

# MNCHP Network Bulletin



best start  
meilleur départ

by/par health **nexus** santé

*The MNCHP Bulletin is a bi-weekly electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and child health field. Our primary focus is the province of Ontario, Canada but the Bulletin also includes news & resources from around the world. Wherever possible, we include resources that are available for free. For more information about this Bulletin, [click here](#).*

**March 28, 2013**

*The next bulletin will be released April 12, 2013.*

## In this week's issue:

### [I. NEWS & VIEWS](#)

1. [New Birth Centres: Ottawa and Toronto](#) (available in French)
2. [Female Drinking on the Rise as Alcohol Companies Target Women](#)

### [II. RECENT REPORTS AND RESEARCH](#)

3. [Sobriety Test: The Centre for Addiction and Mental Health \(CAMH\) Report Rates Provinces on Alcohol Policies](#)
4. [Trajectories of Psychological Distress among Canadian Adults Who Experienced Parental Addiction in Childhood](#) (available in French)
5. [Births and Stillbirths, 2011](#) (available in French)

### [III. CURENT INITIATIVES](#)

6. [World Autism Awareness Day: April 2](#)

### [IV. UPCOMING EVENTS](#)

7. [The 10<sup>th</sup> Annual Alcohol: No Ordinary Commodity Forum: Alcohol Policy in Communities across Ontario: Reflection, Evaluation, Integration](#)
8. [Threat Assessment and Management](#)
9. [Collaborative Mental Health Care: Collaboration and Complexity: Seeking Out New Forms of Life](#) (available in French)

### [V. RESOURCES](#)

10. [Birthing Through First Nations Midwifery Care](#)
11. [Fact or Fiction? The Top 10 Assumptions about Early Speech and Language Development](#)
12. [New Video Series to Promote Breastfeeding](#)

13. [New in the Encyclopedia on Early Childhood Development: A Cluster on Mental Health and A New Topic on Anxiety and Depression](#) (available in French, Spanish, Portuguese)

## VI. FEATURED BEST START RESOURCE

14. [New Printer-Ready Handouts on Alcohol and Breastfeeding / Nouveau Documents prêts à l'impression sur l'alcool et l'allaitement](#) (available in French, Arabic, Cree, Ojibway, Hindi, Punjabi, Tamil, Urdu, Simplified Chinese, Spanish, Tagalog)

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# I. NEWS & VIEWS

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## 1. New Birth Centres: Ottawa and Toronto

Two new birth centres are expected to open in summer 2013 in Ottawa and Toronto. The Toronto Birth Centre and the Ottawa Birth and Wellness Centre will each provide mothers-to-be and their families with a broad range of programs and services led by midwives and, in the case of the Ottawa centre, provide special attention to meeting the needs of the Francophone population (Provincial Council for Maternal and Child Health [PCMCH], 2013). Each centre expects to assist with 450-500 births each year. They will offer more choice as to where women can deliver healthy babies, while helping to keep hospital beds free to focus on high-risk births.

EN: <http://news.ontario.ca/mohltc/en/2013/01/about-birth-centres-1.html>  
[http://news.ontario.ca/mohltc/en/2013/01/new-birth-centre-for-ottawa.html?utm\\_source=all\\_news&utm\\_medium=rss\\_click&utm\\_campaign=rss\\_feed](http://news.ontario.ca/mohltc/en/2013/01/new-birth-centre-for-ottawa.html?utm_source=all_news&utm_medium=rss_click&utm_campaign=rss_feed)  
FR: <http://news.ontario.ca/mohltc/fr/2013/01/les-centres-de-naissance.html>  
<http://news.ontario.ca/mohltc/fr/2013/01/nouveau-centre-de-naissance-a-ottawa.html>

## 2. Female Drinking on the Rise as Alcohol Companies Target Women

A group of researchers met in Toronto to discuss what they describe as a rise in female drinking. They said advertisers are making efforts to appeal to health-conscious women by marketing liquor as “diet” or “natural”. They believe this has led to a rise in women suffering from alcohol-related illnesses (e.g., liver disease). Experts are calling demanding change from advertisers and governments that regulate alcohol sales. The Centre for Addiction and Mental Health (CAMH) issued a report describing alcohol as one of the top health risks in the country. It included a score card for each province on its alcohol controls and Ontario topped the rankings.

<http://www.ctvnews.ca/health/female-drinking-on-the-rise-as-alcohol-companies-target-women-experts-1.1188864>

CAMH Report:

[http://www.camh.ca/en/research/news\\_and\\_publications/reports\\_and\\_books/Documents](http://www.camh.ca/en/research/news_and_publications/reports_and_books/Documents)

[/Strategies%20to%20Reduce%20Alcohol%20Related%20Harms%20and%20Costs%202013.pdf](#)

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## II. RECENT REPORTS AND RESEARCH

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\* indicates journal subscription required for full text access

### 3. Sobriety Test: The Centre for Addiction and Mental Health (CAMH) Report Rates Provinces on Alcohol Policies

Giesbrecht, N., Wettlaufer, A., April, N., Asbridge, M., Cukier, S., Mann, R., ... Vallance, K. (2013). *Strategies to reduce alcohol-related harms and costs in Canada: A comparison of provincial policies*. Retrieved from [http://www.camh.ca/en/research/news\\_and\\_publications/reports\\_and\\_books/Documents/Strategies%20to%20Reduce%20Alcohol%20Related%20Harms%20and%20Costs%202013.pdf](http://www.camh.ca/en/research/news_and_publications/reports_and_books/Documents/Strategies%20to%20Reduce%20Alcohol%20Related%20Harms%20and%20Costs%202013.pdf)

#### SUMMARY:

This report provides a systematic and comparative review of policies and programs across all Canadian provinces which have the potential to reduce the considerable health and social harms from alcohol. The overall objective is to encourage greater uptake of these practices and thereby improve public health and safety in Canada.

#### Highlights from the study:

- Ontario scored highly on controlling the availability of alcohol, on strategies to deter drinking and driving and policies that regulate alcohol advertising and marketing practices, which were areas other provinces needed to improve upon.
- Ontario also received high scores for adjusting alcohol prices based on alcohol content, for its restriction of certain types of ads and for having a clearly identified advertising enforcement authority and complaint process.
- New Brunswick and Newfoundland and Labrador were the only provinces to place limitations on the quantity of alcohol advertisements.
- Over 60 per cent of alcohol retailers in Nova Scotia and P.E.I. are government owned, resulting in high scores for their control system.
- All provinces scored well with legal drinking age by having legislation in place that prohibits the sale and purchase of alcohol to a minor and having enforcement of the minimum legal drinking age in all types of alcohol outlets (liquor stores, bars, restaurants, etc.).
- British Columbia and Ontario received top scores for identifying physician screening for problem alcohol use as a priority area while other provinces had little to no activity in this area.

- British Columbia, Alberta, Manitoba, Ontario and P.E.I have province-wide, mandatory server training programs for staff at all public establishments. Ontario and Manitoba increased their score by also requiring staff at licensed events to be trained in responsible alcohol service.
- Alberta and Nova Scotia had high scores for their provincial alcohol strategies, being the only provinces to create alcohol-focused provincial strategies (CAMH, 2013).

News release:

[http://www.camh.ca/en/hospital/about\\_camh/newsroom/news\\_releases\\_media\\_advisories\\_and\\_backgrounders/current\\_year/Pages/Sobriety-Test-CAMH-Report-Rates-Provinces-on-Alcohol-Policies.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/news_releases_media_advisories_and_backgrounders/current_year/Pages/Sobriety-Test-CAMH-Report-Rates-Provinces-on-Alcohol-Policies.aspx)

Full report:

[http://www.camh.ca/en/research/news\\_and\\_publications/reports\\_and\\_books/Documents/Strategies%20to%20Reduce%20Alcohol%20Related%20Harms%20and%20Costs%202013.pdf](http://www.camh.ca/en/research/news_and_publications/reports_and_books/Documents/Strategies%20to%20Reduce%20Alcohol%20Related%20Harms%20and%20Costs%202013.pdf)

#### 4. Trajectories of Psychological Distress among Canadian Adults Who Experienced Parental Addiction in Childhood

Langlois, K. A., & Garner. (2013). Trajectories of psychological distress among Canadian adults who experienced parental addiction in childhood. *Health Reports*, 24(3), 14-21. Retrieved from <http://www.statcan.gc.ca/pub/82-003-x/2013003/article/11774/abstract-resultat-eng.htm>

ABSTRACT:

**Background:** Childhood experiences can influence mental health in adulthood. Parental addiction is a relatively common adverse experience in childhood. However, understanding of the relationship between parental addiction and levels of distress over the adult life course is incomplete.

**Data and methods:** Data are from the National Population Health Survey longitudinal file (1994/1995 to 2010/2011). Sex-specific trajectories of psychological distress in relation to exposure to parental addiction in childhood were examined among Canadian adults from ages 18 to 74.

**Results:** Psychological distress levels decreased with age, but were consistently higher throughout the life course among individuals who experienced parental addiction in childhood, compared with those who did not. The gap in psychological distress scores by parental addiction status was wide in young adulthood, but narrowed as individuals aged.

**Interpretation:** Exposure to parental addiction in childhood can be associated with psychological distress well into adulthood, but levels decrease over time.

**Findings:** Childhood experiences can influence mental health into adulthood. Physical and sexual abuse and neglect in childhood have been shown to have long-term negative

health outcomes, including depression, anxiety and anger. In a study of harmful childhood exposures, substance abuse by a household member was the most common.

#### What is already known on this subject?

- Childhood experiences can influence mental health in adulthood.
- Parental addiction is a relatively common adverse experience in childhood.
- No previous studies have analyzed patterns of psychological distress over the life course among adults exposed to parental addiction in childhood.

#### What does this study add?

- Psychological distress decreased with age, but was consistently higher throughout the life course among individuals who experienced parental addiction in childhood, compared with those who did not.
- The gap in psychological distress scores by parental addiction status was wide in young adulthood, but narrowed as individuals aged.

EN: <http://www.statcan.gc.ca/pub/82-003-x/2013003/article/11774-eng.htm>

FR: <http://www.statcan.gc.ca/pub/82-003-x/2013003/article/11774-fra.htm>

News release: <http://www.statcan.gc.ca/daily-quotidien/130320/dq130320d-eng.htm>

FR: <http://www.statcan.gc.ca/daily-quotidien/130320/dq130320d-fra.htm>

## 5. Births and Stillbirths, 2011

Statistics Canada. (2013). *Births and Stillbirths*. Retrieved from

<http://www.statcan.gc.ca/daily-quotidien/130319/dq130319g-eng.htm>

Data on births and stillbirths in Canada are now available for 2011. Tables include:

- Live births, by place of residence of mother and place of occurrence, Canada, provinces, territories and outside Canada, annual (Number), 1991 to 2011
- Live births, by month, Canada, provinces and territories, annual, 1991 to 2011
- Live births, by age of mother, Canada, provinces and territories, annual, 1991 to 2011
- Mean age of mother at time of delivery (live births), Canada, provinces and territories, annual (Years), 1991 to 2011
- Crude birth rate, age-specific and total fertility rates (live births), Canada, provinces and territories, annual (Rate), 2000 to 2011
- Live births, by marital status of mother, Canada, provinces and territories, annual, 1991 to 2011
- Live births, by age and marital status of mother, Canada, annual, 1991 to 2011
- Live births, by age and parity of mother, Canada, annual, 1991 to 2011
- Live births, by birth weight and sex, Canada, provinces and territories, annual, 2000 to 2011
- Mean and median birth weight (live births), by sex, Canada, provinces and territories, annual, 2000 to 2011
- Live births, birth weight indicators, by characteristics of the mother and child, Canada, annual (Percent), 2000 to 2011
- Live births, by weeks of gestation and sex, Canada, provinces and territories, annual, 2000 to 2011

- Live births, weeks of gestation indicators, by characteristics of the mother and child, Canada, annual (Percent), 2000 to 2011
- Fetal deaths (20 weeks or more of gestation) and late fetal deaths (28 weeks or more of gestation), Canada, provinces and territories, annual (Number), 1991 to 2011
- Live births and fetal deaths (stillbirths), by type (single or multiple), Canada, provinces and territories, annual (Number), 1991 to 2011
- Live births and fetal deaths (stillbirths), by place of birth (hospital and non-hospital), Canada, provinces and territories, annual, 1991 to 2011
- Low birth weight (less than 2,500 grams) and borderline viable birth weight-adjusted low birth weight (500 to less than 2,500 grams), by sex, Canada, provinces and territories

Tables: <http://www5.statcan.gc.ca/cansim/a03?lang=eng&pattern=102-4501..102-4516&p2=31>  
<http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1024005&paSer=&pattern=&stByVal=1&p1=1&p2=31&tabMode=dataTable&csid>  
FR: <http://www5.statcan.gc.ca/cansim/a03?pattern=102-4501..102-4516&p2=31&retrLang=fra&lang=fra>  
<http://www5.statcan.gc.ca/cansim/a26?id=1024005&pattern=&p2=31&p1=1&tabMode=dataTable&stByVal=1&paSer=&csid=&retrLang=fra&lang=fra>

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### III. CURRENT INITIATIVES

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#### 6. World Autism Awareness Day: April 2

World Autism Awareness Day (WAAD) aims to bring the world's attention to autism. "WAAD activities help to increase and develop world knowledge of the autism epidemic and impart information regarding the importance of early diagnosis and early intervention. Additionally, WAAD celebrates the unique talents and skills of persons with autism and is a day when individuals with autism are warmly welcomed and embraced in community events around the globe" (WAAD, 2013).

<http://www.worldautismawarenessday.org/site/c.egLM12ODKpF/b.3917065/k.BE58/Home.htm>

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## IV. UPCOMING EVENTS

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### **7. The 10<sup>th</sup> Annual Alcohol: No Ordinary Commodity Forum Alcohol Policy in Communities across Ontario: Reflection, Evaluation, Integration**

April 2, 2013: Toronto, ON

This event will focus on the key themes of Reflection, Evaluation, and Integration in relation to alcohol policy in communities across Ontario. The aim of this forum is to bring substance misuse prevention practitioners along with policy makers and partner agencies together in an opportunity for networking, discussions and knowledge exchange. The objectives of this forum include:

1. To increase knowledge of new and emerging alcohol policy research
2. To increase knowledge of evaluated community-based alcohol policy interventions
3. To increase confidence in practically applying alcohol policy research
4. To provide opportunities for productive networking with colleagues

<http://tophc2013preconventionworkshopalcoholpolicy.eventbrite.com/#>

### **8. Threat Assessment and Management**

May 15, 2013: Woodstock, ON

This event is hosted by the Oxford Domestic Assault Review Team (Oxford DART). Tracey Marshall will be speaking about threat assessment and management. She has over 20 years experience of law enforcement, serving most recently as a detective in the Threat Assessment Unit. Tracey is experienced with the analysis of investigative files including Sexual Violence, Domestic Violence, Criminal Harassment, Threatening Correspondence, Threats to Judiciary and Public Officials, School Violence and Workplace Violence. She is currently a member of the Board of Directors for the Canadian Association of Threat Assessment Professionals. Topics will include: Information Gathering and Sharing; Honour-based Violence; Criminal Harassment; Introduction to the Field of Threat Assessment; Examining the Pros and Cons of Threat Assessment Tools. For further information contact: Linda Armstrong at

[dartcor@gmail.com](mailto:dartcor@gmail.com)

### **9. Collaborative Mental Health Care: Collaboration and Complexity: Seeking Out New Forms of Life**

June 27-28, 2013: Montreal, QC

The 14th CCMHCC is organized by the Canadian Psychiatric Association and the College of Family Physicians of Canada Collaborative Working Group on Shared Mental Health Care.

EN: <http://www.shared-care.ca/page.aspx?menu=57&app=257&cat1=679&tp=2&lk=no>

FR: <http://www.shared-care.ca/page.aspx?menu=57&app=258&cat1=682&tp=2&lk=no>

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## V. RESOURCES

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### 10. Birthing through First Nations Midwifery Care

This resource (First Nations Centre, 2009) was commissioned by the First Nations Centre, National Aboriginal Health Organization to focus exclusively on First Nations issues in midwifery; to provide a more in-depth yet inspiring background for consideration by people considering midwifery as a career; and for development of midwifery programs in or near First Nations communities.

<http://www.naho.ca/documents/fnc/english/Midwifery.pdf>

### 11. Fact or Fiction? The Top 10 Assumptions about Early speech and Language Development

This resource, written by a speech-language pathologist at the Hanen Centre, addresses some common questions and concerns about language development, such as whether boys talk later than girls, and whether parents should use “baby talk” with their young children (Lowry, 2011).

<http://www.hanen.org/Helpful-Info/Articles/Fact-or-Fiction--The-Top-10-Assumptions-about-Earl.aspx>

### 12. New Video Series to Promote Breastfeeding

The Baby-Friendly Council of Newfoundland and Labrador (2013) announced the introduction of the *Newfoundland and Labrador Breastfeeds* educational and promotional video series. The videos feature the perspectives of a range of individuals from young children to grandmothers. The intent is to inform and create opportunities to address the barriers and challenges that arise when women think about how they will feed their babies. All participants share in an open, honest and often humorous manner their personal experiences or perspectives about breastfeeding. It is hoped that these videos will encourage the families of pregnant women and the communities in which they live to support new mothers and give them the confidence they need to breastfeed successfully (Baby-Friendly Newfoundland & Labrador, 2013).

<http://www.babyfriendlynl.ca/2013/03/05/edgy-humorous-informative-new-breast-feeding-support-videos/>

### **13. New in the Encyclopedia on Early Childhood Development: A Cluster on Mental Health and a New Topic on Anxiety and Depression**

(available in French, Spanish, Portuguese)

The Mental Health cluster in Encyclopedia on Early Childhood Development includes documents that are connected in one way or another to the mental health of mothers and children. There is also a new section on anxiety and depression, which includes seven articles and a synthesis:

- Anxiety and Depression: How important is it? What do we Know? What can be done? According to the experts
- Recognition and assessment of anxiety and depression in early childhood
- Posttraumatic stress disorder in young children
- Parent-child relationships in early childhood and development of anxiety and depression
- Temperament in early childhood and the development of anxiety and depression
- Young children's peer relations: Links with early developing anxiety and depression
- Treatment of clinical anxiety and depression in early childhood
- Early intervention and prevention of anxiety and depression

Mental health cluster: <http://www.child-encyclopedia.com/en-ca/mental-health-mother-child/how-important-is-it.html>

FR: <http://www.enfant-encyclopedie.com/fr-ca/sante-mentale-mere-enfant/est-ce-important.html>

Anxiety and depression: <http://www.child-encyclopedia.com/en-ca/anxiety-depression-children/according-to-experts.html>

FR: <http://www.enfant-encyclopedie.com/fr-ca/anxiete-et-depression/selon-les-experts.html>

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## **VI. FEATURED BEST START RESOURCE**

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### **14. New Printer-Ready Handouts on Alcohol and Breastfeeding / Nouveau Documents prêts à l'impression sur l'alcool et l'allaitement**

Best Start Resource Centre is pleased to announce the availability of printer-ready handouts on alcohol and breastfeeding called: Mixing Alcohol and Breastfeeding. The handout is a resource for mothers and their partners to help them make an informed choice when it comes to drinking alcohol while breastfeeding. Download printer-ready handouts as PDF files in [English](#), [French](#), [Arabic](#), [Cree](#), [Ojibway](#), [Hindi](#), [Punjabi](#), [Tamil](#), [Urdu](#), [Simplified Chinese](#), [Spanish](#) and [Tagalog](#).

[http://www.beststart.org/resources/alc\\_reduction/index.html](http://www.beststart.org/resources/alc_reduction/index.html)

Le Centre de ressource Meilleur départ est fière de vous annoncer la disponibilité de documents prêts à l'impression sur l'alcool et l'allaitement : La consommation d'alcool et l'allaitement. Ce feuillet imprimable est pour les mères et leur partenaire afin de les aider à faire un choix éclairé en matière de consommation d'alcool lorsqu'elles allaitent.

Disponibles dans 12 langues par téléchargement seulement : [Français](#), [Anglais](#), [Arabe](#), [Cree](#), [Ojibway](#), [Hindi](#), [Punjabi](#), [Tamoul](#), [Ourdou](#), [Chinois simplifié](#), [Espagnol](#) et [Tagolog](#).  
<http://www.meilleurdepart.org/resources/alcool/index.html>

## About This Bulletin

*The Best Start Resource Centre thanks you for your interest in, and support of, our work. Best Start permits others to copy, distribute or reference the work for non-commercial purposes on condition that full credit is given. Because our MNCHP bulletins are designed to support local health promotion initiatives, we would appreciate knowing how this resource has supported, or been integrated into, your work ([mnchp@healthnexus.ca](mailto:mnchp@healthnexus.ca)). Please note that the Best Start Resource Centre does not endorse or recommend any events, resources, or publications mentioned in this bulletin.*

## Other Health Nexus communications:

**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, Click4HP 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>

**The Maternal Newborn and Child Health Promotion (MNCHP) Network** - A province-wide electronic forum for service providers working to promote preconception, prenatal and child health. <http://www.beststart.org/services/MNCHP.html>

**Health Promotion Today / Promotion de la santé aujourd'hui** - Our bilingual blog keeps you informed of news and topics related to health promotion. <http://www.blogs.healthnexusante.ca/>

Follow us on **Twitter** to stay up to date on all things related to health promotion. [https://twitter.com/Health\\_Nexus](https://twitter.com/Health_Nexus)

View our video resources on **YouTube** and **Vimeo** (<http://www.youtube.com/user/healthnexusante>, <https://vimeo.com/user9493317>)

We encourage you visit the website of our new **3M Health Leadership Award** to find out how you can support community health leadership and honour your own community leader by nominating them for this national award.  
<http://www.healthnexus.ca/leadershipaward>

**NEW ! The Best Start Aboriginal Sharing Circle (BSASC) Network** is a distribution list designed for service providers working with Aboriginal Peoples in areas of preconception, prenatal and child health. The network is a forum to share news, ideas, questions and best practices. <http://lists.beststart.org/listinfo.cgi/bsasc-beststart.org>

En français:

Le bulletin *francophone* **Le Bloc-Notes** est un outil indispensable pour les intervenants professionnels qui aiment être à l'affût des nouveautés dans le domaine de la promotion de la santé. <http://www.leblocnotes.ca/>

Le **Bulletin de santé maternelle et infantile** est un bulletin électronique mensuel à l'intention des fournisseurs de services œuvrant dans le domaine de la promotion de la santé maternelle et infantile. <http://www.meilleurdepart.org/services/bulletins.html>

**Promotion de la santé aujourd'hui / Health Promotion Today** – Notre blogue bilingue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé. <http://www.blogs.healthnexussante.ca/>

Suivez-nous sur **Twitter** pour demeurer au fait de tout ce qui concerne la promotion de la santé. [https://twitter.com/Nexus\\_Sante](https://twitter.com/Nexus_Sante)

Visionner nos ressources vidéo sur **YouTube** et **Vimeo** (<http://www.youtube.com/user/healthnexussante>, <https://vimeo.com/user9493317>)

Nous vous encourageons à visiter le site Web de notre nouveau **Prix 3M de leadership en santé** pour découvrir de quelle façon vous pouvez appuyer le leadership en santé communautaire et honorer un chef de file de votre milieu en présentant sa candidature à ce prix national. <http://www.nexussante.ca/prixdeleadership>