

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

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I. NEWS & VIEWS

ONTARIO

1. SNEAKY MAKES FITNESS FUN

Missy Chase Lapine is known as the “Sneaky Mom” who made her mark with recipes that put health foods (spinach, oat bran, wheat germ) in the foods children like to eat (spaghetti and meatballs). She has applied this logic to physical activity: “I realized that eating is only half the battle... You've got to get the kids moving as well”. She wrote a book with 100 ideas (e.g., puddle-jumping on rainy days) for physical activities. When asked if her books are about tricking children into nutrition and fitness, she said that “it’s not really tricking them, it’s just making healthy food and activities kid-friendly”.

<http://www.parentcentral.ca/parent/newsfeatures/article/756253--sneaky-makes-fitness-fun>

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).

- CYBEX Umbrella Strollers: Hinge mechanism poses a fingertip amputation and laceration hazard to the child when the consumer is folding and unfolding the stroller.
- Graco Strollers distributed by Elfe Juvenile Products: Hinges on the stroller's canopy pose a fingertip amputation and laceration hazard to the child when the consumer is opening or closing the canopy.
- Safety 1st and Dorel Drop-Side Cribs: Drop-side plastic hardware can break or deform. In addition, the drop-side can be installed upside-down, which can result in broken or disengaged plastic parts. All of these problems can cause the drop-side to detach in one or more corners. When the drop-side detaches, it creates space between the drop-side and the crib mattress. The bodies of infants and toddlers can become entrapped in the space which can lead to suffocation. Complete detachment of drop-sides can lead to falls from the crib.
- Toddler Hooded Kimono Robe by Bamboobino: Does not meet the flammability requirements for children's sleepwear under Canadian law.
- Roman Shades and Roll-Up Blinds from JCPenney: Strangulation can occur when a child places their neck between the exposed inner cord and the fabric of the blind, or when a child pulls the cord out and wraps it around their neck.
- Caramia “Diane” Drop-Side Crib: Wooden slats on the crib's drop-side can detach, creating a gap that can pose entrapment and fall hazards to infants and toddlers.
- Barious Children’s Pyjama Sets: Do not meet flammability requirements for children's sleepwear under Canadian law.
- Children’s Sleepwear made by Little Miss Matched: Does not meet the design and flammability requirements for children's sleepwear under Canadian law.
- Roman Shades sold by Walmart Canada: Strangulations can occur when a child places their neck between the exposed inner cord and the fabric on the backside of the blind, or when a child pulls the cord out and wraps it around their neck.

English: http://healthycanadians.gc.ca/pr-rp/pr-rp_e.php

French: http://healthycanadians.gc.ca/pr-rp/pr-rp_f.php

- Health Canada Advises Consumers of Lead and Cadmium Hazard in Children's Jewellery

Neighs: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2010/2010_07-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2010/2010_07-fra.php

- Health Canada Reminds Canadians to Exercise Caution When Using Strollers with Hinge Mechanisms

English: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2010/2010_10-eng.php

French: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2010/2010_10-fra.php

3. CANADA SAYS G8 TO FOCUS ON MATERNAL, CHILD HEALTH

In an editorial published January 26, 2010, Prime Minister Stephen Harper said that Canada will use its presidency of the Group of Eight leading nations to push for improvements in maternal and child health in poor countries. He said that it is unacceptable that 500,000 women die in pregnancy or childbirth every year and that 9 million children die before their fifth birthday.

<http://www.nationalpost.com/life/health/story.html?id=f2d33af4-e55b-4c02-b42e-e09da5fa79bc>

4. CANADA GETS AGREEMENT FROM HAITI TO EVACUATE ADOPTED CHILDREN

(also available in French)

The Government of Haiti has given its agreement to bring 154 adopted children to Canada (Government of Canada, 2010, January 22). Of the 154 adoption cases, 86 were at an advanced stage in the process so they will be brought to Canada in the coming days. The remaining cases were at a more preliminary level in the adoption process and the Government of Canada is working with provincial and territorial governments, and child welfare agencies to expedite the process.

English: <http://news.gc.ca/web/article-eng.do?m=/index&nid=507659>

French: <http://nouvelles.gc.ca/web/article-fra.do?m=/index&nid=507659>

INTERNATIONAL

5. ANTIDEPRESSANTS LINKED TO BREASTFEEDING DELAY

A study to be released in February in the Journal of Clinical Endocrinology & Metabolism found that the Selective Serotonin Reuptake Inhibitors or SSRI type of antidepressants such as Prozac and Paxil may be linked with a delay in the start of full milk secretion (CBC News, 2010, January 27). The study examined the milk production of 431 new mothers and found that the average onset of lactation was 85.8 hours postpartum for the SSRI-treated mothers and 69.1 hours for the mothers not treated with SSRI drugs. They defined a delay as 72 hours after birth. Study co-author Nelson Horseman of the University of Cincinnati explains that SSRI drugs that can affect mood, emotion and sleep, also "impact serotonin regulation in the breast, placing new mothers at greater risk of a delay in the establishment of a full milk supply...SSRI drugs are very helpful medications for many moms, so understanding and ameliorating difficulties moms experience can help them achieve their goals for breastfeeding their babies" (CBC News, 2010, January 27).

<http://www.cbc.ca/health/story/2010/01/27/breastfeed-antidepressant-ssri.html>

II. RECENT REPORTS AND RESEARCH RESULTS

ONTARIO

6. PRECONCEPTION HEALTH: AWARENESS AND BEHAVIOURS IN ONTARIO

This report (Best Start Resource Centre, 2009) shares the results of a survey of preconception knowledge and behaviours of men and women of child bearing age in Ontario. It reviews trends over time and makes recommendations relevant to local and provincial preconception initiatives.

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

7. PRECONCEPTION HEALTH: PUBLIC HEALTH INITIATIVES IN ONTARIO

This report (Best Start Resource Centre, 2009) shares the results of a survey of preconception health initiatives completed by public health departments across Ontario, discusses the context of the information and makes recommendations relevant to local and provincial preconception initiatives.

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

8. PRECONCEPTION HEALTH: PHYSICIAN PRACTICES IN ONTARIO

This report (Best Start Resource Centre, 2009) shares information about the preconception care provided by family physicians in Ontario. Survey results are provided and discussed, along with recommendations. This survey and report was developed in collaboration with Motherisk.

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

9. REVISED CURRICULUM FOR HEALTH AND PHYSICAL EDUCATION

The government of Ontario (2010, January 18) released the revised curriculum for health and physical education for grades 1-8. It is based on the vision that the knowledge and skills acquired in the program will benefit students throughout their lives and help them to thrive in an ever-changing world by enabling them to acquire physical and health literacy and to develop the comprehension, capacity, and commitment needed to lead healthy, active lives, and to promote healthy, active living (Physical & Health Education Canada, 2010).

<http://www.edu.gov.on.ca/eng/curriculum/elementary/health18curr2010.pdf>

CANADA

10. BIRTH OUTCOMES IN THE INUIT-INHABITED AREAS OF CANADA

This study looked at 13,642 births to residents of Inuit-inhabited areas and 4,054,489 births to residents of all other areas. The findings indicate that the Inuit-inhabited areas had much higher rates of preterm birth, stillbirth, and infant death compared with the rest of Canada and with other rural and northern areas. The researchers conclude that there is an urgent need for more effective interventions to improve maternal and infant health in Inuit-inhabited areas including: (1) programs to reduce smoking, raise awareness about the dangers of second-hand smoke, and encourage breastfeeding; (2) "back to sleep" campaigns to educate mothers to place babies on their backs to avoid Sudden Infant Death Syndrome; (3) investments in improved socio-economic and living conditions; and (4) more research to test whether there is a cause-and-effect relationship between exposure to environmental contaminants from eating marine mammals and fish and the elevated risk of infant death from birth defects (CBC News, 2010, January 25).

Abstract:

http://www.cmaj.ca/cgi/content/abstract/cmaj.082042v1?ijkey=fd57cead437e564d008ce0334e3a3ff1af4e06d6&keytype=tf_ipsecsha

News article: <http://www.cbc.ca/canada/montreal/story/2010/01/25/inuit-children-hungry-mcgill.html?ref=rss>

III. CURRENT INITIATIVES

11. PROJECT THAT WILL HELP PREGNANT WOMEN QUIT SMOKING.

(also available in French)

The Government of Canada (2010, January 21) announced over \$245,000 in funding to the British Columbia Centre of Excellence for Women's Health for a project that will help encourage tobacco cessation among pregnant women. The project, "Knowledge translation on Smoking Reduction and Cessation Interventions for Pregnant and Postpartum Girls and Women", aims to provide evidence of effective approaches and develop practical tools for health professionals to help pregnant women and new mothers to quit smoking.

English: <http://news.gc.ca/web/article-eng.do?m=/index&nid=507399>

French: <http://nouvelles.gc.ca/web/article-fra.do?m=/index&nid=507399>

12. THE NEXT STAGE: DELIVERING TOBACCO PREVENTION AND CESSATION KNOWLEDGE THROUGH PUBLIC HEALTH NETWORKS

(also available in French)

The Government of Canada (2010, January 20) announced just over \$630,000 in funding to the Canadian Public Health Association for a project that will help increase engagement of public health practitioners across Canada in tobacco use reduction initiatives. The project will help integrate tobacco use reduction information into public health curriculum at post-secondary institutions, establish an online forum for public health practitioners, and establish a national public health approach to tobacco use reduction.

English: <http://news.gc.ca/web/article-eng.do?m=/index&nid=507309>

French: <http://nouvelles.gc.ca/web/article-fra.do?m=/index&nid=507309>

13. NATIONAL PROGRAM ON MATERNAL DEPRESSION TO INCREASE AWARENESS AND AID DETECTION

(also available in French)

The Government of Canada (2010, January 26) announced an investment of \$298,200 in the Beyond the Baby Blues project to be run out of Mosaic Counselling and Family Services in Kitchener. It will address the links between maternal depression and other issues including poverty, teen pregnancy, isolation and family violence. The project will include working with mental health researchers and professionals through a National Advisory Committee. The experts will review current information and develop maternal depression screening and research tools. The project will also work with mothers who are experiencing or have experienced maternal depression. The deliverables include an increased awareness of maternal depression, better support tools for women experiencing the condition and training for project staff. It will also identify and develop screening and research tools (Government of Canada, 2010, January 26).

English: <http://news.gc.ca/web/article-eng.do?m=/index&nid=508349>

French: <http://nouvelles.gc.ca/web/article-fra.do?m=/index&nid=508349>

IV. UPCOMING EVENTS

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>

ONTARIO

14. 2010 NORTHERN CHILD ABUSE CONFERENCE

February 25, 2010: Sault Ste. Marie, ON

Hosted by: Algoma Family Services, the Sault Area Hospital Sexual Assault Care Centre, and the Algoma Council on Domestic Violence

<http://www.csih.org/en/conference/program.asp>

15. ANISHINAABEWIN: MODES OF KNOWLEDGE, WAYS OF LIFE

February 26-27, 2010: Sudbury, ON

Hosted by: Ojibwe Cultural Foundation

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

16. INAUGURAL MEETING OF THE SAULT STE. MARIE ABORIGINAL CIRCLE (SSMAC)

March 10, 2010: Garden River Community Centre, Sault Ste. Marie, ON

Hosted by: SSMAC

For more information contact Barbara Goodfellow at bwardlaw@fpnpoc.ca

17. TRAINING THE TRAINERS OF FAMILY HOME VISITORS

April 6-8, 2010: Mississauga, ON

Hosted by: Invest in Kids

<http://www.investinkids.ca/professionals/professional-education/training-for-professionals.aspx>

18. ENGAGING FAMILIES INSTITUTE

April 9, 2010: Mississauga, ON

Hosted by: Invest in Kids

<http://www.investinkids.ca/professionals/professional-education/training-for-professionals.aspx>

19. CANADIAN CONFERENCE ON GLOBAL HEALTH (CCGH)

October 31-November 3, 2010: Ottawa, ON

Hosted by: The Canadian Society for International Health (CSIH)

<http://www.csih.org/en/conference/program.asp>

CANADA**20. WOMEN'S AND CHILDREN'S HEALTH**

March 18-19, 2010: Regina, SK

Hosted by: University of Saskatchewan and Regina Qu'Appelle Health Region

<http://www.usask.ca/nursing/cne/perinatal/docs/POGO2010Gd1.pdf>

21. IT TAKES A UNIVERSITY: CHILDCARE AND POSTSECONDARY EDUCATION

May 21-22, 2010: Vancouver, BC

Hosted by: Alma Mater Society of UBC Vancouver (AMS), UBC Vancouver Graduate Students Society (GSS), and the Antigone Foundation

<http://childcareconference.wordpress.com/about/>

22. HEALTH AND WELLBEING IN CHILDREN, YOUTH, AND ADULTS WITH DEVELOPMENTAL DISABILITIES: AUTISM, INTELLECTUAL DISABILITIES, AND OTHER NEURODEVELOPMENTAL DISORDERS

September 30-October 1, 2010: Vancouver, BC

Hosted by: Interprofessional Continuing Education in collaboration with Community Living British Columbia

http://www.interprofessional.ubc.ca/Brochures/AdvNot_Health_and_Wellbeing.pdf

V. RESOURCES

23. SUPPORTING ABORIGINAL PARENTS

This resource is a strengths-based summary and review of reports and literature on Aboriginal parenting practices. It was released in March 2009 at the National Collaborating Centre for Aboriginal Health's (NCCA) National Showcase on Aboriginal Childrearing: "Messages from the Heart: Caring for Our Children and Families".

<http://www.nccah-ccnsa.ca/downloads/NCCA-supportingaboriginalparents-web-april2009.pdf>

VI. FEATURED BEST START RESOURCES

24. BREASTFEEDING WEBCOURSE

This free, online breastfeeding course (Best Start Resource Centre, 2009) is designed for staff and volunteers of community agencies and hospitals who work with prenatal women or new families. The goal of the course is to enable health and social service providers, volunteers, and individuals who work with pregnant women or new families to protect, promote, and support breastfeeding. It is divided into 7 short modules. The entire course will take about 1 – 1 1/2 hours to complete. A certificate of completion will be provided upon request and when the "test your knowledge" sections have been passed.

<http://www.beststart.org/courses/>

25. MY CHILD AND I – ATTACHMENT FOR LIFE

(also available in French)

This is a resource for parents of children aged 0-3 to help them understand the principles of attachment and learn ways to promote attachment. Activities are suggested for each age group.

English: http://www.beststart.org/resources/hlthy_chld_dev/index.html

French: http://www.meilleurdepart.org/resources/develop_enfants/index.html

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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.meilleurdepart.org/index_fr.html
- **Le Bloc-Notes** – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>