



# Healthy Smile Happy Child

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## Quarterly Report April - June

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

Submitted by: Janis Gojda, Healthy Smile Happy Child (HSHC) coordinator

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### Community Feedback

Follow-up by HSHC coordinator with regional contacts has noted the following ways the spreading of Healthy Smile Happy Child (HSHC) message is being sustained:

#### Public Health

- A Families First worker in Lac du Bonnet requested information about HSHC and resources for their community.

#### Community Support Programs

- All provincial Healthy Baby locations were provided with an Oral Health Kit, which were created by HSHC, in collaboration with Healthy Start for Mom & Me, Healthy Child Manitoba, and the Public Health Agency of Canada.

#### Schools and Community Organizations

- A dental hygiene student distributed the *Toothbrushing Tips for Parents* handout during a presentation to a Kindergarten class in Winnipeg.
- The Preschool Coordinator at the Interlake School Division requested oral health resources to include in their 'Healthy Kits' which they will be distributing to children entering Kindergarten in Fall 2012. The HSHC coordinator sent brochures and *Toothbrushing Tips for Parents* handouts to be added to the kits.

#### Dental/Medical Offices

- A local dental professional in the South Eastman region participated in two health table clinics at La Broquerie School and Pointe-des-Chênes school in Ste-Anne during the month of June.

#### Website Links

- The Oral Health Section of the Canadian Best Practices Portal (CBPP) was recently launched in June. HSHC's submission was accepted for inclusion to their website and can be viewed at <http://cbpp-pcpe.phac-aspc.gc.ca/intervention/722/view-eng.html>

- A link to the HSHC webpage has been added to the Canadian Association of Public Health Dentistry (CAPHD) website at <http://www.caphd.ca/programs-and-resources/resources-for-professionals#early>

## **Challenges**

- Continuing to field requests for distribution of resources, specifically toothbrushes and other oral health supplies, from various groups as much as possible; limited funds are available to fill the requests. HSHC has encouraged groups to connect with local dental offices and dental suppliers for donations.
- Inconsistency of messages around the use of fluoride for children between various resources being used across Manitoba. This is in part of the ongoing changes to best practice guidelines.

## **Community Involvement/Partnerships**

### **Project Activity:**

- 1) Phase II (Follow-up Study) Evaluation:
  - Manuscript is complete. Awaiting community approval before submitting for journal publication.
- 2) HSHC Updates
  - HSHC is currently re-developing the Terms of Reference of the partnership. The draft document is currently under review and will be finalized by the group in August 2011.
  - HSHC's webpage on the WRHA website has been recently updated with new and revised resources, those of which were included in the oral health kits developed in collaboration with Healthy Start for Mom and Me and the Public Health Agency of Canada (PHAC).
  - Members of the HSHC partnership submitted a full application to the Manitoba Institute of Child Health (MICH) operating grant on March 2, 2011. This Operating Grant was successfully approved for funding for the period of June 1, 2011 to May 31, 2012. This funding will be used to evaluate the impact of the Free First Visit (FFV) program on young children's oral health in Manitoba.
  - HSHC is exploring the expanded use of MBTelehealth as a cost effective way to routinely engage with communities throughout the province and strengthen the sustainability of early childhood oral health promotion. The success of past presentations suggests the use of MBTelehealth is a practical way of exchanging knowledge and reaching remote communities across Manitoba. As a result, the HSHC coordinator developed a short survey and distributed to key contacts in each Manitoba regional health authority. Key contacts were encouraged to forward the survey to other community facilitators within their regions. Results were compiled and shared with each RHA and the HSHC partnership. The HSHC coordinator has initiated a working group to start preliminary planning and further review of the feedback from the survey. The initial meeting of working group will take place on July 28, 2011. Presentation series is anticipated to commence in the Fall of 2011.

- The HSHC coordinator is planning a second trainer session for new regional contacts and those who were unable to attend the previous one. All other community facilitators will also be invited to attend.
- The HSHC coordinator is continuing to work in collaboration with the Manitoba Dental Hygienists Association (MDHA) to connect local dental hygienists with community schools and prenatal and parent groups of young children who would like oral health information sessions. HSHC has created two oral hygiene kits that will be lent out to local dental hygienists to aid in the delivery of their presentations. HSHC has received an increasing number of requests for oral health presentations from various groups/communities throughout the province. The HSHC coordinator is asking all dental hygienists to fill out a feedback form regarding their experience and the contents of the oral health kit. Thus far positive feedback has been received.
- The HSHC coordinator is continuing to follow up with an evaluation of some groups that HSHC has worked with in the past. A community capacity evaluation form was sent to all groups that had an initial and, in some cases, an interim evaluation. This evaluation will help determine if and how community development approaches have supported groups in identifying ways to consider the determinants of health as they relate to early childhood oral health. These forms also help determine the capacity of these groups to disseminate key oral health messages. By continuing to explore the capacity of these groups, HSHC will have a general understanding on how the groups have progressed since the regional community facilitator positions were implemented and if the group capacity has been sustained. The HSHC coordinator is continuing to follow up with the groups and further analyze the trends from the feedback provided.

3) Community and Regional Contacts:

Burntwood Regional Health Authority (BRHA):

Funding for Healthy Smile Happy Child Community Facilitator position ended on July 10, 2009.

- HSHC coordinator is continuing to work with the Public Health and Clinical Nutrition Services manager and the Health Promotion Coordinator.
- The HSHC coordinator is awaiting reply from the Medical Education Coordinator in Burntwood RHA in regards to organizing an education session for physicians. The education coordinator is working with the university to set up continuing medical education credits; at which point we will be able to provide an education session.

Churchill Regional Health Authority

- The HSHC coordinator is continuing to work with the Public Health Nurse in the Churchill region to incorporate early childhood oral health promotion into her work.
- The Churchill region has shown interest in receiving a HSHC trainer session via MBTelehealth. HSHC coordinator will connect with the key contact to further organize session for Fall.

NOR-MAN Regional Health Authority

- Funding for HSHC Community Facilitator position ended on July 1, 2009.
- The HSHC coordinator has been unable to connect with NOR-MAN's key regional contact, however, will continue efforts in connecting with this region.

### Parkland Regional Health Authority (PRHA)

- HSHC coordinator is continuing to work with Parkland's key regional contact.
- Parkland's key contact is also continuing to use the pre and post questionnaire, which was illustrated in a recent HSHC publication, to determine the impact on new staff who attended an Early Childhood Tooth Decay workshop.
- In April, Parkland's *Growing Healthy Families Healthy Baby* session topic was on oral health. The following activities were incorporated into this session:
  - Utilized the dental kit, played the dental quiz, and an activity to promote breastfeeding and the benefits on dental health.
  - Provided one anticipatory guidance bag to each participant, depending on age/stage of mom or baby (prenatal, newborn, 2 months, 6 months or 1 year)
  - Put up the sippy cup display with the sugar amounts in beverages.
  - Displayed several dental health posters.
  - Served Groovy Green Smoothies, cheddar cheese with whole wheat melba toast, water with cucumber slices and milk.
- The Community Health Worker in Crane River writes rhymes for Parklands Healthy Baby program, and plays them on her guitar. For the month of April, she developed rhymes on dental health.
- The Parkland contact provided a local dental hygienist with various resources and supplies for a Preschool Wellness Fair in Swan River she was participating at on May 17, 2011. The following resources were kindly lent out by Healthy Baby:
  - display board with information on early childhood tooth decay
  - binder with selected true or false questions and answers
  - sippy cups displaying various beverages and amounts of sugar
  - dental decay tooth model
  - Healthy Smile, Happy Child – flipchart
  - HSHC also sent various print resources for distribution
- The Parkland contact sent out a message to all public health staff in the community to inform them of the revised and new resources on the HSHC webpage. In addition she provided a list of communities currently involved in the community water fluoridation program.

### North Eastman Health Authority (NEHA)

- Funding for HSHC Community Facilitator position ended on November 6, 2009.
- HSHC coordinator is continuing to work with North Eastman's Wellness Facilitator.
- North Eastman's Wellness Facilitator has postponed the training session for Nurse Practitioners, as they have been transferred to another group, and will likely require additional coordinating.
- The North Eastman contact is continuing efforts to set up MBTelehealth Sessions with Berens River and Poplar River.
- The North Eastman contact is continuing to promote the Free Fist Visit program and distributing the lists of participating dentist in the region.
- Four Wellness Days took place in the North Eastman region during the months of April and May for children between the ages of 3 and 4 (Powerview-Pine Falls, Beausejour, Springfield, Lac du Bonnet/Pinawa). Wellness facilitators set up displays in their respective districts. Each child received a toothbrush & parents received the "Snacks & Dental Health" brochure developed by the Dairy Farmers of Manitoba and the Manitoba Dental Association.
- North Eastman's key contact provided an oral health presentation at École Communautaire St-Georges for 30 students grades K-3 (in French) and a Pre &

- An oral health article was provided for local newspapers. In addition, a section on 'Oral Health Wellness tips' was printed in the North Eastman's regional Wellness newsletter.
- A Family First worker from Lac Du Bonnet District Health Centre requested some of HSHC's resources and information about the project.

**South Eastman Health Authority (SEHA)**

- The Health Promotion Coordinator position in the South Eastman region is currently vacant. The HSHC coordinator has been in contact with the public health program manager, and will be advised when the position is filled.
- A local dental professional participated in two health table clinics at La Broquerie School and Pointe-des-Chênes school in Ste-Anne on June 3<sup>rd</sup> and 10<sup>th</sup> respectively.

**Central Regional Health Authority (CRHA):**

- Funding for HSHC Community Facilitator position ended on May 31, 2009.
- The two HSHC STEP students participated at the annual Carman Preschool Screening event on June 15, 2011. They provided oral health education through interactive activities to approximately 40 children and their families. They also distributed various HSHC resources.

**Assiniboine Regional Health Authority (ARHA):**

- ARHA's key contact attended a preliminary meeting with the region's Healthy Child Coalition coordinators (north and south), Family First coordinators and Healthy Baby coordinator in February 2010. They began discussion around how each program could integrate with one another. Oral health discussion is anticipated at a subsequent meeting, yet to be scheduled. The HSHC coordinator will connect with key contacts to discuss possibilities for better connecting the healthy smile messages across programs. The ARHA Healthy Baby Coordinator forwarded the link to the HSHC webpage on the CAPHD website to the PHN's, HV's and Healthy Baby facilitators in the region.

**Brandon Regional Health Authority:**

- The HSHC coordinator is continuing to work with and provide support to Brandon's Healthy Living Facilitator.

**Interlake Regional Health Authority (IRHA):**

- A Families First Home Visitor showed interest in joining the HSHC partnership and was welcomed to the group on April 28<sup>th</sup> at the Intersectoral Dental Health Promotion Group meeting.
- The Preschool Coordinator at the Interlake School Division requested some resources for 'Healthy Kits' they will be distributing to the children entering Kindergarten in Fall 2012. The HSHC coordinator sent brochures and the toothbrushing tips handouts to be added to the kits.

**Winnipeg Regional Health Authority (WRHA):**

- Funding for HSHC community facilitator ended March 31, 2010.
- The HSHC coordinator is continuing to determine needs and status of each community area in collaboration with the WRHA community facilitators.
- The St James-Assiniboia Community Facilitator is continuing to remind various community groups about HSHC tools, along with occasional questioning poised to the Public Health Nurses & Family First Home Visitors about their use of the resources.

- A local dental hygienist used one of the HSHC oral health kits to present to a daycare centre in Winnipeg. The MDHA also provided toothbrushes.
- The Oral Health Dental Consultant for Manitoba Health and a dental hygiene student participated in the Family Wellness Fair for families with young children (birth - 6 yrs of age) on May 11, 2011 at the YMCA-YWCA of Winnipeg. HSHC provided a display board and an array of HSHC resources to be distributed to parents and young children.
- The Downtown Community Facilitator is using the *Where to Go For Dental Care in Your Community* information guide to aid in finding dental services for inner city students who have a limited income and/or no dental insurance.

## **Collaborative Activity**

- 1) The HSHC team participated in the Annual Teddy Bear's Picnic on Sunday May 29, 2011. HSHC had a station allocated in the Manitoba Institute of Child Health tent, where the team promoted good oral health habits through interactive activities. HSHC distributed over 900 toothbrushes to young children and their families. The HSHC STEP students also participated at the Children's Festival on June 11, 2011 in partnership with the Manitoba Dental Association.
- 2) In response to the Oral Health kits recently developed by HSHC, Healthy Start for Mom & Me (HSMM) and members of the Public Health Agency of Canada (PHAC), Healthy Child Manitoba showed interest in receiving these kits for each of their 30 Healthy Baby (HB) programs. As a result, an additional 30 English kits were created for the HB groups. These kits were slightly modified from the originals due to limited time and funds. Three French kits were also provided, which were extra kits from HSMM. The HSHC coordinator distributed these kits at the annual Healthy Child Provincial meeting in Manitoba on May 30<sup>th</sup> at the Greenwood Inn.
- 3) The Manitoba Dental Association (MDA) and its Oral Health Education Committee have developed a program, called "Happy Healthy Teeth" to educate children on the importance of oral health. This oral health program has been mailed to elementary schools (preschool – grade 6) throughout Manitoba. Healthy Smile Happy Child (HSHC) distributed copies of the program (CD-Rom) to each RHA public health manager/director and encouraged to share with other community facilitators and its use in each of their local communities.
- 4) The HSHC project coordinator is continuing to connect with health/wellness positions in the regions to share ideas and offer support for oral health promotion.
- 5) HSHC team members are continuing to participate in the Oral Health Working Group committee at Children's Hospital. This committee is a multi-disciplinary group looking to promote oral health within the hospital setting.
- 6) HSHC team members are continuing to connect with First Nations and Inuit Health and ongoing mutual sharing of information.
- 7) HSHC is involved in evaluating the MDAs Free First Visit program to identify the number of children benefiting from this important initiative and where in Manitoba they reside.

- 8) HSHC is working with members of the WRHA on a postal code mapping project to provide an illustration of pediatric dental surgery for ECC carried out at Winnipeg facilities. HSHC has shared current stats with the regional contacts.

## **Next Steps**

- Meet with telehealth working group to preliminary plan for future sessions and topics/speakers.
- Finalize the HSHC draft terms of reference with feedback of the partnership.
- Plan and organize HSHC trainer session via MBTelehealth for Fall 2011.
- Continue to follow up with the groups and further analyze the trends of the feedback from the community capacity evaluation forms.
- Continue to explore additional grant opportunities to support project activities.
- Continue to organize and prepare for various wellness fairs and events.
- Continue to work in partnership to fulfill community oral health educational session requests.
- Continue to share postal code mapping stats with RHA community facilitators.

## **Feedback/Evaluation/Research**

- Qualitative Evaluation study
  - Currently in the stages of preparing a manuscript of findings for journal publication.
- Qualitative Cultural study
  - Currently in the early stages of preparing a manuscript of findings for journal publication.
  - Final report is available online.
- Free First Visit Evaluation study
  - Approved funding from MICH will be used to evaluate the impact of the Free First Visit (FFV) program on young children's oral health in Manitoba.
  - Submission for ethics approval has been made.
  - Tracking of FFV data for the first year (April 1, 2010 to March 31, 2011) underway.

## **Staff Development**

- The two current STEP students' positions, supported by MB Health, end on April 26, 2011. HSHC was approved by MB Health for two STEP student summer positions for 2011/2012.
- Support and management of STEP student activities includes: resource mailings, database entry, development of displays, and other projects and administrative tasks.

## **Administrative/Research Activity**

- All database entry is up to date.

- Letter received from the WRHA that MB Health will provide some financial support. These funds will enable the continuation of the provincial coordination function for the 2011/2012 fiscal period.

### **Planning for Next Quarter**

- Plan HSHC trainer/refresher sessions, via MBTelehealth.
- Continue to collaborate with each RHA and provide support to sustain early childhood oral health promotion across the province.
- Explore additional funding opportunities to sustain the provincial coordination role and future potential evaluation activities.
- Continue to follow up on community capacity evaluation forms for different groups HSHC has worked with to determine what capacity building has occurred as a result of HSHC activities. Analyze trends of results.
- With working group, preliminary plan for MBTelehealth presentation topics/sessions for groups across the province.
- Continue to forward oral health presentation requests to the MDHA to connect dental hygienist volunteers with these community groups and schools.
- Partake in upcoming community wellness fair and events.
- Continue to work on qualitative study paper.
- Share preliminary results from evaluation activities with stakeholders.