



Healthy Smile Happy Child

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Quarterly Report July - September 2010

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

- Assiniboine RHA parent child coalition coordinator connected with a local dental hygienist to help produce a section on oral health tips for parents in a local newsletter.
- Oral health kits were used at a preschool education fair and various Teddy Bear Picnics throughout the Assiniboine region, including Carberry, Hamiota, Russel, Virden, and Neepawa.
- Family First home visitors in Brandon are continuing to use HSHC resources.
- The Fort Rouge/ River Heights Winnipeg facilitator distributed over 100 toothbrushes, as a way to incorporate oral health promotion into a community fun fair event.

Community Support Programs

- The community health nutritionist in Parkland reported they are no longer providing juice as a beverage at their Healthy Baby group sessions. In addition, she recently developed a "dental health" supermarket tour which she hopes to implement with these groups in the near future.
- The North Eastman wellness facilitator presented on early childhood oral health to a Pre- and Postnatal group, and manned a display at the Bright Beginnings North Eastman Parent Child Coalition.

Schools and Community Organizations

- Schools in Central RHA had local dentists' present information on oral health to the students.
- The North Eastman wellness facilitator delivered multiple presentations to schools throughout the region.

Dental/Medical Offices

- A dental office in St.Vital Winnipeg is using the prenatal and newborn– 6 years brochures at their office and is continuing to print resources from the HSHC webpage.

- HSHC coordinator is working in collaboration with the Manitoba Dental Hygienists Association (MDHA) to connect local dental hygienist with community schools and groups who would like oral health information sessions. A brief overview was delivered to the Dental Hygienist Association AGM in June to gain feedback from the hygienists, and an announcement was made in the MDHA Spring 2010 newsletter. This can be viewed at: http://mdha.ca/theMontage/theMontage16_Summer2010.pdf. A second announcement is planned to appear in the MDHA Fall 2010 newsletter. Implementation is anticipated late Fall 2010

Website Links

- Central RHA will be incorporating a link to the HSHC WRHA webpage under the *Healthy Living* section of their website in the near future. It will highlight the self learning module for health care providers.
- A link to the WRHA webpage with HSHC's resources has been posted on the Manitoba Child Care Online Website. The link can be viewed at http://www.gov.mb.ca/fs/childcare/related_sites.html

Challenges

- Continuing to field requests for resources (tooth brushes, brochures, DVDs, resource kits) from various groups with limited funding available to fill the requests.
- Many requests for new brochures and resources around oral health and related topics are received. Capacity is limited in meeting all requests due to limited resources remaining.

Community Involvement/Partnerships

Project Activity:

1) Phase II (Follow-up Study) Evaluation:

- Writing of manuscript of findings for journal publication in progress.

2) HSHC Updates

- The HSHC partnership submitted a Letter of Intent to the Canadian Institutes of Health Research (CIHR) grant funding opportunity, which received approval to submit a full application. Potential funding would be used to evaluate the impact of the Free First Visit (FFV) program and the establishment of Community Activators in Manitoba RHAs on early childhood oral health and reducing the inequity of access to early dental care and prevention.
- The HSHC project coordinator is continuing to work with key contacts in each region of Manitoba. Specific needs and support required are being identified with input from healthy living team leads. Region-specific work plans will be developed to reflect these. The most common requests from regions include training of new staff, support on how to use resources with the community, toothbrushes and printed resources.
- An Oral Health and Chronic Disease presentation has been scheduled for November 23, 2010. This will be presented by Mary Bertone from the Centre of Community Oral Health (CCOH), University of Manitoba via Mb tele-health. All regional key contacts, Winnipeg facilitators, and other key stakeholders have been invited to this event and given instructions on how to join via Mb tele-health. The HSHC coordinator has had many requests for this presentation and anticipates great attendance.
- Results of qualitative studies, conducted by HSHC partners, indicated that service providers would like more practical tools and resources when working with families. In response to

this request, HSHC is exploring what other community workers have found to be most useful and effective when working with communities and groups. A short questionnaire was distributed to Canada Prenatal Nutrition Program (CPNP) and Community Action Program for Children (CAPC) community workers. The purpose is to bring forward new ideas that can be shared with other service providers in all regions across Manitoba.

- 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 groups are identifying ways to target the determinants of health as it relates 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 HSHC community facilitator positions ended and Regional Health Authorities have implemented their new healthy living positions. This will provide an understanding to how sustained the work done has been and help guide future activities.

3) Community and Regional Contacts:

Burntwood/Churchill Regional Health Authorities:

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

- The Burntwood health promoter position is still vacant. The HSHC coordinator is working with the public health and clinical nutrition services manager in the meantime to incorporate the Healthy Smile messages into the position.
- Two schools in the Burntwood region have shown interest in partaking in the Oral Health Curriculum Pilot Study. The HSHC coordinator has shared this with the Oral Health Curriculum committee.
- The HSHC coordinator has been following up with a request for a Northern Oral Health conference which was one of the needs highlighted in the follow up study. The HSHC coordinator is currently working on a short survey that will be distributed to all key regional contacts for their feedback. This survey will help generate ideas and determine topics of interest for future event.
- 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 credits; at which point we will be able to provide an education session.
- A public health nurse from Churchill RHA was identified as the key contact for HSHC. The HSHC coordinator and this individual connected late July via phone-conference. HSHC background, goals and objectives were discussed. In addition, a resource kit was created and sent to this individual. She reports little happening in the region around oral health promotion. HSHC coordinator will invite to next trainer session via tele-health, which is anticipated to occur in the near future.
- Mary Bertone, from the University of Manitoba, Faculty of Dentistry, is travelling to the region late October and has offered to meet with the public health nurse to review the HSHC resources and oral health promotion. HSHC coordinator will follow up on this matter.

NOR-MAN/Parkland Regional Health Authorities

- Funding for Healthy Smile Happy Child Community Facilitator position ended on July 1, 2009.
- NOR-MAN RHA's key contact attended HSHC telehealth training/sharing session in April. The HSHC coordinator is continuing to follow up with this contact to determine needs and status of region.

- HSHC coordinator is continuing to work with the key contacts in the Parkland region. The community health nutritionist is continuing to integrate oral health promotion and disease prevention strategies within their Healthy Baby groups.
- The Parkland contact is also planning a “Prevent Early Childhood Tooth Decay” workshop for new public health staff in the fall. HSHC will assist and provide support as needed.
- Parkland’s key contact and the Diabetes and Chronic Disease Team are both interested in attending the Chronic Disease and Oral Health presentation in November 2010.
- Parkland inquired about water fluoridation in their communities. The HSHC coordinator provided a list of the communities in Parkland that have fluoridated water systems. This information was obtained from the *Annual Fluoridation Report for the Province of Manitoba for the fiscal year of 2008-2009*.
- Parkland also inquired about safety around drinking tap water vs. bottled water. The HSHC STEP students are researching for additional information. In addition, HSHC coordinator sent a relevant web link.

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

- Funding for Healthy Smile Happy Child Community Facilitator position ended on November 6, 2009.
- HSHC coordinator is continuing to work with the North Eastman wellness facilitator. She is integrating oral health promotion throughout the region by providing materials, information and support to schools, local community workers and resource/health centers. In addition, she has participated in several readiness/wellness fairs and has provided multiple presentations to schools and community groups.
- The North Eastman contact is planning a training workshop for nurse practitioners, which is hoped to be implemented next fall.
- North Eastman contact is interested in attending the Chronic Disease and Oral Health presentation in November 2010.
- Coordinator is continuing to work with the South Eastman key contact. She informed that many HSHC resources are being utilized within the region.
- The parent/child coalition was identified as an area for ongoing oral health promotion opportunities. The coalition coordinator position is vacant but the HSHC coordinator will contact the new person when it is filled.

Central/Assiniboine/Brandon Regional Health Authorities:

- Funding for Healthy Smile Happy Child Community Facilitator position ended on May 31, 2009.
- The Central region has shown strong interest in attending the Chronic Disease and Oral Health presentation in November 2010.
- Central RHA has requested information/resources on sports drinks and oral health, Q & A around commonly used oral health products, and ideas for games to use with school children. The HSHC STEP students researched these topics, and sent information and online resources to the facilitator.
- CRHA is exploring how to link oral health and chronic disease prevention. They are looking at incorporating the messages into healthy eating messages. The HSHC coordinator sent a “Snacks and Dental Health, Hints for Parents and Kids” brochure to CRHA, as well as to all other regions. This brochure was developed by Manitoba Dental Association and has been well received by all regions.
- 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 on how each program could integrate with one another. Oral health discussion is anticipated at a subsequent meeting, which has been

postponed until further notice. HSHC coordinator will connect with key contacts to discuss possibilities for better connecting the healthy smile messages across programs.

- ARHA's oral hygiene teaching kits are now in the hands of the regions parent child coalition coordinators. They currently oversee how the kits are being used as well as how the region is presently connecting parents/kids to oral health messages. HSHC coordinator will invite the parent child coalition coordinators to the next trainer session in near future, as they have not had much guidance on how to deliver/use the resources.
- HSHC coordinator connected with one of the parent child coalition coordinators in late July. She reports working with community parent-child programs and indicated that the oral hygiene teaching kits have been used at wellness fairs and Teddy Bear Picnics throughout the region.
- HSHC coordinator was invited to attend the Teddy Bears Picnic in Neepawa. The coordinator suggested contacting local dental professionals, and provided the contact information for two local dental offices.
- A Healthy Baby coordinator in the Assiniboine region has incorporated oral health messages into the Healthy Baby "Tooth or False" kit sessions.
- One of the healthy living facilitators in Brandon has left her position. She reports little oral health promotion occurring within their health promotion team, mainly due to time constraints. When appropriate, they fit oral health into the tobacco reduction and healthy eating components.
- The new healthy living facilitator position is anticipated to be filled this fall. Information has been provided for the interim contact until the position is finalized.

Winnipeg/Interlake Regions (WRHA and IRHA):

- Funding for Healthy Smile Happy Child community facilitator ended March 31, 2010.
- HSHC coordinator is in the process of planning a trainer/refreshers session for all Winnipeg facilitators in near future. All other Mb regional key contacts and new staff will be invited and encouraged to participate.
- HSHC coordinator delivered an early childhood oral health presentation to a Healthy Baby group in late August. The Healthy Baby leader attended a previous trainer session and was given HSHC resources. She will present oral health sessions to the group in the future.
- The HSHC coordinator is continuing to follow up Winnipeg facilitators to determine needs and status of each characterization area.

Collaborative Activity

- 1) HSHC project coordinator is continuing to connect with health/wellness positions in the regions to share ideas and offer support for oral health promotion. Following up with contacts at management level for input on work plan and region specific needs.
- 2) One of the HSHC STEP students is working on a literature review and position paper around oral health and primary care. She and the HSHC coordinator met with the coordinator of Interprofessional Education (IPE) at the University of Manitoba. Potential opportunities on ways to connect interprofessional teams and integrate oral health and primary care were discussed. This will be followed up with key working groups at the university.
- 3) HSHC's poster abstract titled, "*A Balanced and Inclusive Approach to Addressing Early Childhood Caries*" was accepted to the CAPHC 2010 Annual Conference. The poster session will be held on Monday October 18, 2010 from 3:30pm – 5:30pm.

- 4) A dental program in British Columbia has shown interest in using some of HSHC posters. They would like to slightly modify the poster and translate them into different languages. The HSHC coordinator has put them in contact with the graphic designer of the posters and will follow up with both parties. There may be potential to access translated posters back from British Columbia in the future.
- 5) HSHC team members were invited to sit on an 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. One of the pediatric residents on this committee was involved in an oral health advocacy project, along with other residents, which initiated this working group. She has been invited to attend the upcoming HSHC steering group meeting on November 30, 2010 to provide an overview this advocacy project.
- 6) HSHC team members are continuing to connect with First Nations and Inuit Health and ongoing mutual sharing of information.

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. The work plan that was developed late last year is being reviews by regional health authorities. The HSHC coordinator will continue to work with each RHA to tailor this work plan to reflect their region's specific needs.
- Continue to work in collaboration with the MDHA to connect dental hygienists with local community schools and groups.
- Identifying grant opportunities to support project activities.
- Maintain contact with Manitoba Health regarding the request for ongoing funding to sustain a part time provincial coordination role.

Feedback/Evaluation/Research

- Qualitative Evaluation study
 - Currently in the stages of preparing a manuscript of findings for journal publication.
 - Final report is available online.
- Qualitative Cultural study
 - Currently in the early stages of preparing a manuscript of findings for journal publication.
 - Final report is available online.
- Pre/Post Test Workshop Questionnaire
 - Article was published in Pediatric Dentistry in May 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. The article can be viewed at:
<http://www.ingentaconnect.com/content/aapd/pd/2010/00000032/00000002/art00004>
- Future Evaluation study
 - Potential funding from CIHR would be used to evaluate the impact of the Free First Visit (FFV) program and the establishment of Community Activators in Manitoba RHAs on early childhood oral health and reducing the inequity of access to early dental care and prevention.

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

- Continue to work each RHA to adapt work plan and make region-specific goals.
- Continue to explore funding opportunities to sustain the provincial coordination role and future potential evaluation activities.
- Follow up on capacity evaluation forms for different groups HSHC has worked with to determine what capacity building has occurred as a result of HSHC activities.
- Follow up and summarize findings from results of survey sent to Canada Prenatal Nutrition Program (CPNP) and Community Action Program for Children (CAPC) community workers. Distribute findings to Mb regional key contacts.
- Continue to assist in organizing the Chronic Disease and Oral Health presentation on November 23, 2010.
- Use of MB tele-health to organize a trainer/refresher session to all regional key contacts and new staff. All key contacts will be sent an invitation in the near future.
- Continue to work with the MDHA to have dental hygienists provide early childhood oral health education sessions to the community groups and schools.
- Continue to indentify ways to engage pediatricians in improving oral health.
- Attend CAPHC 2010 Annual Conference and present poster abstract.
- Partake in community wellness fair and events.
- Continue to work on qualitative study paper.
- Explore the idea of developing a “newsletter” to provide to RHAs with commonly asked questions around early childhood oral health.