



The MNCHP Bulletin is a monthly 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 and resources from around the world. Wherever possible, we include resources that are available for free.

**Please note that the Best Start Resource Centre does not endorse or recommend any events, training, resources, services, research or publications of other organizations.*

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I. News & Views

Ontario Passes Legislation to Strengthen Child Welfare and Improve Outcomes for Youth (available in French)

On June 1, 2017, Ontario passed new legislation that changes how the province provides services to children and youth in need of protection. Significant changes include: raising the age of protection from 16 to 18 to better support older youth; making services more inclusive and culturally appropriate for all children and youth; putting a greater focus on early intervention to prevent children and families from reaching crisis situations at home; and improving accountability and oversight of service providers.

Read the announcement in [English](#) or [French](#)

Legislation Promotes Equity for Racialized and Indigenous Peoples (available in French)

On June 1, 2017, Ontario passed legislation aimed at working against systemic racism through a number of different strategies. “The Anti-Racism Act, 2017 strengthens the

government's commitment to identify and combat systemic racism in policies, programs and services and build a fair society where everyone is provided equal opportunity" (Ontario, 2017).

Read the announcement in [English](#) or [French](#)

Link Between Diet Drinks During Pregnancy and High Birth Weight

This article (CTV News 2017) describes results from a new study that shows that women with gestational diabetes who drink at least one diet drink per day while pregnant are 60% more likely to have an infant with high birth weight than women who never drank artificially sweetened drinks. This study shows that the trend of higher weight continues into childhood. When children reached age seven those who were “born to mothers with gestational diabetes who drank at least one artificially sweetened drink per day were almost twice as likely to be overweight or obese”.

Read the [article](#) and [abstract](#)

II. Recent Reports & Research

Policy at Play: The Implementation of Healthy Eating and Active Living Guidelines in Municipal Child Care Settings

(McKay & Sherry 2016)

ABSTRACT

Background:

In 2012, Ottawa Public Health (OPH) partnered with the City of Ottawa Municipal Child Care (MCC) Services to develop Healthy Eating and Active Living (HEAL) Guidelines.

Setting:

The Guidelines aim to promote consistent standards of practice in child care settings related to healthy environments and food, physical activity, physical literacy, decreased sedentary behaviours, and positive role modeling by staff. The Guidelines targeted 498 children aged 18 months to 5 years, attending MCC centres. Resources and training were provided to 10 supervisors, 63 child care educators and 9 cooks.

Intervention:

Components of the Guidelines were piloted in 5 MCC sites prior to being launched in 10 MCC sites across Ottawa, Ontario. Two project Advisory Groups supported the development of the Guidelines. Staff training, resources, recipes and menus were provided. An evaluation was conducted and has informed the Guidelines' subsequent community implementation. In 2015, accompanying web-based resources and e-modules were developed.

Outcomes:

The evaluation demonstrated environmental and programming changes. Parent satisfaction was high and preliminary findings showed no real changes in food costs. Following implementation, the cooks reported high compliance to the 6-week menu plans provided, and the number of sites offering 120 minutes or more of daily physical activity increased.

Implications:

Through novel intersectoral partnerships, OPH was able to implement and evaluate HEAL Guidelines in tandem. The interdisciplinary project Advisory Groups, training of cooks, and engagement of the Ontario Coaches Association were all innovative elements of this project and may influence future public health activity in this area.

Read the [article](#)

Promoting Children’s Health: Toward a Consensus Statement on Food Literacy*
(Truman et al. 2017)

ABSTRACT

This consensus statement reflects the views of a diverse group of stakeholders convened to explore the concept of “food literacy” as it relates to children’s health. Evidence-based conceptions of food literacy are needed in light of the term’s popularity in health promotion and educational interventions designed to increase food skills and knowledge that contribute to overall health. Informed by a comprehensive scoping review that identified seven main themes of food literacy, meeting participants ranked those themes in terms of importance. Discussions highlighted two key points in conceptualizing food literacy: the need to recognize varying food skill and knowledge levels, and the need to recognize critical food contexts. From these discussions, meeting participants created two working definitions of food literacy, as well as the alternative conception of “radical food literacy”. They conclude that multiple literacies in relation to food skills and knowledge are needed, and underline the importance of ongoing dialogue in this emergent area of research.

Read the [article](#)

Preconception Care: The Next Frontier for Improving Maternal-Child Health Care*
(Genuis & Genuis 2017)

Highlights:

- Exposure to chemical toxicants is widespread and increasingly threatens maternal and fetal health.
- Preconception care provides guidance regarding determinants of healthy gestation including toxicant avoidance.
- Preconception care is required at a population and individual level in order to advance maternal and child health.

Read the [article](#)

The Mental Health of Children and Youth in Ontario: 2017 Scorecard (summary available in French)

(MHASEF Research Team, with a contribution by the Ministry of Children and Youth Services 2017)

EXCERPT:

The report, entitled *The Mental Health of Children and Youth in Ontario: 2017 Scorecard*, was recently released by the Institute for Clinical Evaluative Sciences (ICES). It provides updated insights into the performance and utilization patterns of child and youth mental health and addictions services in Ontario. The new report serves as an update to ICES' 2015, comprehensive baseline scorecard report, which provided a first look at the system performance of this healthcare sector.

Read the full report in [English](#) or the summary in [French](#)

The Public Health Implications of the Legalization of Recreational Cannabis
(The Ontario Public Health Association 2017)

EXCERPT:

The Ontario Public Health Association (OPHA) is a member-based, not-for-profit association that provides leadership on issues affecting the public's health and strengthens the impact of those who are active in public and community health throughout Ontario. OPHA has multiple active work groups and task forces that focus on particular public health issues. OPHA's Cannabis Task Group has focused on developing a comprehensive analysis and literature review to inform the development of a policy position statement on the public health impacts of the upcoming legalization of cannabis in Ontario and Canada. Specific reference and considerations were paid to the context, populations, potential challenges and health equity as they relate to Ontario.

Read the full [report](#)

Paving the Path to Connected Care: Strengthening the Interface Between Primary Care and Community-based Child and Youth Mental Health Services (available in French)
(Cappelli & Leon 2017)

In *Paving the Path to Connected Care: Strengthening the Interface Between Primary Care and Community-based Child and Youth Mental Health Services*, principal investigators, Mario Cappelli and Stephanie L. Leon examine the latest literature and evidence-informed practices to highlight the knowledge and first-hand experience of youth, families, service providers, and other stakeholders. With system transformation underway, they argue that the timing is right to move forward with the policy recommendations in this paper and to establish collaborative and integrated care partnerships to improve access to care, quality of care, and mental health outcomes of children and youth across the province.

Read the full paper in [English](#) or [French](#)

III. Current Initiatives

Call for Proposals: Services for Refugees and Vulnerable Newcomers (available in French)

Through this Call for Proposals, applicants may apply for funding to enhance targeted services for refugees, refugee claimants, and other newcomers with intensive employment, health and mental health needs.

Review the grant application in [English](#) or [French](#)

Launching the Health Rights and Responsibilities Project

The Young Canadians Roundtable on Health (YRCH) has announced the launch of the Health Rights and Responsibilities Project along with the release of the review, Youth Health Rights in Canada. The Health Rights and Responsibilities Project looks at health rights across Canada and helps to encourage advocacy and participation in promoting youth health rights.

In addition to the project, the review, “Youth Health Rights in Canada” is a summary of a legal review that outlines the legal rights of young Canadians with respect to health, and identifies gaps and systemic inconsistencies facing Canadian youth. With these findings, the YCRH is currently hosting focus groups across the country to gain a deeper understanding of youths’ knowledge of their rights and to learn about their experiences in accessing health care in Canada.

[Access the resource and find out more](#)

Call for Abstracts - Healthy Mothers and Healthy Babies 2018

The Healthy Mothers and Healthy Babies Conference 2018, hosted by Perinatal Services BC (March 1-2, 2018) has put out a call for abstracts. This conference will bring together a range of health care professionals looking to provide the best care possible to ensure healthy mothers and babies. This conference will focus on patient involvement in both research and care.

[Learn more](#)

IV. Upcoming Events

Canadian Evaluation Society - Essential Skills Series

July 17, 2017: Toronto

This 4-day course was developed by the Canadian Evaluation Society to provide participants with a basic understanding of the main models and practices associated with the profession of evaluation. Participants will gain basic levels of knowledge, skill and appreciation with respect to the essential elements of evaluation, equipping them to enter and participate in the evaluation field and develop as evaluation professionals.

[Register](#)

Breastfeeding Workshop - The Children's Hospital of Eastern Ontario

July 25, 2017: Ottawa

The Children's Hospital of Eastern Ontario is hosting a breastfeeding workshop for all practitioners involved in the care of mothers and newborns in the community. This workshop will cover a range of topics including the physiological aspects of breastfeeding, principles for successful breastfeeding, and how to support difficulties in breastfeeding.

[Register](#)

Compassion Fatigue – Ontario Municipal Social Services Association

September 19-20, 2017: Toronto

This workshop will help to address compassion fatigue in its various forms, including: vicarious trauma, burnout, moral distress, frustration or stress which can lead to people becoming negative, cynical, avoiding clients, calling in sick often, contributing to declining morale or leaving the profession. This will be an interactive two day session defines and assesses participants' Compassion Fatigue and shares tools to deal with it.

Learn [more](#)

Perinatal Mood Disorders: Building Communities Supporting Wellness

October 18, 2017: Burlington

The Central West Perinatal Mood Disorders Network is hosting keynote speakers Dr. Cindy Lee Dennis and Dr. Ryan Van Lieshout. Panelists will discuss community initiatives in the morning and lived experiences in the afternoon.

[Register](#)

30th Anniversary of Health Promotion Ontario Conference

November 23, 2017: Toronto

Health Promotion Ontario is hosting a conference for students, practitioners and researchers to come together and discuss issues and ideas in and around the field of health promotion. This year's conference theme is the celebration of 30 years of health promotion in Ontario. The organizer invites presentations and workshops that:

- Apply our Pan-Canadian Health Promoter Competencies into action
- Identify challenges, lessons learned and potential solutions for applying Pan-Canadian Health Promoter Competencies effectively
- Provide opportunities for attendees to participate, build skills and network

Learn [more](#) or submit an [abstract](#)

The 8th International Research Conference on Adolescents and Adults with Fetal Alcohol Spectrum Disorder (FASD): Review, Respond and Relate – Integrating Research, Policy and Practice Around the World

April 18-21, 2018: Vancouver

This conference will focus on addressing issues related to research on adolescents and adults with FASD. This is an area with little research, but increasing relevance as the population ages. This conference welcomes professionals, researchers, students, families

and individuals with FASD.

Learn [more](#) or submit an [abstract](#)

V. Resources

A Review of Commercially Produced Jars and Pouches of Baby Foods Marketed in the UK

This new report (First Steps Nutrition Trust 2017) examines commercially produced baby foods marketed for infants less than 12 months of age in the UK by the four largest manufacturers. It considers how well these support the guidance on introduction of solids and looks at composition, cost, texture and ingredients. A comparison of some homemade versions of baby food with commercially bought ones is also provided, along with answers to some FAQ that health professionals may be asked about these products.

[Learn more](#)

Fact Sheets on Food Insecurity

PROOF is an interdisciplinary research team investigating household food insecurity in Canada. PROOF has just published the latest in their series of fact sheets on food insecurity in Canada. This fact sheet is on the extreme vulnerability of social assistance recipients to food insecurity.

[Read more](#)

Backyard Safety – Health Canada

As summer starts, Health Canada has information available regarding backyard safety. This information includes, yard work safety tips, reminder to wear protective gear, and safe use guidelines regarding outdoor torches and fuels.

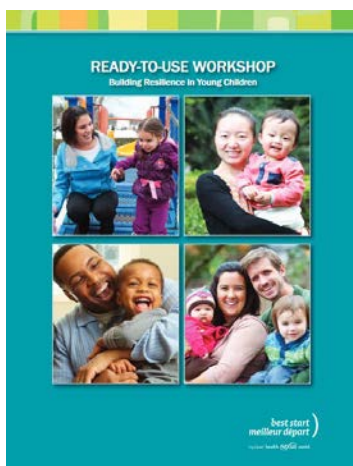
Read more in [English](#) or [French](#)

Your Biological Clock Reality Check, Talk to Your Doctor

The Society of Obstetricians and Gynaecologists of Canada (SOGC) has published a new Clinical Practice Guideline suggesting that physicians speak with women earlier in their child-bearing years about the reality of the effects of age on reproductive potential. This comes as many women and couples are delaying childbearing (by choice, or not) to their late 30s and 40s when fertility declines.

Read more in [English](#) or [French](#)

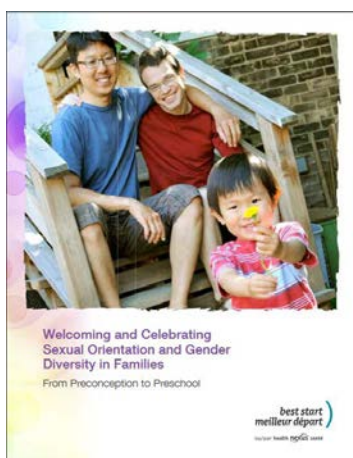
VI. Featured Resources by the *Best Start Resource Centre*



Ready-to-use Workshop: Building Resilience in Young Children

This workshop is designed to meet the needs of service providers. It provides practical tips for parents on simple messages about how to build resilience from infancy to age 6.

Available in PDF in [English](#) or [French](#)



Welcoming and Celebrating Sexual Orientation and Gender Diversity in Families From Preconception to Preschool - Manual

This manual focuses on issues related to sexual orientation and gender identity as they apply to preconception, prenatal and child health. It asks service providers to think about and take action to better serve families that are led by people who identify as lesbian, gay, bisexual, trans and/or queer (LGBTQ). It also asks service providers to consider the needs of children who are sometimes called gender variant – children whose dress, behaviour or identity does not match traditional gender norms.

Available in [PDF](#)



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- **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.
- **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.
- **Ontario Prenatal Education Network** - A space where professionals can share information and resources, ask questions and collaborate with peers on topics related to prenatal education.
- **Health Promotion Today** - Our blog keeps you informed of news and topics related to health promotion.
- **The Best Start Indigenous 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.

En français:

Restez branché!

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- 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.
 - 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.
 - **Promotion de la santé aujourd'hui**– Notre blogue sur lequel on partage des nouvelles et réflexions liées à la promotion de la santé.