

January-March  
2016



*Healthy Smile  
Happy Child*

The MB Partnership for the Prevention of Early Childhood Tooth Decay

**John Buhler Research Centre**

501B-715 McDermot Ave.

Winnipeg, MB R3E 3P4

Tel: (204) 789-3500

Fax: (204) 977-5691



Submitted by:

Daniella DeMaré

(HSHC Coordinator)

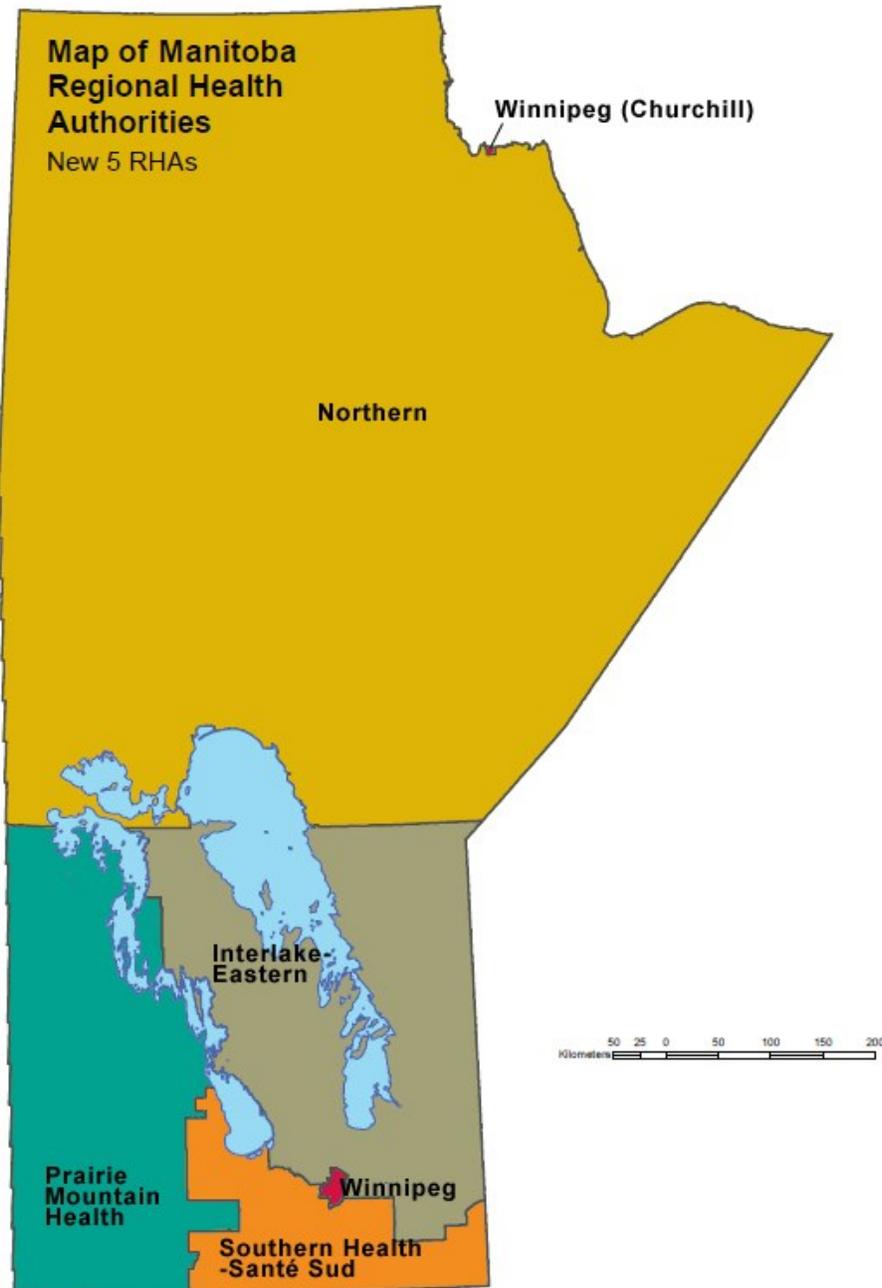
Date Submitted:

June, 2016



*Healthy Smile  
Happy Child*

## The MB Partnership for the Prevention of Early Childhood Tooth Decay





*Healthy Smile  
Happy Child*

## **Northern Regional Health Authority**

The region had an oral health/ dental component included in a family health event in Thompson.

The public health dietitian conducted an oral health presentation at “Baby’s Best Start”, a post-natal program in Thompson. They used the Healthy Smile Happy Child (HSHC) True/False game.

## **Southern Health—Santé Sud**

The Southern region continues to provide oral health information to parents at Child Health Clinics and Preschool Wellness Fairs. The newcomers oral health resource continues to be used as needed.

Staff is informed of, and encouraged to attend, HSHC telehealth learning sessions, including the 14<sup>th</sup> HSHC Telehealth presentation, “Newcomers to Canada & Oral Health”. Health professionals, one from Altona, one from Portage la Prairie, two from St. Jean-Baptiste, three from Steinbach, and four from Winkler participated in this presentation .

As a way of maintaining staff’s continuing education on oral health Southern Health has requested HSHC staff to develop some short educational YouTube modules that could be available online . The HSHC representative from Southern Health has already discussed this request with the HSHC coordinator and other members of the team. Our STEP students are helping with plans to develop these YouTube videos. The Healthy Living Facilitator helped review the 2 pager that was developed on pediatric dental surgery costs, entitled, “HSHC Manitoba Pediatric Dental Surgery Rates Summary” and has shared it with their regional senior management. The development of this document was a request from the Healthy Living Facilitator. The region provided information and suggestions to the CIHR grant proposal, “A Mixed Methods Evaluation of Health Canada’s Children’s Oral Health Initiative (COHI). Does it lead to improved oral health for young First Nations and Inuit children?” that Dr. Schroth has prepared on behalf of the HSHC partnership. They also provided some information on Sandy Bay First Nation’s current dental services, for background for consideration in the grant idea.



## ***Prairie Mountain Health***

The Healthy Living Facilitator for the region attended an information session put on by the Southern Chiefs Organization, on Health Benefits Navigator Services for non-insured First Nations. Three navigators have been hired to help individuals to receive their benefits. Following the presentation, the Healthy Living Facilitator requested information from HSHC as to where they could get a list of dentists who direct bill to First Nations Inuit Health Branch (**FNIHB**) (Non-Insured Health Benefits).

In March, screening events for 3 year old children were held in several communities (Roblin, Grandview, Winnipegosis, and 2 events in Dauphin). There was a dental health screening station at each of these events and HSHC resources were distributed to parents. In total, 92 children took part in these events with 87 screened at the dental health station. Of these, 19 children were recommended for follow-up with a dental health professional. A dental hygienist completed the screening in Roblin and one of the Dauphin events. At the other events, children were screened by public health nurses to determine risk for dental caries using the American Academy of Pediatric Dentistry's Dental Caries Risk Assessment Tool for Non-Dental health care providers.

The Winkler-Boundary Trails Health Centre had four participants at the 14<sup>th</sup> HSHC Telehealth presentation, "Newcomers to Canada & Oral Health".

## ***Interlake-Eastern Regional Health Authority***

The Community Wellness Facilitator at the Gimli Community Health Center inserted the HSHC "March is Nutrition Month" newsletter insert into their Wellness E-news.

The Wellness Facilitator in Pine Falls inquired about amber necklaces and their use as teething toys. She also took the HSHC Pediatric Dental Surgery Report to a regional planning meeting to look at where best to focus efforts.



## **Provincial HSHC Partnership Activities**

### *HSHC Intersectoral Partnership Meetings*

This quarter HSHC Intersectoral Partnership meetings took place on both January 20 and March 9. Two new members joined the group during that time, the senior dental hygienist, Linda Pharand, with SMILE plus and a student representative from the Manitoba Dental Hygienist Association.

### *Telehealth*

The 14<sup>th</sup> HSHC Telehealth session entitled, “Newcomers to Canada and Oral Health” was presented on January 19<sup>th</sup>. The topic was presented Dr. Bob Schroth, Professor Mary Bertone and the HSHC STEP student, Alyssa Malenki.

The topics covered were oral health issues for children in newcomer families, dental health benefits for newcomers and how to prepare for newcomer clients. The HSHC “Caring for Children’s Teeth” newcomer resource was presented as a very useful resource for those working with newcomers

Eight sites and eighteen people attended the presentation and participants stated that the information would be very useful in their work with newcomers.

The next telehealth presentation will be a showcase of the Canadian Dental Association’s First Visit First Tooth CDE Education Program.

### *HSHC Pediatric Dental Surgery Report*

HSHC has completed a report on pediatric dental surgery in Manitoba. The report is intended to inform Manitoba communities, decision-makers, service providers and other interested stakeholders of the rates and volumes of pediatric dental surgery to treat early childhood caries (**ECC**) in children < 72 months of age in all Manitoba Regional Health Authorities and their smaller geographic areas. It is intended to support knowledge exchange and increase engagement of all stakeholders regarding the promotion of early childhood oral health (**ECOH**) and prevention of ECC.

The report has been distributed to health authorities across Manitoba and other stakeholders. It is also available on the HSHC website.



## **Winnipeg Regional Health Authority**

A public health nurse with the St. Boniface Community office requested to be added to the HSHC distribution [list](#).

The HSHC coordinator attended the February 3<sup>rd</sup> planning meeting for “Happy Days on Henderson”. “Happy Days on Henderson” is a free carnival and information day for the East Kildonan and Elmwood community. The event will take June 11<sup>th</sup> on the front area grounds of the Mennonite Brethren Collegiate Institute (MBCI) and the community facility located at 81 Henderson Highway in Winnipeg. 1,500 people are expected to attend. HSHC will be participating with a booth.

A dental hygienist requested HSHC resources for a display being prepared for a school in Charleswood.

The HSHC report on rates of pediatric dental surgery to treat early childhood caries was shared with the WRHA’s Oral Health Program Quality Council.

### *Centre for Community Oral Health (CCOH)*

Staff from CCOH were in Churchill for a week to conduct oral health education sessions with various groups. They brought several HSHC resources and games, including the toothbrushing puppets. During the week, they scheduled several visits at the Families R Us Centre (part of the Churchill Parent Child Coalition). They set up three stations; 1. Oral screenings and fluoride varnish; 2. Education; 3. Brushing demonstrations. All caregivers who attended the presentations had their children screened and fluoride varnish applied.

There was a general concern with caregivers regarding their children’s teeth and the impact of fluoride being taken out of the water in Churchill.

## **Other Provinces/North America**

A dental technical consultant with the Population Health Unit of the Mamawetan Churchill River Health Region in La Ronge, Saskatchewan requested HSHC resources and information on bottle-feeding and weaning children off the bottle.



## Provincial HSHC Partnership Activities continued

### *“Caring for Children’s Teeth” Newcomers Resource*

The newcomer resource is still being requested and distributed to many groups working with newcomers across Manitoba. It is in waiting rooms at various dental offices that work with newcomers and the Manitoba Dental Association has identified all dental professionals who have newcomer clients and has distributed the resource to them.

Evaluations of the resource continue to be sent out when the resource is requested and feedback from the evaluations are being recorded.

On March 30<sup>th</sup>, Dr. Schroth attended a WRHA language access interpreter training session and discussed the need for interpreters for oral health visits. He shared with the attendees HSHC’s “Caring for Children’s Teeth” newcomer resource and highlighted HSHC resources and outreach activities.

### *Public Health Agency of Canada*

The HSHC coordinator met with Sandy Kostiniuk, the Program Consultant for Public Health Agency of *Canada*, on *January 7th*. She has recently joined the HSHC Intersectoral Dental Health Promotion group, replacing Lisa Lacroix. They met to discuss The Aboriginal Head Start in Urban and Northern Communities (**AHSUNC**) Program and oral health activities. The Aboriginal Head Start in Urban and Northern Communities (AHSUNC) Program is a community-based children’s program funded by the Public Health Agency of Canada. AHSUNC focuses on early childhood development (**ECD**) for First Nations, Inuit and Métis children and their families living off-reserve.

Since 1995, AHSUNC has provided funding to Aboriginal community-based organizations to develop programs that promote the healthy development of Aboriginal preschool children. It supports the spiritual, emotional, intellectual and physical development of Aboriginal children, while supporting their parents and guardians as their primary teachers. AHSUNC projects implement programming rooted in six program components: Aboriginal culture and language; education and school readiness; health promotion; nutrition; social support; and parental involvement. AHSUNC projects teach, model and encourage good dental hygiene in the program and may assist parents to arrange for dental examinations for the children.



## **Provincial HSHC Partnership Activities continued**

Oral health activities vary among AHSUNC sites and may include: provision of practical tools to encourage daily tooth brushing, distribution and posting of oral health materials and resources (handouts, posters, toothbrushes, toothpaste, etc.), information and awareness workshops on healthy dental care for parents and children, support to families in exploring the options for affordable dental care, consultation with oral health professionals regarding children with special needs (sensory and behavior needs), and AHSUNC projects can also serve as locations where dentists or dental hygienists hold screening clinics and provide children with varnish/fluoride treatments.

HSHC is planning to conduct presentations to parents and caregivers at two of the AHSUNC programs, Andrew Street and Four Feathers.

The Community Team Manager at Population & Public Health, requested to be added to the HSHC distribution list.

On January 14, the HSHC coordinator met with Rhonda Campbell, the Maternal Child Health Nurse Program Advisor with Strengthening Families Maternal Child Health Program. *First Nations Health and Social Secretariat of Manitoba (FNHSS)* This is a family focused home visiting program for pregnant women, fathers and families of infants and young children from 0-6 years of age. The program provides support to families in First Nation communities, building on their strengths and addressing the family's needs, questions and concerns. Oral health is a component of the program and at present they are following a curriculum from the U.S. with the goal of developing their own curriculum. HSHC would like to support this by contributing to the oral health section.



## Provincial HSHC Partnership Activities continued

At present, Strengthening Families Maternal Child Health Program is in sixteen communities:

Brokenhead Ojibway Nation  
Cross Lake First Nation  
Dakota Tipi  
Garden Hill First Nation  
Keeseekoowenin First Nation  
Long Plain First Nation  
Nelson House First Nation  
Norway House First Nation  
Opaskwayak Cree Nation  
Peguis First Nation  
Pine Creek First Nation  
Rolling River  
Roseau River First Nation  
Sagkeeng First Nation  
Waywayseecappo First Nation  
Hollow Water First Nation

### *The Manitoba Dental Association*

January 29<sup>th</sup> and 30<sup>th</sup> the MDA held their 132<sup>nd</sup> annual convention, "Come Bond with Us". Over 2000 dentists, dental assistants, hygienists and others attended the convention.



A guest at the MDA convention playing the HSHC "Shoot to Win" game



## Provincial HSHC Partnership Activities continued

HSHC participated in the conference with a display booth of HSHC resources and a game for participants to play. The “Shoot to Win” game was well received with 169 attendees playing the game. Participants shot at a target and then were asked to answer trivia questions about HSHC, James Bond movies or show us their favourite James Bond pose.

The conference was highlighted in the Spring edition of the MDA bulletin which included a picture of the HSHC booth on page 11.

<http://www.manitobadentist.ca/bulletins/spring2016/index.html>



HSHC STEP Student, Jena Froese, with the HSHC booth at the MDA convention.



A dental hygiene student showing us his best James Bond pose.



## Provincial HSHC Partnership Activities continued

### Newsletter Inserts

The HSHC newsletter insert, “March is Nutrition Month” was sent out to all partners this quarter. The insert focused on healthy food choices for healthy teeth.

HSHC has been encouraging partners to let us know when and where they use the inserts.

**march** is  
**NUTRITION MONTH**

Here are a few nutrition tips to build strong teeth and reduce children's risk of cavities:

**While pregnant, ensure you get enough Vitamin D and Calcium for your health and your baby's tooth development. A glass of milk is a great source of both!**  
Evidence shows that low prenatal Vitamin D levels increase the risk of tooth decay in infants and toddlers.

**Breastmilk is natural and the most nutritious food for babies.**  
Breastfeeding helps babies develop stronger jaw muscles and properly positioned teeth.

**If a child uses a bottle at bedtime, water is best.**  
Only plain water in bottle is safe for bedtime. Other liquids contain sugar, and can increase the risk for cavities.

**Choose dental smart snacks.**  
Yogurt or cottage cheese, nut butter with whole grain toast, bean spreads (i.e. hummus) with pita, cheese, fruits, and veggies are all healthy snacks for little teeth. Remember to drink water to rinse out the mouth after snacking!

**If giving children sugary foods include them at mealtime, as a dessert, rather than throughout the day.**  
Eating sugary foods throughout the day puts children at risk of getting cavities.

**Give children's teeth a healthy start!**

For more information visit Healthy Smile Happy Child at:  
[http://www.welke.mb.ca/healthinfo/preventiv/oral\\_child.php](http://www.welke.mb.ca/healthinfo/preventiv/oral_child.php)

facebook twitter

HSHC March newsletter insert for Nutrition Month



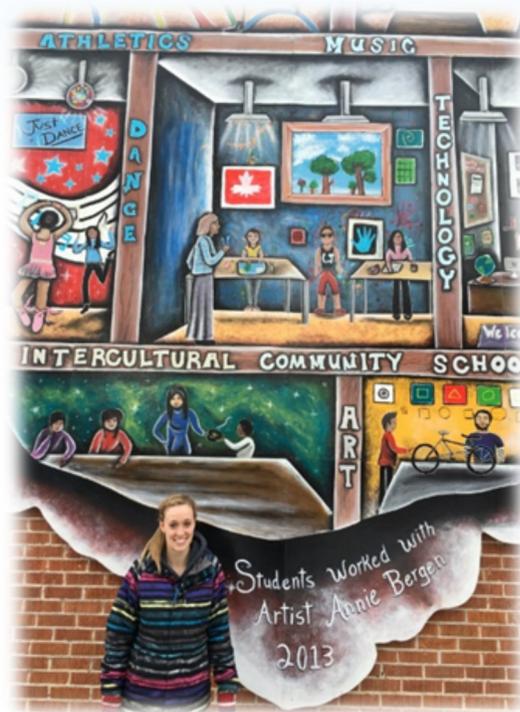
## Provincial HSHC Partnership Activities continued

### School of Dental Hygiene

Students from the School of Dental Hygiene continued to work with HSHC every Tuesday. They prepared activities for the HSHC booth at the MDA conference, held in January. They also continued to work on the HSHC “Train the Dental Hygienist” PowerPoint and participated in a presentation to an English as an Additional Language class at the Mosaic site at Hugh John McDonald School.

Students also participated in several oral health screenings with newcomer children at the John Buhler Research Centre.

A few of the dental hygiene students working with HSHC requested a couple of the HSHC games, “Sugar Shocker” and “Oral Health Toolkit”. They used these at a presentation they were conducting in February with parents and caregivers at the Freight House Early Learning and Care centre in Winnipeg.



Dental Hygiene student, Kari Hermann, in front of Hugh John McDonald School.



## **Provincial HSHC Partnership Activities continued**

### *Activities in the Community*

The HSHC coordinator presented to three different IRCOM English as an Additional Language groups on January 26<sup>th</sup> and 27<sup>th</sup>. One of the dental hygiene students joined the coordinator in presenting to a group. As a result of the presentations participants are interested in having their children screened and dates will be arranged for this shortly. Oral health screenings have also been conducted with newcomers at the John Buhler Research Centre. Eleven children have been screened from February to the end of the quarter.

HSHC staff had the pleasure of meeting philanthropist Albert El Tassi, CEO of Peerless Garments on February 17<sup>th</sup>. Mr. El Tassi is a generous donor to the Children's Hospital Foundation of Manitoba and the office that HSHC is housed in has a plaque recognizing his contribution. Mr. El Tassi came to HSHC to see the office space and discuss HSHC activities. HSHC recent work with newcomers was highlighted.

On March 9<sup>th</sup> HSHC set up a display at the Southeast Resource Development Council's "Our Gems Our Futures" training day. The training day was for those working for Canada Prenatal Nutrition Program (CPNP), Aboriginal Headstart on Reserve (AHSOR), Maternal Child Health (MCH) and Success Through Advocacy & Role Modeling (**S.T.A.R.**). The HSHC resources were very well received with many requesting the HSHC poster series to display in their health offices.

### *Pearly Whites*

CK5, CH4 and CH330 of the Children's Hospital at Health Sciences in Winnipeg requested more Pearly Whites Kits. HSHC has continued to prepare these kits with donated toothbrushes and toothpaste from MDA.

### *Syrian Assembly of Manitoba*

The first year dentistry class in the University of Manitoba's College of Dentistry approached HSHC for assistance in compiling some oral health information for health kits by the first year medical students at the University of Manitoba. The health kits are to be given to new refugee families arriving in Winnipeg. HSHC helped them to source toothbrushes and also included the "Caring for Children's Teeth" newcomer resource in the kits.



## **STEP Student Contributions**

The following are the activities the STEP students have worked on this quarter:

- Continuing to train new STEP student, Manisha Bansal to prepare for full time in the summer.
- Tracking Facebook likes and shares of HSHC posts for reporting and evaluation purposes.
- Kept Facebook page updated and current.
- Responding to requests for “Caring for Children’s Teeth” newcomer resource and tracking requests.
- Recording feedback from newcomer resource into excel spreadsheet for evaluation purposes.
- Attended MDA Conference at the Convention Centre Jan 29-30.
- Finalized and sent out newsletter inserts with oral health key messaging for Nutrition Month (March) and oral health month (April/May).
- Sourced new wheel for our “Wheel of Smiles” game and gazebo tent to take to outdoor events to be ordered with endowment funds.
- Assisted with screenings for ongoing research studies (Nutritional Study and Newcomer Study).
- Designed newsletter insert for next Telehealth presentation “First Visit First Tooth” on April 6/16.
- Started preparations designing the power point for next telehealth presentation, “First Visit First Tooth” on April 6/16.

## **Feedback/Evaluation/Research**

### **Grants submitted:**

Scaling up the Healthy Smile Happy Child initiative: tailoring and enhancing a community development approach to improve early childhood oral health for First Nations and Metis children. Team Grant: Pathways Implementation Research Team – Component 2 (2016) (2016-02-16) Letter of Intent submitted to CIHR. February 2016



Healthy Smile  
Happy Child

## Feedback/Evaluation/Research continued

### Grants received:

*“A mixed methods evaluation of Health Canada's Children's Oral Health Initiative (COHI). Does it lead to improved oral health for young First Nations and Inuit children?”* was conditionally

approved for funding through the Operating Grant: Population Health Intervention Research program. Canadian Institutes of Health Research. \$250,000 (2016-2018 R Schroth (Nominated Principal Investigator (PI); M McNally (co-PI); M Bertone, M Brownell, J Edwards, A Hayes, KA Kinew, J Lavoie, D Martin, ME Moffatt, H Tait-Neufeld, L Star Co-Investigators); M Chartier, K Hai-Santiago (Knowledge Users))

### Publications:

1. **Schroth RJ**, Ndayisenga S, Guenther K, Marchessault G, Prowse S, Hai-Santiago K, Edwards JM, Moffatt ME, and the Manitoba Dental Association. Parents' Perspectives on the Manitoba Dental Association's Free First Visit Program. *J Public Health Dent*. doi:10.1111/jphd.12137

Lawrence HP, Cidro J, Isaac-Mann S, Peressini S, Maar M, **Schroth R**, Gordon J, Norman C, Hoffman-Goetz L, Broughton J, Jamieson L. Racism and oral health outcomes among pregnant Canadian Aboriginal women. *J Health Care Poor Underserved*. 2016;27(1A):178-206. doi: 10.1353/hpu.2016.0030.

## Planning for Next Quarter (April-June 2016)

- Setting presentation and screening dates for newcomer groups around Winnipeg. With the influx of newcomers to Winnipeg the organizations working with newcomers appreciate our oral health resources:
- Participating in the River East Transcona School Division “Growing and Learning” conferences in April and May.
- Next Telehealth presentation “First Visit First Tooth” on April 6, 2016.
- Presentations and screenings at Four Feathers Aboriginal Head Start program.
- Participating in the 30<sup>th</sup> Annual Teddy Bear Picnic in Assiniboine Park, Winnipeg.
- Participating in the “Happy Days on Henderson” event with Access River East on June 11<sup>th</sup>.
- Participating once again in the MDA's Tooth Fairy Saturday on June 11, 2016.