



## *Healthy Smile Happy Child*

John Buhler Research Centre  
Room 501B, 715 McDermot Avenue  
Winnipeg, MB R3E 3P4  
Tel: (204) 789-3500; Fax: (204) 977-5691

### **Quarterly Report July - September 2009**

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

---

Submitted by: Sarah Prowse, Healthy Smile Happy Child

Date submitted: November 2, 2009

#### **Community Feedback**

Follow-up by Community Facilitators after Capacity Building Workshops have noted the following ways Healthy Smile Happy Child (HSHC) message is being spread:

##### **Public Health**

- The oral health kits and resources supplied to Public Health in the Winnipeg region are being used at Healthy Baby groups and by Families First home visitors. Public health teams report including oral health in their well being messages to their clientele in the community.

##### **Schools and Community Organizations**

- An inner city school in Winnipeg started a tooth brushing program and incorporated oral health messages into a week of activities.
- Winnipeg Immigrant Settlement Workers have been including oral health information in their sharing circles and referring clients to community clinics.
- A Hutterite colony school in the Interlake began a fluoride rinse and tooth brushing program. All Hutterite colony schools in the Interlake are including oral health as part of their teachings for the current school year.
- Parents at a Winnipeg family resource centre identified oral health as an area that they would like to learn more about and the resource centre organized an evening for information sharing.

##### **Dental/Medical Offices**

- A dental office in the Interlake region has offered one of their dental nurses to be available for preschool wellness fairs in the area.

##### **Regional Health Authorities**

- Many of the regional health authorities have hired new health and wellness staff, many of whom are taking HSHC messages on board and incorporating them into their work to ensure the sustainability of oral health promotion.
- Winnipeg Regional Health Authority community facilitators are helping to determine gaps around caries prevention practices and education in their areas.
- The Wellness Group from the Interlake Regional Health Authority is working towards including oral health risk assessment questions in their chronic disease risk assessment. North Eastman is looking at doing something similar.

## Challenges:

- Most of the community facilitator positions have ended. In some regions, a contact person has been identified to stay connected with the HSHC coordinator and field requests from the region. In other regions the handover has not been as successful due to high staff turnover, lack of support from management and/or high workloads.
- There is still an issue for access for dental care for children under 3 years old.
- Some regions have been requesting support to continue to supply tooth brushes to pre and post natal groups.

## Community Involvement/Partnerships

### Project Activity:

- 1) Phase II (Follow-up Study) Evaluation
  - Writing of manuscript of findings for journal publication in progress.
- 2) Community and Professional Contacts/Updates on Regions

### Burntwood/Churchill Regional Health Authorities:

Funding for Community Facilitator position ended on July 10, 2009.

- HSHC information was to sit with Public Health Nutritionist/Healthy Baby Coordinator but work load is too high due to staff shortages.
- Resources and information are readily available in Thompson. The outlying communities require more support.
- Minimal work has taken place in Churchill in the last year partly due to key contact leaving the position with no replacement.
- Further work is required to ensure the sustainability in these regions.

### NOR-MAN/Parkland Regional Health Authorities:

Funding for Community Facilitator position ended on July 1, 2009.

- Infant/Child community developer has been identified for contact person for NOR-MAN region. HSHC project coordinator has been in touch with this person and ideas have been generated for further work in promoting the prevention of early childhood tooth decay. The community developer is to develop a plan for the region and discuss this with HSHC project coordinator.
- Have been unable to connect with Parkland to determine whether Health/wellness position has been created and filled.

### North Eastman/South Eastman Regional Health Authorities (NEHA and SEHA):

- Groups trained – Gillis daycare staff.
- Attended Picnic in the Park in Pine Falls. Set up display and spoke to parents about HSHC key messaging. NEHA Wellness Facilitator also attended and assisted with the display so she can familiarize herself with HSHC display material and information as she will be contact person once HSHC position ends.
- School presentation provided for kids and teachers. NEHA Wellness Facilitator attended and conducted presentation as part of her orientation/training to dental health.
- Connected with Early Years Program Coordinator for SEHA who is also part of the Parent-Child Coalition. Sent resources and HSHC materials as she's been getting several requests for dental health material
- Met with NEHA Wellness Facilitator and discussed future program ideas for dental health promotion. Wellness Facilitator will be contact person for oral health promotion requests.

- Participated in the Webinar meeting “Keeping Kids Healthy – Engaging Medical Providers in Children’s Dental Health”.
- Funding for Community Facilitator position will end on November 6, 2009.

Central/Assiniboine/Brandon Regional Health Authorities:

Funding for Community Facilitator position ended on May 31, 2009.

- A Healthy Living Facilitator with Central Regional Health Authority (CRHA) has been designated as the oral health liaison for the region.
- CRHA has developed a method for continuing to support communities with the oral health message.
  - Sign out process developed for oral health resource kits.
  - Resource binder available at all public health units.
- Management has been a part of developing a sustainability plan.
- An additional Healthy Living Facilitator was hired in Assiniboine region.
- Assiniboine Regional Healthy Authority health promotion team is working at incorporating oral health information into chronic disease initiatives within healthy eating area.
- Discussing idea of including oral health info into wellness screens for people with diabetes.
- Resource binders are available at all public health units.
- Brandon Regional Health Authority has hired three Healthy Living Facilitators whose mandate is chronic disease prevention.
- A public health nurse will be liaison between region and central office.
- Resource binders are available at all public health units.

Winnipeg/Interlake Regions:

(0.5 FTE position)

- Groups trained – South Winnipeg Family Resource Centre coordinators, Created for Me Daycare staff and Neighbourhood Immigrant Settlement Workers.
- Met with a number of Winnipeg Regional Health Authority community facilitators to determine gaps in caries prevention activities and/or education.
- Distributed ‘Where to Go for Dental Care’ brochure and Healthy Smile Happy Child posters (where appropriate) to 132 organizations. These included health centers and clinics, family resource centers, cultural community groups/centers, immigration and refugee organizations, daycares, outpatient departments and age and opportunity groups.
- Healthy Smile presentation held for a daycare. Messages were delivered for the children aged 2-5 and a training session was delivered for staff. Handouts were left for parents.
- Working to develop an overview of where the HSHC resources sit within each area and if they are being used. Will identify contact person within each area.
- Met with Dr. Carrington (a dentist in Stonewall) and team leader from IRHA Wellness Group to discuss ways to work together. Dr. Carrington has seen an increase in Hutterite families coming to his practice since previous community facilitator’s work with some of the colonies last year. As the community facilitator will be working with Hutterite schools this fall, some strategies on how this might work were discussed.
- Dr. Carrington has a dental nurse which can go to preschool wellness fairs and other health fairs to promote oral health. Have passed on this information to the Family First team as they often request HSHC presence at fairs.
- Working with Dr. Schroth and Kristin Stewart to incorporate oral health risk assessment questions into the chronic disease risk assessment that they use in the community. We hope that this will help incorporate oral health messages into chronic disease prevention and encourage health professionals to refer to dentists where appropriate.

- Training session provided to two neighbourhood immigrant settlement workers in the Point Douglas area. Am working to connect Mount Carmel (in particular their immigrant and refugee clinic) with the settlement workers to increase access to this clinic.
- Training provided to Fort Garry family centre coordinators. One of the main resource centres holds two resource tubs that weren't being used. After the session discussing the key messages and demonstrating how to use the resources with parents, the group identified some strategies on using the tubs. The group also identified two dentists who may be interested in providing workshops to parents.
- Connected with health promoter/nutritionist in Inkster area. Will be providing resources to health promoter to distribute to the three family resource centres in the area. Health promoter provided details of public health nurses in this area who work with target group. Will follow up with these groups to see if they are including oral health in their programming.
- Following up with service providers in Transcona area to ensure HSHC messages are being promoted and find out if further training/support is required.
- Met with Mayfair resource centre (Mb Housing complex) staff to plan an oral health dental bingo evening for their families which will take place in November.
- Contacted parent child coalitions to determine how the resources are being shared in the community.
- Connected with River East Transcona School Division Early Years community programming coordinators to remind them of the resources and of the support we are able to provide.
- Presented Oral health and chronic disease presentation to IRHA Wellness Group at team meeting. This was well received and helped to support the link between oral health and overall health.
- Developed dental screening questionnaire for IRHA risk factor and complication assessment that was passed onto team leader for review. Also located an oral health risk assessment tool for parents of 0-6 year olds that has also been passed along for review.

### 3) Presentations:

#### July 2009

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Winnipeg	0	0	1	25	4	254
Interlake	0	0	0	0	1	0
North Eastman	1	5	0	0	0	0
South Eastman	1	1	0	0	0	1
Total	2	6	1	25	5	255

**August 2009**

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Winnipeg	0	0	0	0	1	0
Interlake	0	0	0	0	3	70
North Eastman	1	5	1	48	1	150
South Eastman	0	0	0	0	0	1
Total	1	5	1	48	5	221

**September 2009**

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Winnipeg	2	9	0	0	26	0
Interlake	0	0	0	0	13	0
North Eastman	1	1	0	0	0	0
South Eastman	0	0	0	0	0	0
Total	3	10	0	0	39	0

## 4) Community events:

August: Families First Fun Days in Selkirk and Stonewall  
Picnic in the Park in Pine Falls

September: Child Health Event at The Forks in Winnipeg

**Collaborative Activity**

- 1) HSHC project coordinator has been connecting with health/wellness positions in the regions to share ideas and offer support for oral health promotion.
- 2) Members of the project have been working with the Manitoba Dental Association on two of their key initiatives: introducing a first dental visit program for young children and an oral health curriculum for school children. Project resources have been shared with the MDA as they develop these initiatives.

- 3) Dr. Schroth has been working with a BSc (Dent) student to review administrative data relating to pediatric dental surgery over 10 years. This information will be shared with Manitoba Health and Healthy Living and the regional health authorities.

### **Next Steps**

- The partnership is continuing to explore ways to provide ongoing central support to the enhancement and sustainability of early childhood tooth decay prevention activities. A work plan is being developed to identify key goals and strategies to achieve this. This work plan has been presented to the steering group for input.
- Once work plan has been finalized with steering group, working to achieve key goals and monitoring progress.

### **Feedback/Evaluation/Research**

- Qualitative Evaluation study
  - Currently in the early stages of preparing a manuscript of findings for journal publication.
  - Final report is available online.
- Qualitative Cultural study
  - HSHC received grant funding from the Manitoba Institute of Child Health to complete a series of focus groups to explore different cultural perceptions about early childhood oral health.
  - Final report recently completed and is available online.
  - Will work on preparing a manuscript for journal publication later in 2009
- Pre/Post Test Workshop Questionnaire
  - A manuscript for publication was submitted to Pediatric Dentistry in September 2008. The article was approved for publication in early 2009. Publication date is expected to be late 2009 or early 2010. The article is titled "The impact of community workshops on improving early childhood oral health knowledge." Authors are MacIntosh AC, Schroth RJ, Edwards J, Harms L, Mellon B, and Moffatt ME.

### **Staff Development**

- Manitoba Health will again support 2 STEP students working part-time during the year.
- 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.

### **Planning for next Quarter**

- Use of MB Telehealth for training in remote/isolated communities.
- Use of MB Telehealth to provide sharing session with HSHC contact people in each region to learn from each other.
- Displays at conferences and community events.
- Presenting poster at Early Development Imperative conference in Winnipeg.
- Continued communication with dental services and the dental profession throughout Manitoba.
- Continued work with the RHAs to ensure that the knowledge and materials that will assist in promoting overall good health and disease prevention are shared in preparation of the newly funded Community Activator positions.