

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](#).

April 12, 2013

The next bulletin will be released April 26, 2013.

In this week's issue:

[I. NEWS & VIEWS](#)

1. [Birth Control with Placebo Pills Recalled](#)
2. [Nearly 25% of Canadian Nurses Wouldn't Recommend their Hospital](#)

[II. RECENT REPORTS AND RESEARCH](#)

3. [Measuring the Health of Infants, Children and Youth for Public Health in Ontario: Indicators, Gaps, and Recommendations for Moving Forward](#) (available in French)
4. [Stressful Life Events and Stillbirth Risk](#)
5. [The Promise of the Early Years: How Long Should Children Wait?](#) (available in French)
6. [The Power of Prevention for Mothers and Children: The Cost Effectiveness of Maternal and Child Health Interventions](#)

[III. CURENT INITIATIVES](#)

7. [Oral Health Month: April](#) (available in French)
8. [Art Contest: Looking for Friendly Advice from Canadian Kids](#) (available in French)

[IV. UPCOMING EVENTS](#)

9. [Modern Attachment Theory: The Enduring Impact of Right Brain Development on Affect Regulation](#)
10. [PARC Symposium](#)
11. ["After She Leaves" Family Law Training](#)
12. [Champlain Maternal Newborn Regional Program's 3rd Annual Maternal Newborn Conference: "Caring for Babies, Mothers, Families"](#)
13. [Positive Discipline Facilitator Training](#)

V. RESOURCES

14. [Oral Health and the Aboriginal Child: Knowledge Transfer Site](#)
15. [Water Play with Preschoolers](#)
16. [Mapping Brain Connectivity](#)
17. [National Aboriginal Council of Midwives Videos](#)
18. [Parenting: Advice You Didn't Ask For](#) (available in French)

VI. FEATURED BEST START RESOURCES

19. [Best Start Resource Centre Conference Presentation: Early Childhood and the Crisis in Oral Health](#)
20. [Early Brain Development: Parent Knowledge in Ontario](#)

I. NEWS & VIEWS

1. Birth Control with Placebo Pills Recalled

Apotex (CBC News, 2013, April 9) recalled Alysena-28 birth control pills because they may contain two weeks of placebo sugar pills instead of one. This can reduce the effectiveness of the birth control pills and raises the possibility of unplanned pregnancy. <http://www.cbc.ca/news/health/story/2013/04/08/ns-birth-control-pill-recalls.html?cmp=rss>

2. Nearly 25% of Canadian Nurses Wouldn't Recommend their Hospital

CBC's investigative show "The Fifth Estate" conducted a survey of registered nurses across Canada as a part of the "Rate My Hospital" series about health care. A total of 24% of respondents said they definitely would not or probably would not recommend their hospital to a loved one (CBC News, 2013, April 8). Ontario was one of the provinces where registered nurses were the least likely to recommend the hospitals where they work. Approximately 60% of nurses responding to the survey said there was not enough staff for them to properly do their jobs (CBC News, 2013, April 8). <http://www.cbc.ca/news/health/story/2013/04/05/hospitals-nurses-survey.html?cmp=rss>

II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

3. Measuring the Health of Infants, Children and Youth for Public Health in Ontario: Indicators, Gaps and Recommendations for Moving Forward (available in French)

Ontario Agency of Health Protection and Promotion (Public Health Ontario). (2013). *Measuring the health of infants, children and youth for public health in Ontario: Indicators, gaps and recommendations for moving forward*. Toronto, ON: Queen's Printer for Ontario. Retrieved from <http://www.oahpp.ca/resources/measuring-health-infants-children-youth.html>

ABSTRACT from <http://www.oahpp.ca/resources/measuring-health-infants-children-youth.html>:

Measuring the Health of Infants, Children and Youth for Public Health in Ontario: Indicators, Gaps and Recommendations for Moving Forward charts a path forward for population health assessment and surveillance in infants, children and youth for the public health sector in Ontario. Ontario is home to nearly 3.1 million infants, children and youth aged 0 to 19 years, yet the province lacks a coordinated system to monitor their health. Population health assessment and surveillance activities specifically tailored to children are critical. To date, few child health status reports have been produced at the provincial level. A comprehensive data collection system and set of common indicator definitions do not exist for the public health sector in Ontario.

The results of this report highlight a strong foundation of ready-to-report Core Indicators produced by the Association of Public Health Epidemiologists in Ontario that can be used to measure child health. Sixty-seven Core Indicators that correspond to requirements of the Ontario Public Health Standards may be reported on now, while an additional twelve relevant Core Indicators require expanded data sources or definitions for infants, children or youth. The greatest need for indicator development is in the areas of breastfeeding, exposure to ultraviolet radiation, growth and development, healthy eating, healthy family dynamics, healthy weights and positive parenting.

Based on the results, 10 system-level recommendations actionable by Public Health Ontario in collaboration with key partners are presented to demonstrate the breadth and depth of work that is needed to advance population health assessment and surveillance for children in the province and to provide steps for moving forward.

Recognizing the importance of forming strong partnerships with other sectors that have a stake in child health, we hope to foster the necessary commitment to advance a

coordinated, province-wide population health assessment and surveillance system for children in Ontario.

EN:

http://www.oahpp.ca/resources/documents/reports/health_infant_children_youth/measuring_health_infants_children_youth_report_2013.pdf

FR:

http://www.oahpp.ca/fr/resources/documents/reports/health_infant_children_youth/measuring_health_infants_children_youth_report_2013.pdf

4. Stressful Life Events and Stillbirth Risk

Hogue, J. R., Parker, C. B., Willinger, M., Temple, J R., Bann, C. M...Goldenbert, R. L. (2013). *American Journal of Epidemiology*. Advance online publication. doi: 10.1093/aje/kws381

ABSTRACT:

Stillbirths (fetal deaths occurring at ≥ 20 weeks' gestation) are approximately equal in number to infant deaths in the United States and are twice as likely among non-Hispanic black births as among non-Hispanic white births. The causes of racial disparity in stillbirth remain poorly understood. A population-based case-control study conducted by the Stillbirth Collaborative Research Network in 5 US catchment areas from March 2006 to September 2008 identified characteristics associated with racial/ethnic disparity and interpersonal and environmental stressors, including a list of 13 significant life events (SLEs). The adjusted odds ratio for stillbirth among women reporting all 4 SLE factors (financial, emotional, traumatic, and partner-related) was 2.22 (95% confidence interval: 1.43, 3.46). This association was robust after additional control for the correlated variables of family income, marital status, and health insurance type. There was no interaction between race/ethnicity and other variables. Effective ameliorative interventions could have a substantial public health impact, since there is at least a 50% increased risk of stillbirth for the approximately 21% of all women and 32% of non-Hispanic black women who experience 3 or more SLE factors during the year prior to delivery.

<http://aje.oxfordjournals.org/content/early/2013/03/25/aje.kws381.abstract>

Related news release: <http://www.nih.gov/news/health/mar2013/nichd-27.htm>

5. The Promise of the Early Years: How Long Should Children Wait?

(available in French)

Canadian Paediatric Society Early Years Task Force. (2013). *The promise of the early years: How long should children wait? Paediatric Child Health*, 17(10), 535-537. Retrieved from <http://www.cps.ca/issues/2012-early-years-commentary.pdf>

The Canadian Paediatric Society Early Years Task Force published a commentary that makes a case for investment in the early years. They call for “interdisciplinary cooperation and conversation” amongst many sectors that work with children and their families. The family resource sector was not named and this was respectfully pointed out

in a letter to the editor from the Executive Director of the Canadian Association of Family Resource Programs (FRP) Canada. The letter was printed in a current issue of *Paediatrics and Child Health* as well as a response from the author of the commentary.

Commentary: <http://www.cps.ca/issues/2012-early-years-commentary.pdf>

FR: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3565720/>

Letter to the editor by FRP Canada and author response:

<http://www.frp.ca/document/docWindow.cfm?fuseaction=document.viewDocument&documentid=1214&documentFormatId=2240>

FR: <http://www.cps.ca/issues/2012-early-years-commentary-fr.pdf>

6. The Power of Prevention for Mothers and Children: The Cost Effectiveness of Maternal and Child Health Interventions

Association of Maternal & Child Health Programs. (2009). *The power of prevention for mothers and children: The cost effectiveness of maternal and child health interventions*.

Retrieved from http://www.amchp.org/Documents/AMCHP_PowerofPrevention_5-8-09_Online.pdf

SUMMARY:

State Maternal and Child Health (MCH) programs improve health and enhance the quality of life of our nation's women and children. Preventive interventions supported by state MCH programs offer major benefits by reducing health care costs and promoting wellness. As policymakers consider health reform and ways to improve public health, they should consider the power of prevention for mothers and children and how state MCH programs effectively address maternal and child health needs. This report provides information about the cost effectiveness of a range of programs and topics: block grants; prenatal care; breastfeeding promotion; home visiting for mothers and infants; smoking cessation for pregnant women and mothers; reducing maternal obesity and chronic disease; newborn screening; child immunizations; early and periodic screening, diagnosis, and treatment for all children; early childhood programs; access to a medical home, preventing childhood injury; oral health; adolescent health, teen pregnancy prevention and family planning services; and sexually transmitted infection screening and treatment.

http://www.amchp.org/Documents/AMCHP_PowerofPrevention_5-8-09_Online.pdf

III. CURRENT INITIATIVES

7. Oral Health Month: April

April is Oral Health Month. The Canadian Dental Association website (2013) provides a range of activities and resources for this initiative. The Caring for Kids (2013) website also has useful resources such as tips for healthy teeth at all ages.

Canadian Dental Association: http://www.cda-adc.ca/en/cda/media_room/health_month/
FR: http://www.cda-adc.ca/fr/cda/media_room/health_month/

Caring for Kids:

www.caringforkids.cps.ca/?ACT=27&spoor=11da704f3da33dfb75efa5c673b8a943&link_id=1304

FR: http://www.soinsdenosenfants.cps.ca/handouts/healthy_teeth_for_children

8. Art Contest: Looking for Friendly Advice from Canadian Kids

(also available in French)

The Canadian Paediatric Society is hosting an art contest for kids. They are asking children and teens to think about what it means to be a good friend, and to submit a drawing that illustrates how their friendships keep them happy and healthy. Entries must be postmarked by May 21, 2013 and will be entered into a gift card draw.

EN: <http://www.cps.ca/en/publications/cps-art-contest>

FR: <http://www.cps.ca/fr/publications/le-concours-de-dessin-de-la-scp>

IV. UPCOMING EVENTS

9. Modern Attachment Theory: The Enduring Impact of Right Brain Development on Affect Regulation

April 15, 2013: Online or in Toronto, ON

This event is available by webcast or videoconferencing.

<http://www.imhpromotion.ca/Events/ExpandingHorizonsfortheEarlyYears2013.aspx>

<https://www.imhpromotion.ca/SignIn/tabid/173/Default.aspx?returnurl=%2fCATALookNetStore%2fRecurringSubscriptions.aspx>

10. PARC Symposium

May 2-3, 2013: Toronto, ON

The PARC Symposium is the annual professional learning and networking opportunity for health promoters in public health, community health, education, recreation, fitness and sport, and other relevant sectors across Ontario who support healthy active living from early years to older adults.

EN:

http://parc.ophea.net/symposium?utm_medium=email&utm_campaign=2013+PARC+Symposium+Update&utm_content=2013+PARC+Symposium+Update+CID_f5ab2d5429d8e758d0b70d0a07330f02&utm_source=PARC%20Listserv&utm_term=HERE

FR: <http://parc-dev.ophea.net/node/1028>

11. “After She Leaves” Family Law Training

May 14-16, 2013: Hamilton, ON

With funding support from Status of Women Canada, Luke’s Place will be providing comprehensive, gender-based three-day training on family law support and advocacy for violence against women service providers. The training is appropriate for any front line service staff, but is particularly important for staff members who currently or will focus approximately 25% or more of their time in providing family law information and support to abused women. For more information, please contact Kate at kate@lukesplace.ca or 1-866-516-3116.

12. Champlain Maternal Newborn Regional Program’s 3rd Annual Maternal Newborn Conference: “Caring for Babies, Mothers, Families”

May 30-31, 2013: Ottawa, ON

The conference will cover a range of topics such as: strategies to reduce caesarean sections, midwifery-led birth centres in Ontario, supporting moms on methadone and their babies, promoting safe sleep for infants, etc.

http://www.cmnrp.ca/en/cmnrp/Conferences_p552.html

13. Positive Discipline Facilitator Training

June 4-6, 2013: Renfrew, ON

Positive discipline is a low-cost, user-friendly, culturally inclusive program that helps parents guide their children’s behaviour, while respecting the child’s rights to healthy development, protection from violence and participation in their learning. Neither permissive nor punitive, it empowers parents and others to find long-term solutions that develop children’s own self-discipline and conflict resolution skills while teaching them non-violence, empathy, self-respect, human rights and respect for others.

<http://www.frp.ca/index.cfm?fuseaction=page.viewpage&pageid=1101>

V. RESOURCES

14. Oral Health and the Aboriginal Child: Knowledge Transfer Site

This website may be useful for Oral Health Month. It provides resources, teaching tools, program information, and research articles on oral health and the Aboriginal child.

<http://oralhealth.circumpolarhealth.org/>

Canadian resources: <http://oralhealth.circumpolarhealth.org/resources/canada/>

15. Water Play with Preschoolers

This resource by the Hanen Centre provides information about how to make a water table (Lowry, 2011). It includes the goals of the activity and ideas for enjoying water play with preschoolers.

<http://www.hanen.org/Helpful-Info/Fun-Activities/Water-Play-with-Preschoolers-The-Hanen-Way.aspx>

16. Mapping Brain Connectivity

“Connectomics” is a new field that aims to examine how entire brains are wired together, how wiring changes as brains grow up, and how interactions with the external world affect this wiring (Center on the Developing Child Harvard University, 2013, February 28). In this multimedia presentation, postdoctoral fellow Bobby Kashturi shares some of the results and insights from his work and discussed the future direction of this work in helping to understand how early adverse experiences affect connectivity.

http://developingchild.harvard.edu/resources/multimedia/lectures_and_presentations/mapping_brain_connectivity/?utm_source=Center+on+the+Developing+Child%27s+mailing+list&utm_campaign=48a49b56dd-February+2013+Newsletter&utm_medium=email

17. National Aboriginal Council of Midwives Videos

This website provides three videos related to Aboriginal midwifery:

1. The job of an Aboriginal midwife
2. Educational pathways
3. Aboriginal midwifery

<http://aboriginalmidwives.ca/>

18. Parenting: Advice You Didn't Ask For

(available in French)

This downloadable resource provides information for parents about dealing with advice they didn't ask for. It includes suggestions for dealing with comments from strangers, advice from professionals, and advice from other people close to them (e.g., family members, friends).

EN:

<http://www.parentsmatter.ca/document/docWindow.cfm?fuseaction=document.viewDocument&documentid=1217&documentFormatId=2245>

FR:

<http://www.parentsvouscomptez.ca/document/docWindow.cfm?fuseaction=document.viewDocument&documentid=1218&documentFormatId=2246>

VI. FEATURED BEST START RESOURCES

19. Best Start Resource Centre Conference Presentation: Early Childhood and the Crisis in Oral Health

Dr. Stephen Abrams and Dr. Ian McConnachie from the Ontario Dental Association presented at the Best Start Resource Centre annual conference in 2010. Their presentation may be useful for raising awareness during oral health month. It provides an overview of oral health and early childhood. It also covers initiatives to raise the service level to infants at risk and strategies for service providers for incorporating oral health into their work. Tips for encouraging parents to promote oral health with their children were also provided.

<http://beststart.org/events/detail/bsannualconf10/webcov/presentations/B6.pdf>

20. 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://beststart.org/resources/hlthy_chld_dev/pdf/Early_brain_development_fnl.pdf

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). 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

View our video resources on **YouTube** and **Vimeo** (<http://www.youtube.com/user/healthnexussante>, <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

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>