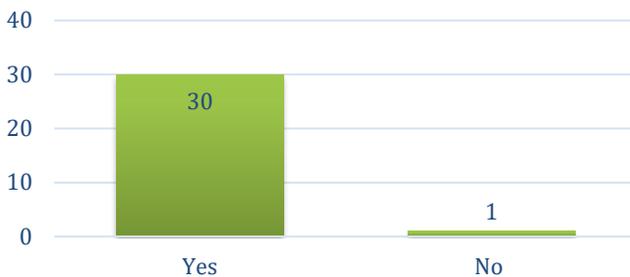
### Dental Profession of those who answered the questionnaire



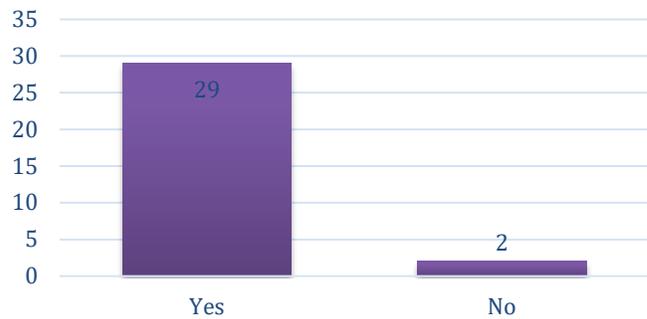
### Forms of topical fluoride used for children <6 years of age



### Application of fluoride varnish 2x/year on social assistance if it was a covered benefit



### Have you had patients refuse fluoride treatments?





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The MDA's 2017 Annual Report mentioned Healthy Smile Happy Child in the Manitoba Dental Foundation Report section.

### Manitoba Dental Foundation Report

The Manitoba Dental Foundation serves as the unified center of professional philanthropy for the dentists of Manitoba.

It was conceived and developed by representatives of The Manitoba Dental Association, The Western Manitoba Society, The Winnipeg Dental Society and The University of Manitoba Dental Alumni Association to assure that the important care we provide is available to all members of our community.

Through the generous support of dentists, non-dentists, the dental industry and many Manitoba businesses we are well on the way to accomplishing this ambitious mission now and for many years to come.

Dentist are well represented in philanthropy throughout our community. The Manitoba Dental Foundation provides an opportunity to assure that our donations that are intended for patient care and prevention go directly to patient care and prevention.

Our goal is for Manitoba dentists to lead the way for others, in and outside of the dental community, by each of us making a career long commitment to the foundation.

The foundation supports care for patients by supporting programs and organizations providing treatment and prevention directly to people in need.

This is the second year that the Manitoba Dental Foundation is providing grants to deserving organizations. Since our Foundation was established in the Fall of 2014, forty five (\$45,000) thousand dollars has been granted to the following organizations to improve the oral health of the vulnerable members of our communities regardless of age,

gender, and background including: Siloam Mission; Mount Carmel Clinic; About Face; Never Alone Foundation; Healthy Smile Healthy Child, and the student initiative WISH organization.

As members of the Manitoba Dental Association, we have an intimate understanding and appreciation of the growing component of society that does not have access to oral health and the negative consequences of poor oral health. Through our collective efforts can we make a difference to this population group.

To raise awareness of the MDF the Laugh-A-Lot Comedy Night was held on November 4th, 2017 at the Burton Cumming Theatre. This was the first event of the Foundation promoted to the general public. The headline comedian was Jeremy Hotz and our host for the evening was Kevin McDonald from Kids in the Hall. The next Manitoba Dental Foundation event is a Masquerade Ball scheduled for November 3, 2018 the RBC Convention Centre.

Thank you to those of you who have supported our foundation through attendance at events and your monthly and annual donations. I encourage all Manitoba dentists to step up and support the important care provided through the Manitoba Dental Foundation. If you wish to discuss the foundation and how you can help please feel free to contact me or the MDF Executive Director Dr. Frank Hechter.

Dr. Joel Antel  
President, Manitoba Dental Foundation

<https://www.manitobadentist.ca/annual-reports/2017/mobile/index.html#p=16>

#### Dental Hygiene Students

Dental Hygiene students continued to work with HSHC one afternoon a week. As well as the "Toss the Floss" game they developed for the MDA conference, they also have been working to develop HSHC newsletter inserts for Valentine's Day and Oral Health Month.



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Dental Hygiene Students and STEP Students hard at work

## STEP Student Contributions

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- Helped with consenting and data collection for the new Silver Diamine Fluoride feasibility and acceptability study
- Attended Lavallee School for the Growing and Learning Together Fair
- Updating both thumb/soother and toothbrushing resource using feedback
- Finished pediatric dental surgery report with 2015/16 data
- Sent pearly whites out to the children's general hospital
- Packed resources to be sent out upon multiple requests
- Working on research poster for the Indigenous Health Symposium
- Continued to update Facebook and Instagram accounts
- Helped create an educational SDF PowerPoint
- Sent family from lift the lip videos framed photographs of their children
- Updated STEP student guide (how to call courier and how to laminate was added)
- Created dental surgery report 1-pagers for the different Regional Health Authorities
- Created a New Year's oral health resource in English and French
- Helped create Spring oral health resource in English and French
- Helped prepare for the MDA conference
- Attended a Mom and Baby group in Stonewall
- Creating an inventory spreadsheet for the storage room
- Helped calculate annual cost of providing Pearly Whites



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- Revamped the bottle weaning resource
- Created horizontal slides to be displayed on screens at HSC and other hospitals in Winnipeg
- Presented for a mom and baby group at four feathers in Tyndall
- Creating a schedule for daily Facebook and Instagram posts during oral health month
- Updated the know your benefits info sheet
- Working on a “Where to go for Dental Care” Telehealth PowerPoint
- Attended the Super Dad = Super kid Family Fun Event at Bronx Park Community Centre

## Feedback/Evaluation/Research

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### **Scaling up Healthy Smile Happy Child**

The Scaling up HSHC research project is moving ahead. Healthy Start for Mom & Me provided the research team with the opportunity to attend various pre-natal and post-natal Healthy Start sessions in order to promote the research project and recruit study subjects. The team has also met with staff from the Mothering Project at Mount Carmel Clinic and the Indigenous Parenting class at the Indigenous Family Centre to discuss the project. We have also promoted the study by having recruitment posters displayed in the facilities

The Manitoba Metis Federation hired a local oral health promoter to work with two Metis communities, Duck Bay and Camperville, and have begun engagement and recruitment for the study.

Two First Nations communities, Pine Creek and Ebb & Flow have expressed interest in participating in the study as well.

### **Edith J. Williams Endowment Fund**

HSHC received funding from the College of Dentistry Endowment Fund for the following:

- Plinko Oral Health Education Game
- Carrying bag for the Wheel of Smiles
- Zoom conferencing license
- Computer monitors



### **Microbiome Associated with Severe Caries in Canadian First Nations Children**

Dr. Bob Schroth was interviewed for CDA Oasis regarding the association between microbiome and severe early childhood caries in Canadian First Nations Children. The discussion can be found at the following:

<http://oasisdiscussions.ca/2018/01/22/msc/>

### **Keith Titley Graduate Student Award**

Congratulations to Dr. Cameron Grant, a pediatric resident on our research team who received the Keith Titley Graduate Student Award.

Dr. Grant discussed his research in an interview with CDA Oasis. The purpose of Dr. Grant's study is to measure the oral health-related quality of life (OHRQL) in preschool children with severe early childhood caries prior to undergoing rehabilitative dental surgery under general anesthesia and at least 3 months post dental surgery. <http://oasisdiscussions.ca/?s=cameron+grant>



### **Student Research Excellence Displayed**

Congratulations to two of the students from our research team who won awards for their oral research presentations! Tara Kennedy, a resident in pediatric dentistry, studied the association between body mass index and severe early childhood tooth decay. Shelley Tang, a fourth-year dentistry student who is also earning



Shelley Tang & Tara Kennedy

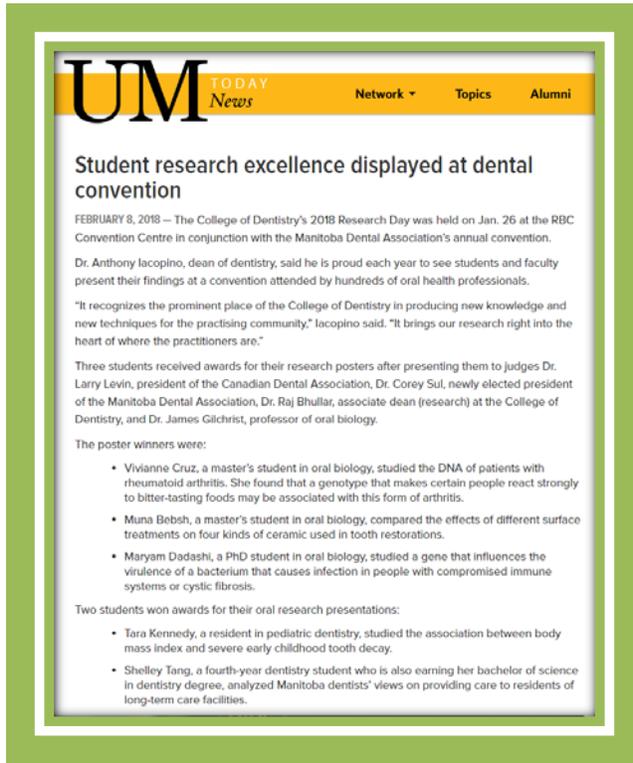


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her bachelor of science in dentistry degree, analyzed Manitoba dentists' views on providing care to residents of long-term care facilities.



The College of Dentistry's 2018 Research Day was held on Jan. 26 at the RBC Convention Centre in conjunction with the Manitoba Dental Association's annual convention.

## Planning for Next Quarter (April - July 2018)

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- Oral Health Month activities in April
- Preschool Growing and Learning conferences in the River East Transcona School Division from April 11<sup>th</sup> – May 10<sup>th</sup>
- Sharing Smiles Day April 14
- 21<sup>st</sup> HSHC Telehealth session on April 19, 2018 on Where to go for Dental Care.
- Oral health screenings at Onashiwin Aboriginal Head Start in Selkirk, Manitoba on May 2 and May 16
- Stonewall & area's "Ready, Set, Grow" event on Monday, May 7<sup>th</sup>
- 32<sup>nd</sup> Annual Teddy Bears' Picnic on Sunday May 27<sup>th</sup>
- Wednesday June 6<sup>th</sup> Carmen Preschool Screening Day, Carmen, Manitoba
- June 9<sup>th</sup> – Happy Days on Henderson
- June 9<sup>th</sup> – Manitoba Dental Association's Tooth Fairy Saturday
- Oral health presentations in La Broquerie and Ste-Agathe
- June 21 – Annual Preschool Screening Day, Sanford, Manitoba