

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

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I. NEWS & VIEWS

ONTARIO

1. PREMIER ANNOUNCES CHANGES TO ONTARIO CABINET

(also available in French)

Premier Dalton McGuinty announced several changes to the Ontario cabinet. He accepted the resignation of David Caplan as Minister of Health and announced Deb Matthews as the new Minister of Health and Long-Term Care and Laurel Broten as Ontario's Minister of Children and Youth Services and Minister Responsible for Women's Issues. Minister Matthews' mandate will be to achieve lower wait times in emergency rooms for Ontarians, improve care for diabetics, and get more Ontario families access to a doctor, nurse, or nurse practitioner. Minister Broten will be focusing on improving the lives of children and youth by reducing child poverty and getting all children off to the best start in life.

News: <http://www.premier.gov.on.ca/news/event.php?ItemID=9301&Lang=EN>

French: <http://www.premier.gov.on.ca/news/event.php?ItemID=9300&Lang=Fr>

Biographies of Ontario Cabinet members: <http://www.premier.gov.on.ca/team/default.asp?Lang=EN>

French: <http://www.premier.gov.on.ca/team/default.asp?Lang=FR>

2. I'M TOO OLD TO GET PREGNANT

This article is about a 56-year-old man diagnosed as infertile who meets a 44-year-old woman. The couple was not using birth control and the woman, who thought she was in menopause, accidentally got pregnant. According to the Guttmacher Institute, a New York-based non-profit research centre that tracks reproductive trends, almost 40% of pregnancies in women over 40 are unintended. Wendy Wolfman, an obstetrician-gynaecologist at Mount Sinai Hospital and an associate professor at the University of Toronto explains: "some women over 40 can get sort of sloppy [with contraception] because they don't think they can get pregnant". The Guttmacher Institute reports that 16 in 1,000 women over 40 become pregnant.

<http://www.theglobeandmail.com/life/family-and-relationships/im-too-old-to-get-pregnant/article1294816/>

CANADA

3. 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).

- Rattle Toy in 21 Piece Infant Gift Set: Key-shaped toy rattles can pose a choking hazard.

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

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

4. RESEARCHERS STUDY HOW DIET DURING PREGNANCY IMPACTS MOM AND BABY

Researchers at Alberta Children's Hospital in Calgary are studying how nutrition affects the development and health of pregnant women and their babies. The research team hopes to follow 10,000 pregnant women in Calgary and Edmonton. They will examine women's records of what they eat and blood samples of their nutrient status in order to determine how nutrients impact the physical and mental health of mothers and their babies on a microscopic level. Bonnie Kaplan of the University of Calgary notes: "For women we are interested in depression and anxiety throughout pregnancy, so not just post partum but perinatal depression and anxiety as well".

<http://parentcentral.ca/parent/article/700351>

5. TELEVISION ADVERTISING ON INFECTION PREVENTION IN PARTNERSHIP WITH PROVINCES AND TERRITORIES

(also available in French)

The Government of Canada, in partnership with provincial and territorial governments (2009), launched a television ad promoting infection prevention behaviours to prevent the spread of H1N1 and flu. The advertisement suggests that Canadians wash their hands, cough into their arm, and keep common surfaces clean to prevent the spread of H1N1 and flu.

News release: http://www.phac-aspc.gc.ca/media/nr-rp/2009/2009_0921-eng.php

French: http://www.phac-aspc.gc.ca/media/nr-rp/2009/2009_0921-fra.php

TV ad: http://www.phac-aspc.gc.ca/alert-alerte/h1n1/tele_ad-eng.php

French: http://www.phac-aspc.gc.ca/alert-alerte/h1n1/tele_ad-fra.php

II. RECENT REPORTS AND RESEARCH RESULTS

CANADA

6. PROFILES OF FATHERS IN CANADA

This report (Ravanera, 2008) provides information about fathers in Canada based on the 2001 Canadian Census data. Some key data is highlighted on the Father Involvement Research Alliance (FIRA) (2009) website such as: "(1) 38% of Canadian men between ages 15 and 64 are fathers living with dependent children; (2) 25% of Canadian fathers were born outside of Canada; (3) of the Canadian teen fathers who reside with their children, 58% are single parents (most teen fathers do not reside with their children); and (4) Canadian lone fathers are, on average, significantly less well off than their married and common-law counterparts" (FIRA Newsletter, 2009).

FIRA article: <http://fira.ca/article.php?id=66>

Report: http://fira.ca/cms/documents/204/Profiles_of_Fathers_in_Canada.pdf

7. ABORIGINAL MATERNAL AND INFANT HEALTH IN CANADA: REVIEW OF ON-RESERVE PROGRAMMING

Stout and Harp (2009) reviewed existing maternal and infant health programs and guidelines as administered under the First Nations and Inuit Health Branch. The goal of the paper is to help assess the extent to which populations may be under-served or un-served by current Aboriginal maternal and infant programming, and highlight where further spending could lead to better health outcomes for a greater number of people. The authors found improvements in most cases over the years but varying levels of gaps in service for the following programs: Canada Prenatal Nutrition Program; Fetal Alcohol Spectrum Disorder Program; Maternal Child Health; Targeted Immunization Strategy; and the Children's Oral Health Initiative. Recommendations for future consideration to address these gaps in service are provided.

http://www.pwhce.ca/pdf/AborigMaternal_programmes.pdf

8. MATERNAL AND INFANT HEALTH AND THE PHYSICAL ENVIRONMENT OF FIRST NATIONS AND INUIT COMMUNITIES: A SUMMARY REVIEW

This summary review (Stout, Stout, & Harp, 2009) examined and consolidated the available literature on environmental threats to First Nations and Inuit maternal health in order to identify priorities for future research. It includes information about the nature of environmental threats and effects. Preliminary recommendations include conducting further research on the physical environmental risks for maternal and infant health. The following areas were identified as priorities for future research about how they specifically act to affect the health of First Nations and Inuit women and their infant children: (1) environmental contaminants (e.g., contamination of traditional foods); (2) resource development, including mining and hydro-electricity; (3) waste disposal, including nuclear waste; (4) climate change; (5) household mold; and (6) drinking water quality.

Report: http://www.pwhce.ca/pdf/AborigMaternal_environment.pdf

Accompanying appendix: http://www.pwhce.ca/pdf/AborigMaternal_Appendix.pdf

INTERNATIONAL

9. INTERVENTIONS FOR PROMOTING SMOKING CESSATION DURING PREGNANCY

This systematic review (Lumley, Chamberlain, Dowswell, Oliver, Oakley, & Watson, 2009) assessed the effects of smoking cessation interventions during pregnancy on smoking behaviour and perinatal health outcomes. The review of trials found a total of 72 controlled trials involving over 25,000 women. Based on their analysis, the authors concluded that smoking cessation interventions in pregnancy reduce the proportion of women who continue to smoke in late pregnancy (overall by approximately 6%), and reduce low birth weight and preterm birth. “The most effective intervention appeared to be providing incentives, which helped around 24% of women to quit smoking during pregnancy” (Lumley et al., 2009). They highlight that smoking cessation interventions in pregnancy need to be implemented in all maternity care settings and population-based measures to reduce smoking and social inequalities should be supported.

http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD001055/pdf_fs.html

10. NURTURING PARENTING CAPABILITY: THE EARLY YEARS

This report (Gutman, Brown, & Akerman, 2009) focuses on parenting from babyhood to early childhood. Previous research is explored to examine the importance of parenting in the early years; define good parenting in the early years; and discuss the determinants of parenting in the early years. The second part of the report uses data from the Avon Longitudinal Study of Parents and Children to examine whether the individual characteristics of mothers and children, and factors such as mothers' social networks and marital relations, predict certain types of parenting behaviours.

<http://www.learningbenefits.net/Publications/ResReps/ResRep30.pdf>

III. CURRENT INITIATIVES

11. INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY: CHILDREN AND FAMILIES SPEAK OUT AGAINST POVERTY

The 2009 *International Day for the Eradication of Poverty* is in recognition of the upcoming 20th anniversary of the Convention on the Rights of the Child. The 2009 observance on October 19th focuses

on the plight of children and families living in poverty and the need to fulfill children's rights in partnership with them and in keeping with the Convention.

<http://www.un.org/esa/socdev/social/intldays/IntlDay/2009intlday.html>

12. LEARNING DISABILITIES AWARENESS MONTH

Learning Disabilities Awareness Month aims to raise public awareness of learning disabilities and promote their early identification, diagnosis, and treatment (Government of Canada, 2009).

English: <http://www.ldac-taac.ca/LDMonth/welcome-e.asp>

French: <http://www.ldac-taac.ca/LDMonth/welcome-f.asp>

13. SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH

Sudden Infant Death Syndrome (SIDS) Awareness Month aims to promote public awareness of this syndrome and to raise funds for research into its causes and cure (Government of Canada, 2009).

<http://www.sidscanada.org/>

14. MENTAL ILLNESS AWARENESS WEEK: OCTOBER 4 TO OCTOBER 10

(also available in French)

Mental Illness Awareness Week aims to raise public awareness of mental illness in Canada (Government of Canada, 2009).

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

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

15. THE MINISTER OF HEALTH'S 10-YEAR MENTAL HEALTH AND ADDICTIONS STRATEGY

October 21, 2009: Toronto, ON

Hosted by: Echo and the Ontario Women's Health Network

To register: please contact OWHN at owhn@owhn.on.ca or call at 416-408-4840 no later than October 16, 2009.

<http://www.beststart.org/events/otherevents.php>

16. RETHINKING RURAL HEALTH CARE: INNOVATIONS MAKING A DIFFERENCE

November 5, 2009: Stratford, ON

Hosted by: The Ontario Rural Council

<http://www.torc.on.ca/index.shtml>

17. THE PREMIER FAMILY MEDICINE CONFERENCE IN ONTARIO: 47TH ANNUAL SCIENTIFIC ASSEMBLY

November 26-28, 2009: Toronto, ON

Hosted by: Ontario College of Family Physicians

<http://www.ocfp.on.ca/english/OCFP/annual%20scientific%20assembly/default.asp?s=1>

18. KEYS TO QUALITY: INVESTING IN EXCELLENCE – SHAPING THE FUTURE OF QUALITY IN CHILD WELFARE BY MEETING TODAY’S CHALLENGES AND BUILDING TOMORROW’S CONFIDENCE

December 1-2, 2009: Toronto, ON

Hosted by: Ontario Association of Children’s Aid Societies

<http://www.oacas.org/keystoquality/>

19. SYMPOSIUM ON “PARENTING WITH A DISABILITY AND THE LEGAL SYSTEM”

February 3, 2010: Toronto, ON

Hosted by: Ethno-racial People with Disabilities Coalition of Ontario (ERDCO) in collaboration with ARCH Disability Law Centre and the Law Society of Upper Canada, and their Community Partners

If you are an ethno-racial parent with a disability or a legal expert with something to say about this topic, and would like to participate in the symposium program, please email your biography and topic outline to rkhedr@diversityworx.com by October 19, 2009.

CANADA

20. BREASTFEEDING SUCCESS: MORE THAN A GOOD LATCH

Presentations include: *Supporting The Mental Health of Breastfeeding Mothers and Babies and Feeding – How Hard Can It Be?*

November 7, 2009: Calgary, AB

Hosted by: Calgary Breastfeeding Matters Group

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

21. CANADIAN CENTRE ON SUBSTANCE ABUSE (CCSA) NATIONAL CONFERENCE

November 15-18, 2009: Halifax, NS

Hosted by: CCSA

English: <http://www.issuesofsubstance.ca/Eng/Registration/Pages/default.aspx>

French: <http://www.issuesofsubstance.ca/fra/registration/pages/default.aspx>

V. RESOURCES

22. CARING FOR YOU AND YOUR BABY

(also available in French, Chinese, Farsi, Inuktitut, Korean, Punjabi, Russian, Spanish, Tagalog, and Urdu)

This resource (Canadian Public Health Association, 2009) is a practical guide for new mothers with babies from infancy through to toddler age. It includes Internet references and suggestions about where to get more details on certain subjects.

English: <http://you-and-your-baby.cpha.ca/>

French: <http://vous-et-votre-bebe.cpha.ca/>

23. BULLETIN ON TEMPERAMENT: TEMPERAMENT CHANNELS DEVELOPMENT, BUT IS NOT DESTINY

(also available in French)

The Canadian Council on Learning, Early Childhood Learning Knowledge Centre released a bulletin (Biovin, 2009, May) on temperament. It provides an overview of the impact of temperament on children’s development, emotional regulation, and resilience.

English: http://www.ccl-cca.ca/pdfs/ECLKC/bulletin/ECLKCVol4-2_EN.pdf

French: http://www.ccl-cca.ca/pdfs/ECLKC/bulletin/ECLKCVol4-2_fr.pdf

24. MY TOES FEEL LIKE SPAGHETTI: AN EXPLORATION OF RELAXATION STRATEGIES FOR PRESCHOOL CHILDREN

This report (Corniere, 2008-2009) provides an overview of a workshop that was presented at the *Expanding Horizons for the Early Years 2008 conference* in Toronto. It includes the successful outcomes of a Yukon-based project that teaches relaxation procedures such as breathing, progressive muscle relaxation, and yoga to 3- to 5-year-old children. Practical, hands-on activities for preschool children to encourage effective coping strategies are provided such as: (1) activities to help children learn to label and express their feelings; (2) fun ways to do deep breathing with children (e.g., pretending to blow up a balloon); (3) short, simple tense and relax activities for progressive muscle relaxation (e.g., spaghetti arms); and (4) yoga.

<http://www.sickkids.ca/pdfs/IMP/21461-52IMPReprint-Corniere.pdf>

25. MANAGING ASTHMA IN OUR SCHOOLS DVD AND RESOURCE PACKAGE

The *Managing Asthma In Our Schools DVD and Resource Package* aims to help create an asthma-friendly school by providing educators with knowledge to support students in managing their asthma independently, and by enhancing educators' understanding and confidence to respond to asthma-related situations (Ophea, 2009). The package includes: (1) *Managing Asthma In Our Schools DVD*; (2) four brochures from Ophea's Asthma Education Initiative (*Asthma in the Classroom: What Teachers Need to Know*; *Asthma and Physical Education: What Physical Educators and Coaches Need to Know*; *Asthma: Managing Real Life Situations, Practical Strategies for Teachers*; and *Daily Physical Activity is for Everyone: What Educators Need to Know about Daily Physical Activity and Asthma*); (3) *Creating Asthma Friendly Schools* brochure; (4) *Managing Asthma Episodes* poster from The Lung Association; and (5) *Student Asthma Management Plan Form* from the Lung Association.

<http://www.ophea.net/asthmaresandmat.cfm>

26. A COMPENDIUM OF POVERTY REDUCTION STRATEGIES AND FRAMEWORKS

The *Compendium* (Loewen, 2009) draws from the experiences of all members of the Vibrant Communities, a unique initiative that supports and links collaborations from over a dozen urban centers from across Canada experimenting with comprehensive and collaborative approaches to reduce poverty. This includes community collaborations from Surrey, B.C.'s Capital Region, Abbotsford, Edmonton, Calgary, Winnipeg, Waterloo, Hamilton, Niagara, Trois-Rivières, the Saint-Michel neighbourhood in Montreal, Saint John, and St. John's. The Poverty Compendium highlights 147 different strategies that could be employed in a poverty reduction effort and describes several frameworks that local collaborations have used in their own unique poverty reduction campaigns. Section C provides strategies directed at early childhood development.

http://tamarackcommunity.ca/downloads/vc/Poverty_Reduction_GL_042209.pdf

27. ONLINE CONTINUING MEDICAL EDUCATION COURSE – INFECTIOUS DISEASE OUTBREAKS: TOOLS AND STRATEGIES FOR FRONT-LINE CLINICIANS

(also available in French)

This online course is designed primarily for front-line clinicians, including family doctors, emergency physicians, paediatricians, nurses, nurse practitioners, and outpost nurses (Public Health Agency of Canada, Canadian Public Health Association and Professional Development & Conferencing Services, & Faculty of Medicine, Memorial University, 2009). An overview of best practices in preparedness, early detection, and response to notifiable and emerging infectious diseases are provided. It is evidence-based with links to provincial/territorial resources.

English: http://www.phac-aspc.gc.ca/outbreaks_course-cours_eclosions/index-eng.php

French: http://www.phac-aspc.gc.ca/outbreaks_course-cours_eclosions/index-fra.php

VI. FEATURED BEST START RESOURCES

The following resources are highlighted because of the International Day for the Eradication of Poverty in October. They may be helpful to service providers for working with pregnant women who live in difficult life situations.

28. THE IMPACT OF POVERTY ON PREGNANT WOMEN: A GUIDE FOR PROGRAM MANAGERS

This resource (Best Start Resource Centre, 2003) assists program managers in supporting their frontline staff that work with pregnant women living in poverty and adds to the resource "Reducing the Impact" (below).

http://www.beststart.org/resources/anti_poverty/pdf/prog_mgr_guide.pdf

29. REDUCING THE IMPACT: WORKING WITH PREGNANT WOMEN WHO LIVE IN DIFFICULT LIFE SITUATIONS

(also available in French)

This resource manual for service providers who work with pregnant women (Best Start Resource Centre, 2002) includes current research, strategies and recommendations, and references to further resources.

English: http://www.beststart.org/resources/anti_poverty/pdf/REDUCE.pdf

French: http://www.meilleurdepart.org/resources/socio/pdf/manual_fr_apr_final.pdf

30. SOCIOECONOMIC STATUS AND PREGNANCY FACT SHEETS

These fact sheets (Best Start Resource Centre, 2002) feature practical tips for service providers on issues related to social economic status and pregnancy including: poverty, pregnancy and culturally diverse women; helpful ways to work with pregnant women; food access issues; impact of violence on pregnant women; stats and facts about poverty and pregnancy; and poverty, pregnancy, and the determinants of health.

http://www.beststart.org/resources/anti_poverty/pdf/ses_factsheets.pdf

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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/>