

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 26, 2013

The next bulletin will be released May 10, 2013.

In this week's issue:

I. NEWS & VIEWS

1. [Childbirth Economics: What Older Moms and Teenage Pregnancy Say About Opportunity in Ontario](#)

II. RECENT REPORTS AND RESEARCH

2. [Rethinking Women and Healthy Living in Canada](#)
3. [Dietary Habits of Aboriginal Children](#) (available in French)
4. [Bisphenol A Concentrations in Canadians, 2009 to 2011](#) (available in French)
5. [Blood Lead Concentrations in Canadians, 2009 to 2011](#) (available in French)

III. CURRENT INITIATIVES

6. [3M Leadership Award Call for Nominations](#) (available in French)
7. [National Summer Safety Week: May 1-7, 2013](#) (available in French)

IV. UPCOMING EVENTS

8. [Access to Recreation](#)
9. [Building Bridges: Linking Woman Abuse, Substance Use and Mental Health Concerns](#)
10. [Aboriginal Issues: Linking Ancient Traditions with Modern Realities](#)
11. [Grounding Trauma: Emerging Ideas and Progressive Approaches](#)
12. [Facilitator Training: MyTween and Me Parenting](#)
13. [Honour Based Violence Risks](#)
14. [Build Resilience in Young Children](#)
15. [Save the Date! HC Link's Provincial Conference](#)

V. RESOURCES

16. [Census: What's New in 2011](#)
17. [Same-Sex Families Raising Children](#)

VI. FEATURED BEST START RESOURCES

18. [New! Printer-Ready Handouts on Alcohol and Breastfeeding / Nouveau! documents prêts à l'impression sur l'alcool et l'allaitement](#) (available in French)
19. [Updated! Perinatal Mood Disorders - An Interdisciplinary Training Video with a Facilitator's Guide](#)

I. NEWS & VIEWS

1. Childbirth Economics: What Older Moms and Teenage Pregnancy Say About Opportunity in Ontario

This article (Cain & Chai, 2013, February 20) provides an overview of economic conditions and maternal age based on data from Statistics Canada and Ontario Ministry of Health Records. Alex McKay, Research Coordinator for the Sex Information and Education Council of Canada explains that the richest postal codes have the oldest mothers. The study also showed that teenage mothers were on the decline in provinces with flourishing economies. For example, in 2001 to 2010 there were fewer teenage mothers in Alberta and Ontario.

<http://globalnews.ca/news/367114/childbirth-economics-what-older-moms-and-teenage-pregnancy-say-about-opportunity-in-ontario/>

II. RECENT REPORTS AND RESEARCH

** indicates journal subscription required for full text access*

2. Rethinking Women and Healthy Living in Canada

British Columbia Centre of Excellence for Women's Health. In A. Pederson, M. Haworth-Brockman, B. Clow, B., H. Isfeld & A. Liwander (Eds). (2013). *Rethinking women and healthy living in Canada*. Retrieved from <http://www.bccewh.bc.ca/publications-resources/default.htm>

ABSTRACT:

The BC Centre of Excellence for Women's Health, the Atlantic Centre of Excellence for Women's Health and the Prairie Women's Health Centre of Excellence have released a

new women's health resource entitled *Rethinking Women and Healthy Living in Canada*. The report, funded by Health Canada, is intended to generate an understanding of women and healthy living and to contribute to the development of evidence-informed responses to addressing challenges related to healthy living for women in Canada. In the report, the three Centres argue that healthy living needs to be reframed and embrace a broader concept of health and health issues in order to improve women's healthy living.

Rethinking Women and Healthy Living in Canada includes four parts: (1) an overview of the status of women in Canada and the healthy living discourse; (2) a profile of women and healthy living; (3) healthy living strategies and promising gender-sensitive intervention; and (4) conclusions. The first part looks at international measures of gender equality and includes a demographic profile of women in Canada. It also describes the key features of the healthy living discourse and provides a history of its emergence in Canada. In the second part, profiles of women and healthy living are provided for ten topic areas: body weights, eating well, food insecurity, physical activity, sedentary behaviour, smoking tobacco, drinking alcohol, sexual behaviour, injuries and gender-based violence. The third part of the report examines selected healthy living strategies including the federal strategy and strategies from Ontario, Manitoba, Prince Edward Island and British Columbia using a sex-and gender-based analysis. Descriptions of new approaches to healthy living programming for women, including promising gender-sensitive practices such as trauma-informed physical activity, are provided. In the fourth part, we present our conclusions.

<http://www.bccewh.bc.ca/publications-resources/default.htm>

3. Dietary Habits of Aboriginal Children

(available in French)

Statistics Canada. (2013). *Dietary habits of Aboriginal children*. Retrieved from <http://www.statcan.gc.ca/pub/82-003-x/2013004/article/11776/abstract-resultat-eng.htm>

ABSTRACT:

Background: Based on the results of Statistics Canada's 2006 Aboriginal Children's Survey, this article presents an overview of how often First Nations children living off reserve, Métis children and Inuit children aged 2 to 5 consume various types of food, including foods considered traditional or country among Aboriginal people. The frequency with which First Nations children living off reserve and Métis children consumed items from major food groups tended to be similar. While lower percentages of Inuit children were reported to regularly consume items from these food groups, relatively high percentages of Inuit children consumed traditional or country foods. Around two-thirds of all Aboriginal children ate fast food and processed foods at least once a week, and just over half had salty snacks, sweets and desserts at least once a day. Consumption patterns varied, depending on whether children lived in a Census Metropolitan Area/Census Agglomeration.

Findings: Considerable attention has been devoted to the health of Aboriginal children, but relatively little is known about their nutrition. The Health Canada publication, Eating Well with Canada's Food Guide – First Nations, Inuit and Métis (CFG), offers guidelines that include foods considered traditional or country among Aboriginal people, such as bannock and wild game. Based on the results of Statistics Canada's 2006 Aboriginal Children's Survey (ACS), this article presents an overview of the frequency with which First Nations children living off reserve, Métis children and Inuit children aged 2 to 5 consume various types of food (see [The data](#)). [[Full Text](#)]

EN: <http://www.statcan.gc.ca/pub/82-003-x/2013004/article/11776-eng.htm>

FR: <http://www.statcan.gc.ca/pub/82-003-x/2013004/article/11776-fra.htm>

4. Bisphenol A Concentrations in Canadians, 2009 to 2011

(available in French)

Statistics Canada. (2013). *Bisphenol A concentrations in Canadians, 2009 to 2011*.

Retrieved from <http://www5.statcan.gc.ca/bsolc/olc-cell/olc-cell?lang=eng&catno=82-625-X201300111778>

EXCERPT:

This is a health fact sheet about bisphenol A concentrations in the Canadian population. Results shown are based on data from the Canadian Health Measures Survey. Children aged 3 to 5 years and 6 to 11 years had the highest BPA levels with an average concentration of 1.4 µg/L.

EN: <http://www.statcan.gc.ca/pub/82-625-x/2013001/article/11778-eng.htm>

FR: <http://www.statcan.gc.ca/pub/82-625-x/2013001/article/11778-fra.htm>

5. Blood Lead Concentrations in Canadians, 2009 to 2011

(available in French)

Statistics Canada. (2013). *Blood lead concentrations in Canadians, 2009 to 2011*.

Retrieved from <http://www5.statcan.gc.ca/bsolc/olc-cell/olc-cell?catno=82-625-X201300111779&lang=eng>

EXCERPT:

This is a health fact sheet about blood lead concentrations in the Canadian population. Results shown are based on data from the Canadian Health Measures Survey.

EN: <http://www.statcan.gc.ca/pub/82-625-x/2013001/article/11779-eng.htm>

FR: <http://www.statcan.gc.ca/pub/82-625-x/2013001/article/11779-fra.htm>

III. CURRENT INITIATIVES

6. 3M Leadership Award Call for Nominations

(available in French)

Health Nexus and 3M Canada are pleased to announce the 2013 3M Health Leadership Award call for nominations. The national award celebrates leaders who have a positive impact on the health and well-being of their community. Leaders recognized by the 3M Health Leadership Award understand that health starts where we live, learn, work and play. These leaders believe that healthy communities are places where people of all ages can grow and thrive -- places where people have access to a good education, a decent job and a safe place to live. The deadline for nominations is Friday, June 28th. To nominate someone or read more information on the eligibility criteria and previously recognized leaders visit www.healthnexus.ca/leadershipaward. Help spread the word and share [the poster](#) in your community and with your networks.

EN: <http://www.healthnexus.ca/leadershipaward/index.html>

FR: <http://www.nexussante.ca/prixdeleadership/>

7. National Summer Safety Week: May 1-7, 2013

(available in French)

This National Summer Safety Week, May 1 to 7, the Canada Safety Council encourages parents, guardians and educators to help their children avoid injuries. They provide suggestions for: managing and eliminating hazards at home, safety on the go, and staying safe while getting active.

EN: <https://canadasafetycouncil.org/campaigns/child-injury-prevention>

FR: <https://canadasafetycouncil.org/fr/accueil>

IV. UPCOMING EVENTS

8. Access to Recreation

May 1, 2013: Online

Are you interested in increasing access to recreation opportunities in your community? Do you have stories to share or questions to ask? Join HC Link, Parks and Recreation and Ontario (PRO) and the Physical Activity Resource Centre (PARC) for a peer sharing session on Access to Recreation. In this online and interactive session, people working in communities across Ontario will join experts from the host organizations to talk about successful strategies to overcome barriers, build community support and increase recreation opportunities. The registration deadline for this event is Friday, April 26. Visit <http://recpeer.eventbrite.com> to register for this free event.

9. Building Bridges: Linking Woman Abuse, Substance Use and Mental Health Concerns

May 7, 2013: Alliston, ON

The day will be anchored by a presentation and facilitated room discussion by Alexxa Abi-Jaoude, Louise Godard and Jill Cory from the Woman Abuse Response Program, BC Women's Hospital and Health Centre. This important and relevant research aims to shift our thinking and pathologizing of girls and women's mental health and substance use and instead understand them as responses to past and current experiences of violence.

<http://cast-canada.ca/groundingtrauma2013PRE-Conference.html>

10. Aboriginal Issues: Linking Ancient Traditions with Modern Realities

May 7, 2013: Alliston, ON

This pre-conference will cover Aboriginal issues such as ancient wisdom for general use and First Nations, Inuit and Métis culture, circles and healing.

<http://cast-canada.ca/groundingtrauma2013PRE-Conference2.html>

11. Grounding Trauma: Emerging Ideas and Progressive Approaches

May 8-9, 2013: Alliston, ON

A conference for front line helping professionals, therapists and academics to gather fresh ideas, practices and hope from new research, practice and from each other. There are three streams:

- **Stream 1 – Becoming Trauma Informed for Practice and Programs:** Foundation of becoming trauma informed; community program changes in application; and a family's story of trauma, recovery and successfully advocating for systems change.
- **Stream 2 – Assorted Gems:** music care in trauma work; trauma therapy dogs; Buddhist psychology; healing circles; and new and positive critical incidence response programs in Australia
- **Stream 3 – Bodywork:** dance movement therapy; Choreography, community programming and Q and A; and yoga principles and somatic work.

<http://cast-canada.ca/groundingtrauma2013.html>

12. Facilitator Training: MyTween and Me Parenting

May 15-16, 2013: Vancouver, BC

This two-day training session will prepare program leaders to deliver the My Tween and Me parenting program. The session incorporates current research along with practical communication skills for parents.

<http://www.bccf.ca/professionals/events/info?id=80&reset=1>

13. Honour Based Violence Risks

May 23-24, 2013: Brantford, ON

The focus of this two day workshop is to examine the role of the perpetrators, identify signs, symptoms, indicators, triggers and other controlling tools. The objective is to understand Honour Based Violence Risks by:

- increasing understanding of the risks when working with victims
- exploring cultural barriers to risk assessment
- gaining information and preventing future risk and harm to victims

There is no cost to agencies and organizations from Brant, Haldimand-Norfolk or Simcoe. If you or your agency is from outside this area, there is a registration fee of \$50 per person. For more information, please email Diana Boal at dboal@novavita.org.

<http://www.preventhonorbasedviolence.com/index.html>

14. Build Resilience in Young Children

May 27-31, 2013: Toronto, ON

The “RIRO” trainer “intensive” prepares you to offer the RIRO Resiliency Skills Training program to service providers in your community who work with children 7 years and under and their families. RIRO resiliency skills training is a 12-hour, evidence-based program that *helps service providers* increase their capacity to role model resilience and teach *children* child-friendly skills to help them handle life's inevitable challenges, and take opportunities that support healthy growth and development.

<http://www.reachinginreachingout.com/becometrainer.htm>

15. Save the Date! HC Link’s Provincial Conference

November 12-13, 2013: Toronto, ON

HC Link's 2013 Provincial Conference, being held in Toronto on November 12 and 13, will bring together people from a variety of sectors to learn and share experiences and strategies for building healthy, vibrant communities.

http://hclinkontario.ca/images/HCLinkReseauCS_ConferenceSavetheDate1.pdf

V. RESOURCES

16. Census: What’s New in 2011

This fact sheet (Vanier Institute of the Family, 2013) provides readers with up-to-date information on subjects and statistics that were new to the 2011 Census. This feature is designed for journalists, educators, students and anyone interested in studying subjects that have been unexplored in previous censuses. Some highlights include:

- 30,005 children aged 14 and under are living with grandparents and not with their parents
- 10% of children aged 14 and younger are in blended family households

- The proportion of opposite-sex and same-sex couples blended families with children
- 47,885 children are foster children in Canada

<http://www.vanierinstitute.ca/modules/news/newsitem.php?ItemId=509#.UXkah0pvCKI>

17. Same-Sex Families Raising Children

This fact sheet (Vanier Institute of the Family, 2013) looks at LGBTTTQ families in Canada. Data from the 2006 and 2011 censuses show that many LGBTTTQ couples are raising children. Find out how many LGBTTTQ couples there are in Canada, who is raising the kids and their unique challenges.

<http://www.vanierinstitute.ca/modules/news/newsitem.php?ItemId=500#.UXkZ40pvCKI>

VI. FEATURED BEST START RESOURCES

18. **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](#)

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.

Disponible en [Français](#), [Anglais](#), [Arabe](#), [Cree](#), [Ojibway](#), [Hindi](#), [Punjabi](#), [Tamoul](#), [Ourdou](#), [Chinois simplifié](#), [Espagnol](#) et [Tagolog](#).

19. **Updated!** Perinatal Mood Disorders - An Interdisciplinary Training Video with a Facilitator's Guide

The Perinatal Mood Disorders video (DVD) is an interdisciplinary teaching video for healthcare providers. It is accompanied by a Facilitator's Guide which has questions and answers that correspond to each topic covered in the four chapters of the video. The objective of the video is to educate and facilitate participatory discussion on perinatal mood disorders.

A [pre-](#) and [post video test](#) can be completed and submitted on-line for a certificate of completion.

View online: [YouTube](#) or [Vimeo](#)

[Facilitator's Guide available in 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/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

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>