

# MNCHP Network Bulletin



*best start  
meilleur départ*

by/par health **nexus** santé

In this week's issue:

## ***I. NEWS & VIEWS***

1. [Non-alcoholic beverages can harm unborn children](#)
2. [Latest product recalls](#) (also available in French)
3. [Baby formula labelling crackdown made no difference to advertising](#)
4. [Parents feel community support lacking](#)
5. [Study: Zero weight gain in pregnancy for women that are obese](#)
6. [H1N1 and new mothers](#)

## ***II. RECENT REPORTS AND RESEARCH STUDIES***

7. [Pregnant women having too many ultrasounds](#)
8. [Healthy people, healthy places](#) (also available in French)
9. [Health fact sheets](#) (also available in French)

## ***III. CURRENT INITIATIVES***

10. [Spark together for healthy kids policy prioritization poll is now online](#)

## ***IV. UPCOMING EVENTS***

11. [Where is the best place to be poor in Canada?](#)
12. [Planning by design: A healthy communities handbook](#)
13. [Active and safe routes to school](#)
14. [Canadian Nurses Association – AQHI a tool for nurses to address climate change](#)
15. [Why can't I find a doctor in this city, really? The problem and promise of primary health care](#)
16. [Finding common ground: Using dialogue for better solutions](#)
17. [Deciding how to decide: Choosing and using decision-making processes](#)
18. [When the going gets tough – dealing with conflict](#)
19. [Improving access and equity in health for LGBT people](#)
20. [Achieving equity for kids: Whatever it takes](#)
21. [Parks and recreation educational forum and national exchange](#)
22. [4<sup>th</sup> National Community Health Nurses of Canada \(CHNC\) conference](#)

## ***V. RESOURCES***

23. [Taking care of ourselves and our families during the H1N1 flu virus](#) (also available in French)
24. [Helping children cope with the H1N1 flu virus](#) (also available in French)

## ***VI. FEATURED BEST START RESOURCES***

25. **New!** [Creating circles of support for pregnant women and new parents: A manual supporting women's mental health in pregnancy and postpartum](#)

## VII. JOB POSTING

26. [Executive director: Choice in health clinic](#)

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## I. NEWS & VIEWS

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### ONTARIO

#### 1. NON-ALCOHOLIC BEVERAGES CAN HARM UNBORN CHILDREN

A study by the Hospital for Sick Children reveals that pregnant women drinking non-alcoholic and low-alcohol beverages may be putting their babies at risk. The researchers found that some brands of non-alcoholic and low-alcoholic beverages contain more alcohol than is advertised on the label: “pregnant women seeking replacement for alcoholic beverages may be misled by these labels, unknowingly exposing themselves and their unborn babies to ethanol” (Bielski, 2010, January 4). The researchers are pushing for the beverage makers and regulatory agencies to closely examine these beverages.

<http://www.theglobeandmail.com/life/health/misleading-beverage-labels-put-fetuses-at-risk/article1417813/>

### CANADA

#### 2. LATEST PRODUCT RECALLS

(also 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).

- 100% Organic Cotton Terry Beach Cover-Up for toddlers by Green Bean Baby: Does not meet the flammability requirements for children's sleepwear under Canadian law.
- MELINA roman blinds, ENJE, ISDANS and TUPPLUR roller blinds: Looped cords and bead chains may pose a strangulation hazard to young children if the blind's looped bead chain is not attached to the wall or the floor with the tension device provided.
- LEOPARD Children's High Chair by IKEA: Snap locks that secure the seat to the frame can break, posing a fall hazard. The pieces that break off can pose a choking hazard to children.
- Flashing Eyeball Glideball by Toy Investments, Inc.: Contains low viscosity petroleum distillates. The use of petroleum distillates in children's toys is strictly prohibited in Canada if the substance can be released from the toy on breakage.

English: [http://healthy Canadians.gc.ca/pr-rp/pr-rp\\_e.php](http://healthy Canadians.gc.ca/pr-rp/pr-rp_e.php)

French: [http://healthy Canadians.gc.ca/pr-rp/pr-rp\\_f.php](http://healthy Canadians.gc.ca/pr-rp/pr-rp_f.php)

- Bassinets recalled over suffocation risk

<http://www.cbc.ca/health/story/2009/12/31/consumer-bassinet-recall.html?ref=rss>

- Dorel car seat recalled after 3 babies injured

<http://www.cbc.ca/health/story/2009/12/18/consumer-carseat-recall.html?ref=rss>

#### 3. BABY FORMULA LABELLING CRACKDOWN MADE NO DIFFERENCE TO ADVERTISING

This article (Canwest News Service, 2010, January 12) reports on the impact of the joint initiative of Health Canada and the Canadian Food Inspection Agency (CFIA) that began in 2007 after officials spent a year dealing with complaints about advertising and labelling of infant formula. According to a summary

of the initiative prepared by the project manager at CFIA, the effort to get the companies to change their marketing was a failure. In a slide presentation he concluded that there were “insufficient resources for inspections” and “resistance from companies to change the claims that are made on labels” (Canwest News Service, 2010, January 12).

<http://www.nationalpost.com/todays-paper/story.html?id=2430444>

#### 4. PARENTS FEEL COMMUNITY SUPPORT LACKING

A survey of 2,500 Canadian parents found that only 25% feel they have a high level of support from their community when it comes to raising their children. Invest in Kids conducted the survey in early 2007 and the full report will be released in the next couple of months. Key findings include:

- 26% of mothers and 27% of fathers felt a high level of support from their neighbourhood communities (e.g., felt welcome, had somewhere to turn for help or had caring neighbours)
- Parents who had used six or more local programs or services in the previous year (e.g., parent and tot drop-ins, swimming lessons, libraries, playgrounds) felt more supported by the community and were 60 to 75% more likely than other parents to report using positive behaviours with their children
- 43% of mothers and 44% of fathers said they felt highly supported by their partners
- Other family members and friends were the largest source of support for mothers and 50% reported high levels of support that led to more positive parenting behaviour
- 55% of mothers and 46% of fathers felt highly supported by their own parents

An Uxbridge mother of two daughters ages 3 and 1 says that there are resources available but that it is not always easy to find them and often it is up to parents to find the support that they need.

<http://parentcentral.ca/parent/article/748915>

### INTERNATIONAL

#### 5. STUDY: ZERO WEIGHT GAIN IN PREGNANCY FOR WOMEN THAT ARE OBESE

One-fifth of pregnant women in the United States are obese. The Institute of Medicine issued guidelines lowering the minimum recommended weight gain for obese women from 15 to 11 pounds. New research called the “Healthy Moms Study” is trying to keep obese pregnant women from gaining any weight at all. If they do gain weight, they are recommending it be limited to 3% of their baseline weight (i.e., about 5 pounds for a woman who weighs 170 pounds). The implications of severely restricting weight are not entirely known. Dr. Kathleen M. Rasmussen, a professor of nutrition at Cornell, explains: “We need experimental studies that can really show us that if you have women gain weight within a certain limited range, that it will improve their outcomes”. There are, however, concerns with the study such as the potential effects on the babies’ neurological development or other adverse effects from women not gaining weight.

<http://www.nytimes.com/2009/12/15/health/15obese.html>

#### 6. H1N1 AND NEW MOTHERS

A new study documents that H1N1 is not only dangerous to pregnant women but to new mothers as well. The report conducted by the California Department of Public Health and the U.S. Centers for Disease Control and Prevention (CDC) is the first to look at the risk to women who recently gave birth. It highlights “the continued high risk after pregnancy”. In response to the study, the CDC recently revised its guidelines and recommends that flu medications are given to women who show signs of the flu soon after they give birth.

<http://www.cbc.ca/health/story/2009/12/24/h1n1-mothers.html?ref=rss>

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## II. RECENT REPORTS AND RESEARCH RESULTS

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### CANADA

#### 7. PREGNANT WOMEN HAVING TOO MANY ULTRASOUNDS

This study (You et al., 2010) looked at about 1.4 million pregnant women with a single delivery from 1996 to 2007 in Ontario using data from the Institute for Health Information. The findings indicate that nearly one in 5 women have four or more ultrasound exams during the second and third trimesters. The authors concluded that “efforts to promote appropriate use of prenatal ultrasonography for singleton pregnancies appear warranted”.

Abstract:

[http://www.cmaj.ca/cgi/content/abstract/cmaj.090979v1?ijkey=6c6c4a57f0b5e3db41b64182a3aa7ff1244ded01&keytype2=tf\\_ipsecsha](http://www.cmaj.ca/cgi/content/abstract/cmaj.090979v1?ijkey=6c6c4a57f0b5e3db41b64182a3aa7ff1244ded01&keytype2=tf_ipsecsha)

#### 8. HEALTHY PEOPLE, HEALTHY PLACES

(also available in French)

This report (Statistics Canada, 2010) examines the health of Canadians and focuses on demography, health status, health behaviours, and the environment. Measures that reflect physical, mental, and social well-being are presented as well as indicators of positive and negative behaviours that are known to influence health status. Indicators of the social and physical environments where people live are also examined. These indicators provide benchmarks for comparison over time and place since they highlight the health of Canadians at a national and provincial/territorial level.

English: <http://www.statcan.gc.ca/pub/82-229-x/82-229-x2009001-eng.htm>

French: <http://www.statcan.gc.ca/pub/82-229-x/82-229-x2009001-fra.htm>

#### 9. HEALTH FACT SHEETS

(also available in French)

These fact sheets (Statistics Canada, 2010) provide short, focused, single-theme analysis documents. The series will include topics on health conditions, lifestyle, well-being, disability, prevention and detection of disease, deaths, pregnancy and birth, health care services, and environmental factors. The following fact sheets are currently available:

- Oral health: Edentulous people in Canada 2007 to 2009
- Lung function results 2007 to 2009
- Musculoskeletal fitness in Canada 2007 to 2009
- Body mass index (BMI) for children and youth 2007 to 2009
- Body composition of Canadian adults 2007 to 2009
- Aerobic fitness in Canada 2007 to 2009

English: <http://www.statcan.gc.ca/pub/82-625-x/82-625-x2010001-eng.htm>

French: <http://www.statcan.gc.ca/pub/82-625-x/82-625-x2010001-fra.htm>

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## III. CURRENT INITIATIVES

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#### 10. SPARK TOGETHER FOR HEALTHY KIDS POLICY PRIORITIZATION POLL IS NOW ONLINE

The Heart and Stroke Foundation of Ontario's Spark Together for Healthy Kids™ Policy Prioritization Poll is now online. They are asking their partners and the public to help them identify and put into action the recommendations they think are the most viable and achievable in their community by voting online. Please note that they have a Spark Together for Healthy Kids Facebook fan page where organizations can post their upcoming events or activities.

[http://www.heartandstroke.on.ca/site/c.pvI3leNWJwE/b.5109503/k.AF5/Spark\\_Spark\\_Together\\_For\\_Healthy\\_Kids.htm](http://www.heartandstroke.on.ca/site/c.pvI3leNWJwE/b.5109503/k.AF5/Spark_Spark_Together_For_Healthy_Kids.htm)

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#### **IV. UPCOMING EVENTS**

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

#### **ONLINE**

##### **11. WHERE IS THE BEST PLACE TO BE POOR IN CANADA?**

February 10, 2010: Online  
Hosted by: CHNET-Works!

[http://www.chnet-works.ca/index.php?option=com\\_attend\\_events&task=view&id=104&Itemid=56](http://www.chnet-works.ca/index.php?option=com_attend_events&task=view&id=104&Itemid=56)

##### **12. PLANNING BY DESIGN: A HEALTHY COMMUNITIES HANDBOOK**

February 18, 2010: Online  
Hosted by: Ontario Professional Planners Institute

<http://www.ontarioplanners.on.ca/content/Events/eventsearch.aspx>

##### **13. ACTIVE AND SAFE ROUTES TO SCHOOL**

February 23, 2010: Online  
Hosted by: Ontario Professional Planners Institute

<http://www.ontarioplanners.on.ca/content/Events/eventsearch.aspx>

##### **14. CANADIAN NURSES ASSOCIATION - AQHI A TOOL FOR NURSES TO ADDRESS CLIMATE CHANGE**

March 4, 2010: Online  
Hosted by: CHNET-Works!

[http://www.chnet-works.ca/index.php?option=com\\_attend\\_events&task=view&id=108&Itemid=56](http://www.chnet-works.ca/index.php?option=com_attend_events&task=view&id=108&Itemid=56)

#### **ONTARIO**

##### **15. WHY CAN'T I FIND A DOCTOR IN THIS CITY, REALLY? THE PROBLEM AND PROMISE OF PRIMARY HEALTH CARE**

January 19, 2010: Toronto, ON

Presented by: the Canadian Institutes of Health Research (CIHR) and the Centre for Research on Inner City Health (CRICH) in conjunction with the Institute for Clinical Evaluative Sciences (ICES)

RSVP to [tyanma@smh.toronto.on.ca](mailto:tyanma@smh.toronto.on.ca) or (416) 864-6060 ext. 2522.

##### **16. FINDING COMMON GROUND: USING DIALOGUE FOR BETTER SOLUTIONS**

January 25, 2010: Toronto, ON

Hosted by: Self Help Resource Centre

<http://www.selfhelp.on.ca/archives/00000161.html>

**17. DECIDING HOW TO DECIDE: CHOOSING AND USING DECISION-MAKING PROCESSES**

February 1, 2010: Toronto, ON

Hosted by: Self Help Resource Centre

<http://www.selfhelp.on.ca/archives/00000161.html>**18. WHEN THE GOING GETS TOUGH – DEALING WITH CONFLICT**

March 10, 2010: Toronto, ON

Hosted by: Self Help Resource Centre

<http://www.selfhelp.on.ca/archives/00000161.html>**19. IMPROVING ACCESS AND EQUITY IN HEALTH FOR LGBT PEOPLE**

March 24-26, 2010: Toronto, ON

Hosted by: Rainbow Health Ontario

<http://www.rainbowhealthontario.ca/conference/welcome.cfm>**20. ACHIEVING EQUITY FOR KIDS: WHATEVER IT TAKES**

March 30, 2010: Toronto, ON

Hosted by: Hospital for Sick Children

<http://quest.cvent.com/EVENTS/Info/Summary.aspx?e=28238f57-57d6-4664-8df9-4519d3d814b3>**21. PARKS AND RECREATION EDUCATIONAL FORUM AND NATIONAL EXCHANGE**

March 30, 2010: Niagara Falls, ON

Hosted by: Parks and Recreation Ontario

[http://www.prontario.org/index.php?ci\\_id=5943](http://www.prontario.org/index.php?ci_id=5943)**22. 4<sup>TH</sup> NATIONAL COMMUNITY HEALTH NURSES OF CANADA (CHNC) CONFERENCE**

June 16-18, 2010: Toronto, ON

Hosted by: CHNC

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

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**V. RESOURCES**

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**23. TAKING CARE OF OURSELVES AND OUR FAMILIES DURING THE H1N1 FLU VIRUS**

(also available in French)

This resource provides information about common feelings and reactions to stressful events. It outlines how parents/caregivers can take care of themselves and their families during the H1N1 Flu Virus.

English: <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/tcof-pssf-eng.php>French: <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/tcof-pssf-fra.php>**24. HELPING CHILDREN COPE WITH THE H1N1 FLU VIRUS**

(also available in French)

This resource provides information about how to help children understand and cope with the H1N1 flu virus. It includes information about how children express worry or fears and how parents/caregivers can help children. The resource highlights how to focus on what children can do to stay healthy and what to do if a child gets the H1N1 flu.

English: <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/hcch-aevgh-eng.php>French: <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/hcch-aevgh-fra.php>

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## VI. FEATURED BEST START RESOURCES

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### 25. **New!** CREATING CIRCLES OF SUPPORT FOR PREGNANT WOMEN AND NEW PARENTS: A MANUAL SUPPORTING WOMEN'S MENTAL HEALTH IN PREGNANCY AND POSTPARTUM

Screening, assessment, and treatment of women with mood and anxiety issues during the perinatal period has gained momentum in Ontario over the last few years. Support has been recognized as an integral part of prevention and recovery. Many agencies aim to provide support to pregnant women, new mothers, and their families. This manual (Best Start Resource Centre, 2009) is intended for health and social service providers working with pregnant women, new mothers, and their families. It looks at defining support and the circle of support women need during the perinatal period. It provides evidence and ideas from the literature and practice on how to help women create their own circle of support. A helpful **template** to assist service providers and their clients identify their circle of support can be downloaded as well.

<http://www.beststart.org/resources/ppmd/index.html>

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## VII. JOB POSTING

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### 26. EXECUTIVE DIRECTOR: CHOICE IN HEALTH CLINIC

Location: Toronto, ON

The Executive Director is responsible for providing leadership and overall day to day management of service delivery systems, programming, financial, personnel, fundraising, and public relations for Choice in Health Clinic. The closing date for the position is January 22, 2010.

<http://www.choiceinhealth.ca/Page.asp?IdPage=8486&WebAddress=choiceinhealth>

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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.opc.on.ca/>

## In French:

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