

# 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 1, 2013

*The next bulletin will be released March 15, 2013.*

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# I. NEWS & VIEWS

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## 1. Ontario's Autism Spectrum Disorder Clinical Expert Committee (available in French)

The Government of Ontario (2012, December) is creating an expert committee that will be made up of eight representatives from a wide range of disciplines (e.g., psychiatry, clinical psychology, developmental paediatrics). The committee will:

- Provide ongoing clinical guidance,
- Offer advice on how autism services are delivered, and
- Help ensure children and young people receive the most effective treatment, based on emerging research and best clinical practices.

EN: [http://news.ontario.ca/mcys/en/2012/12/ontario-creating-expert-committee-on-autism.html?utm\\_source=children\\_and\\_youth\\_services&utm\\_medium=rss\\_click&utm\\_campaign=rss\\_feed](http://news.ontario.ca/mcys/en/2012/12/ontario-creating-expert-committee-on-autism.html?utm_source=children_and_youth_services&utm_medium=rss_click&utm_campaign=rss_feed)

FR: <http://news.ontario.ca/mcys/fr/2012/12/ontario-cree-un-comite-dexperts-en-matiere-dautisme.html>

## 2. Shane Koyczan's 'To This Day' Anti-Bullying Poem, Goes Viral

Shane Koyczan's own experiences with bullying inspired him to try to raise awareness about the widespread problem through his "To This Day" anti-bullying project. He invited artists to animate his spoken-word poem. Each artist contributed 20-second clips that were combined to create a seven-minute video. The video has already been viewed more than 4.3 million times. It shares the stories of bullied children, the trauma of isolated youth, the battle to overcome emotional scars, and the hope for a better tomorrow.

[http://www.huffingtonpost.ca/2013/02/20/to-this-day-shane-koyczan-anti-bullying\\_n\\_2727057.html](http://www.huffingtonpost.ca/2013/02/20/to-this-day-shane-koyczan-anti-bullying_n_2727057.html)

<http://www.vancouversun.com/technology/Video+Poet+Shane+Koyczan+talks+anti+bullying+project/8005210/story.html>

<http://www.youtube.com/watch?v=ltun92DfnPY&noredirect=1>

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## II. RECENT REPORTS AND RESEARCH

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\* indicates journal subscription required for full text access

### \* 3. Maternal Alcohol Use and Sudden Infant Death Syndrome and Infant Mortality Excluding SIDS

O'Leary, C. M., Jacoby, P. J., Barbu, A., D'Antoine, H., & Bower, C. (2013). Maternal alcohol use and Sudden Infant Death Syndrome and Infant Mortality Excluding SIDS. *Pediatrics*. Retrieved from <http://pediatrics.aappublications.org/content/early/2013/02/20/peds.2012-1907.abstract>

#### ABSTRACT:

**Background:** Improvements in the rate of infant mortality (death in first year of life) have not occurred in recent years. This study investigates the association between maternal alcohol-use disorder and sudden infant death syndrome (SIDS) and infant mortality not classified as SIDS using linked, population-based health and mortality data.

**Methods:** Exposed mothers were identified through the presence of an *International Classification of Diseases 9/10* alcohol diagnosis, a proxy for alcohol-use disorder, recorded on health, mental health, and/or drug and alcohol datasets (1983–2005). Comparison mothers without an alcohol diagnosis were frequency matched to exposed mothers on maternal age within maternal race and year of birth of their children. All offspring with their birth recorded on the Midwives Notification System compose the exposed ( $n = 21\,841$ ) and comparison ( $n = 56\,054$ ) cohorts. Cases of SIDS ( $n = 303$ ) and infant mortality excluding SIDS ( $n = 598$ ) were identified through linkage with the Western Australian Mortality Register. Analyses were conducted by using Cox regression and results presented as adjusted hazard ratios (aHRs) and 95% confidence intervals (CIs).

**Results:** The highest risk of SIDS occurred when a maternal alcohol diagnosis was recorded during pregnancy (aHR 6.92, 95% CI 4.02–11.90) or within 1 year postpregnancy (aHR 8.61, 95% CI 5.04–14.69). An alcohol diagnosis recorded during pregnancy more than doubled the risk of infant deaths (excluding SIDS) (aHR 2.35, 95% CI 1.45–3.83). Maternal alcohol-use disorder is attributable for at least 16.41% (95% CI 9.73%–23.69%) of SIDS and 3.40% (95% CI 2.28%–4.67%) of infant deaths not classified as SIDS.

**Conclusions:** Maternal alcohol-use disorder is a significant risk factor for SIDS and infant mortality excluding SIDS.

<http://pediatrics.aappublications.org/content/early/2013/02/20/peds.2012-1907.abstract>

#### \* 4. The Relationship Between Multiple Sex Partners and Anxiety, Depression, and Substance Dependence Disorders: A Cohort Study

Ramrakha, S., Paul, C., Bell, M. L., Dickson, N., Moffitt, T. E., Caspi, A. (2013). *Archives of Sexual Behavior*. Retrieved from <http://link.springer.com/article/10.1007%2Fs10508-012-0053-1>

##### ABSTRACT:

Changes in sexual behavior have resulted in longer periods of multiple serial or concurrent relationships. This study investigated the effects of multiple heterosexual partners on mental health, specifically, whether higher numbers of partners were linked to later anxiety, depression, and substance dependency. Data from the Dunedin Multidisciplinary Health and Development Study, a prospective, longitudinal study of a birth cohort born in 1972–1973 in Dunedin, New Zealand were used. The relationship between numbers of sex partners over three age periods (18–20, 21–25, and 26–32 years) and diagnoses of anxiety, depression, and substance dependence disorder at 21, 26, and 32 years were examined, using logistic regression. Interaction by gender was examined. Adjustment was made for prior mental health status. There was no significant association between number of sex partners and later anxiety and depression. Increasing numbers of sex partners were associated with increasing risk of substance dependence disorder at all three ages. The association was stronger for women and remained after adjusting for prior disorder. For women reporting 2.5 or more partners per year, compared to 0–1 partners, the adjusted odd ratios (and 95 % CIs) were 9.6 (4.4–20.9), 7.3 (2.5–21.3), and 17.5 (3.5–88.1) at 21, 26, and 32 years, respectively. Analyses using new cases of these disorders showed similar patterns. This study established a strong association between number of sex partners and later substance disorder, especially for women, which persisted beyond prior substance use and mental health problems more generally. The reasons for this association deserve investigation.

<http://link.springer.com/article/10.1007%2Fs10508-012-0053-1>

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### III. CURRENT INITIATIVES

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#### 5. Show Your Love

“Show Your Love” is a national campaign designed to improve the health of women and babies by promoting preconception health and healthcare (Centers for Disease Control and Prevention, 2013). The campaign’s main goal is to increase the number of women who plan their pregnancies and engage in healthy behaviors *before* becoming pregnant. For those women who don’t want to start a family in the near future or at all, the

campaign encourages them to choose healthy behaviors so that they can be their best and achieve the goals and dreams they have set for themselves. The Show Your Love campaign was launched on Valentine's Day and will run through National Women's Health Week in May. The campaign includes tailored materials for women who are planning a pregnancy in the next couple of years, and those who are not. There are also materials for women who already have children (and may or may not plan to have more), and couples (Centers for Disease Control and Prevention, 2013).

<http://www.cdc.gov/preconception/showyourlove/index.html>

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## IV. UPCOMING EVENTS

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### **6. Association of Ontario Midwives: Homebirth: Facts, Biases, and Liability**

March 1, 2013: Online

The purpose of this presentation is to give health care providers and researchers a better understanding of home birth as an option for Ontario women and families.

[http://chnet-works.ca/index.php?option=com\\_rsevents&view=events&layout=show&cid=210%3Ahomebirth-facts-biases-and-liability&Itemid=6&lang=en](http://chnet-works.ca/index.php?option=com_rsevents&view=events&layout=show&cid=210%3Ahomebirth-facts-biases-and-liability&Itemid=6&lang=en)

### **7. Understanding Fetal Alcohol Spectrum Disorder from a Neurobehavioural Perspective**

April 4-5, 2013: Oakville, ON

Professionals, parents and caregivers are invited to join the Halton FAS Planning Committee for two days with Diane Malbing, MSW. Diane is the founder of the non-profit organization FASCETS (Fetal Alcohol Syndrome Consultation, Education and Training Services, Inc.). She is also the author of numerous papers and publications on FASD, and conducts trainings throughout the United States, Canada, and Europe. Registration forms will be available at the beginning of March. For more information, please email Judy Pakozdy [jpakozdy@cogeco.ca](mailto:jpakozdy@cogeco.ca)

### **8. Canadian Association of Family Resource Programs National Conference: Family Well-Being**

April 23-26, 2013: Gatineau, QC

This conference will feature the following keynote speakers:

- The Elephant(s) in the Room: Increasing Threats to Canadian Families' Health and Well-being - Dennis Raphael, PhD, Professor of Health Policy and Management at York University in Toronto.
- The Early Years and Later Development: Evidence and Social Policy - Edward Melhuish, PhD, Birkbeck, University of London, & University of Oxford, UK

- Children's Rights - From the Family Support Perspective - Joan Durrant, PhD, University of Manitoba, Winnipeg, Manitoba and Tom Waldock, PhD, Child and Family Studies, Nipissing University, Ontario

EN: <http://www.frp.ca/index.cfm?fuseaction=page.viewpage&pageid=472>

FR: <http://www.frp.ca/index.cfm?fuseaction=Page.viewPage&pageid=540>

## 9. Third Canadian Obesity Summit

May 1-4, 2013: Vancouver, BC

This event is presented by the Canadian Obesity Network - Réseau Canadien en Obésité (CON-RCO). The goals of this Summit are:

- To provide a wide selection of current, practical and interactive educational plenaries, symposia and workshops customized for researchers, policy makers, physicians and clinician teams, and other interested professionals
- To provide a forum for delegates to share their expertise, ideas and experiences on topics such as epidemiology and public health, cell biology, energy regulation and practical clinical management methods
- To support students and new professionals by increasing interdisciplinary capacity among future obesity researchers and health professionals in Canada
- To support physicians and clinical teams in the treatment of obesity and its multiple co-morbidities
- To provide an opportunity for delegates to meet face-to-face with industry to learn about emerging products and services (CON-RCO, 2013)

<http://www.con-obesitysummit.ca/>

## 10. Fourth Annual Hot Topics for those Working with Prenatal Families

May 3, 2013: Kitchener, ON

Please save the date for this event hosted by Conestoga College and the Region of Waterloo Public Health. Registration will begin at the end of March 2013. This event will feature two keynote speakers:

- Fetal Alcohol Spectrum Disorder: The Four-Part Model of Prevention - Margaret Leslie Dip.C.S., C.Psych.Assoc, Canadian Mothercraft Society
- Promoting Mental Health in the Preconception and Prenatal Periods - Dr. Pat Mousmanis MD., CCFP, FCFP, Ontario College of Family Physicians and Hiltrud Dawson, R.N., B.Tech, IBCLC, Best Start Resource Centre, Health Nexus

The following concurrent sessions will be offered:

- Tobacco Use in the Preconception and Prenatal Periods
- Breaking Down Barriers with Youth
- Food Allergies: The Do's and Don'ts in Pregnancy and Beyond
- Safe Methadone Use in Pregnancy

## 11. Using the Natural Laws to Find Breastfeeding Solutions

May 27, 2013: Victoria, BC

May 28, 2013: Calgary, AB

May 30, 2013: Winnipeg, MB

May 31, 2013: Oshawa, ON

June 3, 2013: Antigonish, NS  
September 9, 2013: Regina, SK  
September 11, 2013: Ottawa, ON  
September 12, 2013: Guelph, ON  
September 14, 2013: St. John's, NL

The seminar topics include: the natural laws of breastfeeding, concerns about milk production, breastfeeding behaviours, and nipple pain and trauma. CERPs allocated by IBLCE 5.5L.

<http://www.illc.ca/health-professional-seminars>

### **12. The Circle of Security Parenting Training**

September 24-27, 2013: Winnipeg, MB

The Attachment Network of Manitoba is co-hosting the training for the Circle of Security DVD Parenting Training. This training will help service providers better understand children's attachment needs and what often stands in the way of parents fully meeting those needs.

<http://www.regonline.com/Register/Checkin.aspx?EventID=1199470>

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## **V. RESOURCES**

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### **13. KidCare Canada Society**

KidCareCanada Society (2012) translates current research and applies technology to produce appealing educational resources that are relevant to new parents. The website features videos on a variety of topics such as: date nights for parents, the myth of motherhood, new mothers need support, postpartum depression: not the baby blues; and what is psychodynamics? More information about their research and products is available on their website and blog.

<http://kidcarecanada.org/>

### **14. How to Engage Francophones... When You Don't Speak French!**

This resource (HC Link, 2012) provides three easy steps to engage Francophones regardless of your French capacity. It also discusses a few common pitfalls to avoid, as well as 9 "keys for success".

[http://hclinkontario.ca/images/How\\_to\\_Engage\\_Francophones.pdf](http://hclinkontario.ca/images/How_to_Engage_Francophones.pdf)

Twitter Chat Recap: <http://www.hclinkontario.ca/index.php/blog/entry/twitter-chat-recap-how-to-engage-francophones-when-you-don-t-speak-french.html>

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## VI. FEATURED BEST START RESOURCE

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### 15. 2013 Best Start Resource Centre Annual Conference: Web Coverage / Conférence annuelle de Meilleur départ 2013: Couverture Web (en anglais)

The 2013 Best Start Resource Centre Annual Conference took place February 6-8, 2013. Please see the post conference coverage for free access to NEW information, strategies, and more! The post conference coverage includes photos and PDF copies of some of the speakers' presentations.

<http://www.beststart.org/events/2013/bsannualconf13/webcov/index.htm>

Vous pouvez voir la couverture web pour accéder gratuitement à l'information, aux stratégies et plus! La couverture web comprend des photos et des copies PDF de quelques-unes des présentations des conférenciers.

<http://www.beststart.org/events/2013/bsannualconf13/webcov/index.htm>

### 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](http://lists.beststart.org/listinfo.cgi/bsasc-beststart.org) 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](http://www.leblocnotes.ca/) 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](http://www.meilleurdepart.org/services/bulletins.html) 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](http://www.blogs.healthnexusante.ca/) – Notre blogue bilingue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé. <http://www.blogs.healthnexusante.ca/>

Suivez-nous sur [Twitter](https://twitter.com/Nexus_Sante) 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](http://www.youtube.com/user/healthnexusante) et [Vimeo](https://vimeo.com/user9493317) (<http://www.youtube.com/user/healthnexusante>, <https://vimeo.com/user9493317>)

Nous vous encourageons à visiter le site Web de notre nouveau [Prix 3M de leadership en santé](http://www.nexussante.ca/prixdeleadership) 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>