

MNCHP Network Bulletin



**best start
meilleur départ**
by/par health **nexus** santé

July 15, 2011

** Please note that there will be one bulletin per month for July and August. The next bulletin will be released August 19, 2011.*

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----- I. NEWS & VIEWS -----

CANADA

1. LATEST PRODUCT RECALLS

(available in French)

Note: Products that are recalled for containing lead or barium are in excess of the allowable level per the Canadian Hazardous Products Act (CHPA).

- Wooden Play Sets by Adventure Playsets: The wood in the posts of the fort sections on the swing sets can weaken due to rotting, posing a fall hazard.
- "Mini-Tammy" Crib by Kidway: The instructions provided with the crib may prevent consumers from assembling the crib properly, posing a safety risk.
- "Kaboo" legging type pants: The recalled product has decorative buttons that may detach, posing a hazard to young children.
- Britax B-Nimble Umbrella Stroller: The strollers brake may produce an audible click when initially engaged and the brake pedal may remain depressed even though the brake has not fully engaged or locked. It may be necessary to continue to depress the brake pedal beyond the moment of the audible click to achieve full brake function. The initial click may create the false impression with the consumer that the brake is engaged.
- Strollers by Maclaren: If the stroller is not fully opened or closed in accordance with the manufacturer's instructions, the hinge mechanism can pose a risk of fingertip amputation and laceration to the child.

English: <http://cpsr-rspc.hc-sc.gc.ca/PR-RP/results-resultats-eng.jsp?searchstring=&searchyear=&searchcategory=http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/index-eng.php>

French: <http://cpsr-rspc.hc-sc.gc.ca/PR-RP/results-resultats-fra.jsp?searchstring=&searchcategory=&searchyear=&StartIndex=1¤t=true>
<http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/index-fra.php>

- Using reusable grocery bags and bins: Health Canada reminds Canadians to use them safely to prevent cross-contamination of food with bacterial that can cause foodborne illness. Tips are provided.

English: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_76-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_76-fra.php

- Valproate anti-epileptic drugs may pose risks to children when taken by mothers during pregnancy.

English: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_90-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2011/2011_90-fra.php

2. U.K. RECOMMENDS EXERCISE FOR BABIES AND CANADA TO FOLLOW

The British Department of Health released physical activity guidelines for a range of ages, including children under the age of five. The guidelines highlight that children in this age group should spend at least three hours a day active (e.g., walking, chasing games). There was not a time allotment given for

infants who have not learned to walk but the British Department of Health recommended things such as tummy time on the floor, reaching for objects, and taking part in parent/infant swim sessions. There are currently no official physical activity parameters in Canada for children younger than five. Mark Tremblay, chairman of the Canadian Society for Exercise Physiology, Physical Activity Guidelines Committee said that recommendations should be in place within a year.

<http://www.canada.com/health/recommends+exercise+babies+Canada+follow/5084803/story.html>

INTERNATIONAL

3. PREDICTING MISCARRIAGE

Researchers presented a study on miscarriage risk at the European Society for Human Reproduction and Embryology conference. Six factors had the greatest impact on miscarriage risk: a history of subfertility, levels of progesterone and of the pregnancy hormone (hCG), fetus length, the extent of bleeding, and the baby's gestational age (Parentcentral.ca, 2011, July 11). These factors were unable to predict accurately the risk of miscarriage but when the researchers combined two of them (bleeding and hCG levels) to create a "Pregnancy Viability Index" (PVI); they found it was a consistently reliable predictor of miscarriage. The lead investigator Kaltum Adam said that the PVI could now enable doctors to avoid unnecessary treatment in around 80% of women with threatened miscarriage, who currently often have repeated blood tests and ultrasound scans to monitor the pregnancy (Parentcentral.ca, 2011, July 11). She also noted that the PVI would also allow doctors to focus on the remaining 20% of risky pregnancies that do go on to miscarry, hopefully giving them a better understanding of what goes wrong and how they might be rescued (Parentcentral.ca, 2011, July 11).

<http://www.parentcentral.ca/parent/babiespregnancy/pregnancy/article/1023025--researchers-find-accurate-way-to-predict-miscarriage>

----- II. RECENT REPORTS AND RESEARCH -----

CANADA

4. NEW ABORIGINAL PRODUCTS IN THE ENCYCLOPEDIA ON EARLY CHILDHOOD DEVELOPMENT

(available in French)

The Encyclopedia on Childhood Development contains hundreds of papers written by international experts. Syntheses and key messages are developed for parents and practitioners based on these papers. Representatives from Aboriginal communities are invited to give their perspectives on the experts' texts in the "Voices from the Field" papers (Encyclopedia on Childhood Development, 2011). Two new Voices from the Field were released":

- No Place Like Home: Aboriginal Midwives in Every Aboriginal Community (Cook, 2011, June 9); and
- Poverty and Pregnancy in Aboriginal Communities (Duchesneau, 2011, June 9).

English: <http://www.excellence-earlychildhood.ca/home.asp>

French: <http://www.excellence-earlychildhood.ca/home.asp?lang=FR>

5. SHELTERS FOR ABUSED WOMEN

(available in French)

Statistics Canada (2011, June 27) released a report about shelters for abused women. The number of shelters offering services to abused women in Canada increased from 569 in 2008 to 593 in 2010.

Emotional abuse (66%) and physical abuse (53%) were the most common reasons for women to seek shelter. Other reasons included the inability to find affordable housing (30%), issues related to mental health (23%), and drug and alcohol dependency (19%) (Statistics Canada, 2011, June 27). A total of 31% of the women in shelters were repeat admissions in 2010 compared to 25% two years earlier. Almost three-quarters of abused women with parental responsibilities had their children at the shelter with them. The majority of women in the shelters for reasons of abuse (80%) reported that they had been abused by a current or former spouse or common-law partner. Only 6 of 10 abused women reported the most recent incident to police.

News: <http://www.statcan.gc.ca/daily-quotidien/110627/dq110627d-eng.htm>

French: <http://www.statcan.gc.ca/daily-quotidien/110627/dq110627d-fra.htm>

Data tables: [http://www5.statcan.gc.ca/cansim/search-](http://www5.statcan.gc.ca/cansim/search-recherche?lang=eng&id=2560013..2560015&pattern=2560013..2560015&searchTypeByValue=1)

[recherche?lang=eng&id=2560013..2560015&pattern=2560013..2560015&searchTypeByValue=1](http://www5.statcan.gc.ca/cansim/search-recherche?lang=eng&id=2560013..2560015&pattern=2560013..2560015&searchTypeByValue=1)

French: [http://www5.statcan.gc.ca/cansim/search-](http://www5.statcan.gc.ca/cansim/search-recherche?jsessionid=A64541EC44008F1A580CF3FF852C4FA2?id=2560013..2560015&searchTypeByValue=1&pattern=2560013..2560015&lang=fra)

[recherche;jsessionid=A64541EC44008F1A580CF3FF852C4FA2?id=2560013..2560015&searchTypeByValue=1&pattern=2560013..2560015&lang=fra](http://www5.statcan.gc.ca/cansim/search-recherche?jsessionid=A64541EC44008F1A580CF3FF852C4FA2?id=2560013..2560015&searchTypeByValue=1&pattern=2560013..2560015&lang=fra)

----- III. CURRENT INITIATIVES -----

6. URGENT ACTION ALERT: MAKE YOUR VOICE HEARD – CHANGE THE VOTE, SUPPORT PUBLIC HEALTH NURSES

More than 2,000 nurses sent a message to Toronto Mayor Rob Ford that he was wrong to refuse the province's offer to pay for two public health nurses (Registered Nurses Association of Ontario [RNAO], 2011). The RNAO is asking nurses, service providers, and the public to contact the Mayor and respond to the Action Alert. The RNAO website provides a form letter that can be completed and will be copied automatically to the Mayor and all other Toronto Councillors.

Action Alert: <http://www.rnao.org/Page.asp?PageID=122&ContentID=3562&SiteNodeID=403>

News: <http://www.thestar.com/news/article/1012612--ford-rejects-provincial-offer-to-hire-nurses>

7. HEALTHY BABIES HEALTHY CHILDREN (HBHC) PROVINCIAL ADVISORY COMMITTEE

The Ontario Public Health Association (OPHA) will sit on the newly formed HBHC advisory committee. The Ministry of Children and Youth Services responsible for HBHC is undertaking some changes to the program to be implemented in January 2012. The program will no longer be offered to all new mothers because of an enhanced screening and visiting process. The committee was formed "to provide guidance on the HBHC program changes which are designed to better support children and their families as well as to promote better partnerships to enhance inter-sectoral system collaboration and strengthen HBHC service delivery" (OPHA, 2011). The next meeting is scheduled for September 23, 2011.

<http://www.opha.on.ca/media/ebulletins/Jul11/current.shtml>

8. MENTAL HEALTH AND ADDICTIONS STRATEGY

(available in French)

The Government of Ontario (2011, June 22) released "Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy". The first three years its primary focus will be on strengthening services for children and youth in order to create a more integrated and responsive system that addresses transitions across all ages and sectors (health, children and youth, schools, and justice). It will also focus on prevention, early identification and intervention, and increased service capacity in community based child and youth mental health (Government of Ontario, 2011, June 22).

News:

www.health.gov.on.ca/en/public/publications/ministry_reports/mental_health2011/mentalhealth.aspx

French:

http://www.health.gov.on.ca/fr/public/publications/ministry_reports/mental_health2011/mentalhealth.aspx

Report:

www.health.gov.on.ca/en/public/publications/ministry_reports/mental_health2011/mentalhealth_rep2011.pdf

French:

www.health.gov.on.ca/fr/public/publications/ministry_reports/mental_health2011/mentalhealth_rep2011.pdf

9. CAMPAIGN TO BREAK THE SILENCE ON VIOLENCE AGAINST WOMEN

(available in French)

The “Be More Than a Bystander” project was launched in British Columbia. The program aims to break the silence surrounding violence against women and girls by providing tools, language, and practical ideas about how to be more than a bystander, how to speak up, and how to not allow violence and abuse to continue (Government of Canada, 2011, July 7).

English: <http://news.gc.ca/web/article-eng.do?nid=610519>

French: <http://nouvelles.gc.ca/web/article-fra.do?nid=610519>

----- IV. UPCOMING EVENTS -----

This section lists events that have not been included in earlier editions of the bulletin or listserv postings. For the details of these events and a complete list of events noted in previous bulletins and postings see <http://www.beststart.org/events/otherevents.php>

ONTARIO

10. ADDICTION: DEEP INSIGHTS AND PRACTICAL TOOLS

August 26, 2011: Bracebridge, ON

Hosted by: CAST Canada

<http://www.ontario.cmha.ca/events.asp?fn=view&id=3823>

11. BREASTFEEDING: EXAMINING CONTROVERSIES, IMPROVING OUTCOMES

September 21, 2011: Petawawa, ON

Hosted by: Renfrew County & District Breastfeeding Network

<http://www.ilca.org/files/CLCA/PDF/Misc/Conferences/BF%20conf%20Revised%2011%2006%2013%20%28New%20Title%29.pdf>

12. HONOURING THE CIRCLE: CONNECTIONS AND WISDOM

September 25-28, 2011: Toronto, ON

Hosted by: Ontario Association of Children’s Aid Societies and American Humane Association

<http://www.cvent.com/events/family-group-conferencing-honouring-the-circle-connections-and-wisdom/event-summary-5d81b9c094b541fb9c83319c34d3290b.aspx?i=226c8aec-e06f-45b3-8c0e-c4ecc45154f3>

13. BULLYING IN THE WORKPLACE

September 27, 2011: Brampton, ON

Hosted by: Ontario Association of Non-Profit Homes and Services for Seniors

http://www.oanhss.org/AM/Template.cfm?Section=OANHSS_Workshops_Seminars&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=8795

14. THE MANY FACES OF ADDICTION

October 5-6, 2011: Toronto, ON

Hosted by: Bellwood Health Services

<http://www.bellwood.ca/education-events-details.php?id=25>

15. THE 6TH ANNUAL IVEY SYMPOSIUM: CRITICAL ISSUES ASSOCIATED WITH THE USE OF OPIOIDS IN PREGNANCY AND THE NEWBORN

October 17, 2011: London, ON

Hosted by: The Ivey Chair in Molecular Toxicology, Schulich School of Medicine and Dentistry, University of Western Ontario

<http://www.schulich.uwo.ca/continuingprofessionaldevelopment/index.php?page=CMEPrograms>

16. LINKING FOR HEALTHY COMMUNITIES

November 1-2, 2011: Toronto, ON

Hosted by: The Healthy Communities Consortium

<http://www.hcconsortium.ca/>

17. RESEARCH UPDATES IN PERINATAL MENTAL HEALTH

November 3, 2011: Hamilton, ON

Hosted by: Perinatal Mood Disorders Network

More information coming soon

18. HUMAN SERVICES INTEGRATION: POLICIES, PRACTICES, PLANNING, AND PARTNERSHIPS

November 16-18, 2011: Toronto, ON

Hosted by: Ontario Municipal Social Services Association

<http://www.omssa.com/singlepage.asp?itemcode=OMSSA-ANNUALCON>

----- *V. RESOURCES* -----

19. ABORIGINALSEXUALHEALTH.CA

(available in French)

This website provides information for Society of Obstetrician and Gynaecologists of Canada (SOGC) members and health-care professionals as well as information about SOGC partners and initiatives, Aboriginal women's health, and resources.

English: http://www.aboriginalsexualhealth.ca/index_e.aspx

French: http://www.aboriginalsexualhealth.ca/index_f.aspx

20. KEY MESSAGES FOR ABORIGINAL PARENTS/CAREGIVERS ON PHYSICAL ACTIVITY

This resource "Physical Activity and Young Children: A Fun and Healthy Habit" by the Centre of Excellence for Early Childhood Development, provides information about:

- what is known about physical activity and child development; and
- what parents/caregivers can do to promote physical activity.

http://www.child-encyclopedia.com/pages/PDF/Physical_activity-AboriginalANGmcP.pdf

21. REACHING AND ENGAGING HARD TO REACH FAMILIES

This video provides information about reaching and engaging vulnerable families. It includes information on the three categories of “hard to reach”, the eight challenges in reaching and engaging families who fall into these categories, and eighteen strategies to help practitioners deliver effective services.

<http://www.sirch.on.ca/2011/04/reaching-and-engaging-hard-to-reach-families/>

22. PARENTS2PARENTS

Parents2parents is a web community for expectant parents, new parents, and parents with young children. Information is provided about child development and how to parent effectively during the first five years of life. It is also a place to connect with other parents.

<http://www.parents2parents.ca/node/6>

23. TRAUMA-INFORMED ONLINE TOOL

This resource features an overview of four topics related to “trauma-informed” approaches when working with women with mental health and substance use concerns, along with highlights of promising practices, policy challenges, and thoughts of where to go next. Each section includes related examples, readings, web links and webcasts: (1) Trauma-Informed Care in Canada; (2) Connecting Substance Use, Mental Health and Trauma; (3) Developing Trauma-Informed Practices; and, (4) Developing Trauma-Informed Services.

<http://www.coalescing-vc.org/virtualLearning/section1/default.htm>

24. ONLINE COURSE FOR HEALTH CARE PROFESSIONALS - UNDERSTANDING SUDDEN INFANT DEATH SYNDROME (SIDS) AND SAFE SLEEP: WHAT YOU LEARN COULD HELP SAVE A LIFE

The SIDS for Health Care Professionals online course is designed to generate awareness about SIDS and to provide information and strategies for reducing the risk of SIDS (Canadian Foundation for the Study of Infant Deaths, 2011). The course duration is 3 hours and the cost is \$24.95.

<http://www.sidscanada.org/sidseducation/sidsforprofessionals.html>

25. SAFE SLEEP E-NEWSLETTER

The Canadian Foundation for the Study of Infant Deaths provides a Safe Sleep e-newsletter. To register, go to <http://www.sidscanada.org/emailsignup.html>

----- VI. FEATURED BEST START RESOURCES -----

26. EARLY BRAIN DEVELOPMENT, PARENT KNOWLEDGE IN ONTARIO

This report (Best Start Resource Centre, 2011) shares the results of a survey of parent knowledge about early brain development in Ontario. It reviews the results and makes recommendations relevant to parenting and child development initiatives.

http://www.beststart.org/resources/hlthy_chld_dev/pdf/Early_brain_development_fnl.pdf

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Click here to access Health Nexus' other e-bulletins and listservs:

In English:

- **OHPE** - The free weekly Ontario Health Promotion E-mail bulletin (OHPE) offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion. <http://www.ohpe.ca/>
- **Click4HP** - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- **Health Nexus Today** - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.healthnexusante.ca/>

In French:

- **French distribution list** – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. http://www.meilleurdepart.org/index_fr.html
- **Le Bloc-Notes** – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>