

MNCHP Network Bulletin



best start
meilleur départ

by/par health **nexus** santé

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. For more information about this bulletin, [click here](#). To manage your subscription, unsubscribe from the list-serv and access the list archives, [click here](#).

November 27, 2015

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I. NEWS & VIEWS

1. Risk is essential to childhood – as are scrapes, grazes, falls and panic

This article (Blincoe, 2015) was written in response to the report “Play” by the All-Party Parliamentary Group on a Fit and Healthy Childhood (UK). It highlights that children need to be exposed to risky play, which is sometimes difficult for parents. Ideas for incorporating the excitement back into the lives of children are provided.

News: <http://www.theguardian.com/commentisfree/2015/oct/14/risk-essential-childhood-children-danger>

Report: <https://adrianvoce.files.wordpress.com/2015/10/play-report-final-designed.pdf>

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2. Sperm protein links father's lifestyle with offspring's health

A new study in the journal *Science* found that when scientists changed signals on proteins called histones in the sperm of male mice, their offspring and even their grandchildren had increased birth defects, mortality and stunted growth (Siklenka et al., 2015). Study author Sarah Kimms notes that: “It’s another critical piece of information that says we need to start looking at fathers’ pre-conception health” (Chung, 2015, October 9).

News: <http://www.cbc.ca/news/technology/histone-epigenetics-1.3263451>

Abstract: <http://www.sciencemag.org/content/350/6261/aab2006>

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3. Blood from small children ‘remembers’ prenatal smoking exposure

New research findings provide evidence that prenatal environmental exposures may continue to remain in the body and potentially affect a person’s health for years after birth. The researchers found that blood taken from children up to the age of five contains molecular evidence about whether their mothers smoked or not during pregnancy (Ladd-Acosta et al., 2016). Co-author Christine Ladd-Acosta explains the importance of this finding: “If epigenetic signatures can be found for other environmental exposures, these could provide clues to how certain prenatal exposures affect health and potentially decades into life” (Johns Hopkins University Bloomberg School of Public Health, 2015, November 23).

News: http://eurekalert.org/pub_releases/2015-11/jhub-bfs112315.php

Abstract: <http://bit.ly/1ImQMlh>

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II. RECENT REPORTS AND RESEARCH

* indicates journal subscription required for full text access

4. Trends in Income-Related Health Inequalities in Canada

(available in French)

Canadian Institute for Health Information. (2015). *Trends in income-related health inequalities in Canada*. Retrieved from <https://www.cihi.ca/en/factors-influencing-health/health-inequalities/trends-in-income-related-health-inequalities-in>

The Trends in Income-Related Health Inequalities in Canada project examines whether the health gaps between lower- and higher-income individuals have changed over the past decade. The Health Inequalities Interactive Tool provides a series of visualizations to explore inequalities for 9 health indicators over time, by sex and by province. The technical report provides additional analysis, interpretation and contextual information for 16 health indicators. The overall findings of this work can be found in the summary report.

EN: <https://www.cihi.ca/en/factors-influencing-health/health-inequalities/trends-in-income-related-health-inequalities-in>

FR: <https://www.cihi.ca/fr/facteurs-qui-influent-sur-la-sante/inegalites-en-sante/tendances-des-inegalites-en-sante-liees-au>

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5. Child Care Center Characteristics Associated with Preschoolers' Physical Activity

Copeland, K. A., Khoury, J. C., & Kalkwarf, H. J. (2015). Child care center characteristics associated with preschoolers' physical activity. *American Journal of Preventative Medicine*. Retrieved from doi: <http://dx.doi.org/10.1016/j.amepre.2015.08.028>

ABSTRACT:

Introduction

Despite children spending long hours in child care centers, it is unknown what center characteristics are associated with children's moderate to vigorous physical activity (MVPA) at the center and over the 24-hour day.

Methods

Mixed model ANOVA evaluated associations between 23 center characteristics (e.g., policies, facilities, practices, and staff training) and time in MVPA, measured with accelerometers, at the child care center and over the 24-hour day among 388 preschoolers from 30 randomly selected child care centers in Cincinnati, Ohio. Data collection occurred from November 2009 through January 2011; data analyses occurred in 2012–2014.

Results

Ninety percent of centers reported scheduling two or more outdoor sessions daily, yet only 40% of children had two or more outdoor sessions; 32% had no time outdoors. Eighty-three percent of centers reported scheduling ≥60 minutes outdoors; 28% of children experienced this during observation. Children spent a mean (SE) of 2.0 (0.06) minutes/hour in MVPA. Children with ≥60 minutes outdoor time had 0.6 minutes/hour more MVPA in child care ($p=0.001$), and 0.5 minutes/hour over the 24-hour day ($p=0.001$) than those who did not. Presence of an indoor play space, large outdoor playground, portable or fixed play equipment, staff PA training, weather and clothing policies, and TV/computer use were not related to children's MVPA.

Conclusions

Outdoor time occurred less frequently than scheduled. Children with ≥60 minutes of outdoor time at the center were more active than children without. Centers may increase preschoolers' PA by adhering to the scheduled ≥60 minutes of outdoor time daily.

<http://www.ajpmonline.org/article/S0749-3797%2815%2900518-8/fulltext>

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6. Three Interventions that Reduce Child Obesity Are Projected to Save More Than They Cost to Implement

Gortmaker S. L., Claire, W. Y., Long, M. W., Giles, C. M., Ward, Z. J., Barrett, J. L.,... Cradock, A. L. (2015). Three interventions that reduce childhood obesity are projected to save more than they cost to implement. *Health Affairs*, 34(11), 1304-1311. doi: [10.1377/hlthaff.2015.0631](https://doi.org/10.1377/hlthaff.2015.0631)

ABSTRACT:

Policy makers seeking to reduce childhood obesity must prioritize investment in treatment and primary prevention. We estimated the cost-effectiveness of seven interventions high on the obesity policy agenda: a sugar-sweetened beverage excise tax; elimination of the tax subsidy for advertising unhealthy food to children; restaurant menu calorie labeling; nutrition standards for school meals; nutrition standards for all other food and beverages sold in schools; improved early care and education; and increased access to adolescent bariatric surgery. We used systematic reviews and a microsimulation model of national implementation of the interventions over the period 2015–25 to estimate their impact on obesity prevalence and their cost-effectiveness for reducing the body mass index of individuals. In our model, three of the seven interventions—excise tax, elimination of the tax deduction, and nutrition standards for food and beverages sold in schools outside of meals—saved more in health care costs than they cost to implement. Each of the three interventions prevented 129,000–576,000 cases of childhood obesity in 2025. Adolescent bariatric surgery had a negligible impact on obesity prevalence. Our results highlight the importance of primary prevention for policy makers aiming to reduce childhood obesity.

<http://content.healthaffairs.org/content/34/11/1932.full.pdf+html>

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III. CURRENT INITIATIVES

7. Adolescent Pregnancy Guidelines

(available in French)

The Society of Obstetricians and Gynaecologists of Canada released Adolescent Pregnancy Guidelines. The objective of the guidelines is to describe the needs and evidence-based practice specific to care of the pregnant adolescent in Canada, including special populations.

EN: <https://docs.google.com/viewerng/viewer?url=http://sogc.org/wp-content/uploads/2015/08/gui327CPG1508E1.pdf>

FR: <http://sogc.org/fr/guidelines/directive-clinique-sur-la-grossesse-chez-les-adolescentes/>

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IV. UPCOMING EVENTS

8. Continuing Down the Path: Doing the Work of Improving Health Equity and Addressing the Challenges of Organizational Change

December 1, 2015: Webinar

This webinar will further explore the stories of the Ontario public health units who shared their experience of purposefully integrating health equity into their work, as documented in the case study “The Path Taken: Developing organizations capacity for improving health equity in four Ontario health units” (<http://nccdh.ca/resources/entry/developing-organizational-capacity-for-improving-health-equity-in-four-onta>).
<http://bit.ly/1PADARz>

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9. Nobody’s Perfect – Engaging Dads in Parenting Programs

December 2, 2015: Webinar

(available in French)

Join us as we explore the Nobody’s Perfect model from a fathers’ perspective. Through the webinar, we’ll help you to develop a tool belt loaded with tips and tricks to help dads build courage to jump into their parenting role with both feet!

<http://bit.ly/1ler6g2>

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10. Knocking on Doors and Breaking Down Walls: Advocacy for Immigrant and Refugee Children

December 9, 2015: Webinar

This webinar will discuss principles and the granular realities of advocacy through two case studies: the creation of the Scarborough Volunteer Clinic and the fight against the recent cuts to refugee health care. Success and challenges of advocating for patient

populations will be addressed using these two examples. Common themes of both successful advocacy campaigns and what didn't fare well will be examined.

<http://bit.ly/1SnIhMG>

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11. Canadian Actions to Advance Work on Health Equity and the Social Determinants of Health

December 10, 2015: Webinar
(available in French)

This webinar will explore:

- Activities undertaken across levels of government and sectors to advance health equity and address social determinants of health in Canada
- Themes of the Rio Political Declaration on Social Determinants of Health and their application to public health work in Canada
- Critical components for the sustainability of public health action to address health equity

<http://bit.ly/1X8tl6a>

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12. Why Do So Few Children Walk or Bike to School and What Can We Do About It?

December 4, 2015: Ottawa, ON

Concerned about children's health? Worried about safety? Want to learn more about what interventions work for encouraging children to walk or bike to school?

<https://www.facebook.com/childnaturecanada/photos/a.144398322298842.36012.140689832669691/941479835924016/?type=3>

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13. A day with Dr. Jack Newman

December 5, 2015: Toronto, ON

This course is suitable for any persons interested in learning more about breastfeeding.

Topics include:

- What They Didn't Teach You about Breastfeeding in Your Training
- Norms for the Breastfeeding Baby
- Late-Onset Decreased Milk Supply

Contact: shawn@vestaparenting.ca

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

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14. BFI Strategy for Ontario Hot Topics Series BFI Education: Who Needs What?

December 14, 2015: Webinar

The Baby-Friendly Initiative (BFI) sets global standards for education to ensure consistent health care provider knowledge to support all families in their infant feeding decisions. In this session, Kathy Venter, a BFI Assessor, will identify BFI educational requirement specifics for a variety of roles including nurses, physicians, midwives, students, support staff and volunteers. The presenter will share strategies health care organizations have taken to ensure all staff within their facility has the appropriate knowledge and skills to support the BFI Best Practices, the WHO Code and to ensure sustainable outcomes.

To register please email: bfistrategy@tegh.on.ca

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15. Comparing Screening Tools for Intimate Partner Violence Detection: What's the Evidence?

December 17, 2015: Webinar

Join Nasir Hussain, MD Candidate, Central Michigan University College of Medicine for an overview of findings from his Trauma, Violence & Abuse review examining the different types of screening tool administration methods used for the detection of intimate partner violence:

Hussain N., Sprague S., Madden K., Hussain F., Pindiprolu B., & Bhandari M. (2015). [A comparison of the types of screening tool administration methods used for the detection of intimate partner violence: A systematic review and meta-analysis](#). *Trauma, Violence & Abuse*, 16(1), 60-69.

<http://bit.ly/1jnCf2r>

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16. Childbirth Educator Training Workshop

April 15-16, 2016: Vaughan

This interactive and dynamic two day workshop is one of the steps to becoming a CAPPA Certified Childbirth Educator. You will learn teaching strategies that will help you to prepare families for their journey through childbirth.

http://www.icappa.net/events/event_details.asp?id=690943&group=

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V. RESOURCES

17. The Trauma-Informed Pediatrician: Identifying Toxic Stress and Promoting Resilience

The American Academy of Pediatrics has posted the video presentations from its 2015 national conference. The focus was “The Trauma-Informed Pediatrician: Identifying Toxic Stress and Promoting Resilience”.

<http://www.aapexperience.org/2015-peds-21-the-trauma-informed-pediatrician-identifying-toxic-stress-and-promoting-resilience-presentation-videos/>

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18. Overweight/Obesity Prevention, Treatment and Maintenance from Childhood to Adulthood: Discussing Review-Level Evidence

Dr. Leslea Peirson, Review Coordinator, McMaster Evidence Review and Synthesis Centre, provided an overview of key messages from a series of five recent reviews published in CMAJ Open examining overweight and obesity prevention, treatment and weight maintenance strategies among children, youth and adult populations. You can view the slides and audio recording from the webinar.

Audio Recording:

<http://mailapp.healthevidence.org/index.php/web/view/wy27be/ewm88s/12>

Slides: <http://mailapp.healthevidence.org/index.php/web/view/wy27be/ewm88s/13>

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19. Healthy Eating and Active Living for Child Care

(available in French)

This website by Ottawa Public Health offers:

- Resources and tools to help service providers implement the Active Living Guidelines and Healthy Eating Guidelines
- Information and resources for service providers to share with parents and access to local community services and programs
- Screening tools and reference guides for determining if a child is on track
- The Healthy Eating and Active Living Guidelines and training for child care professionals

EN: <http://ottawa.ca/2/en/residents/public-health/healthy-eating-and-active-living-for-child-care>

FR: <http://ottawa.ca/2/fr/r%C3%A9sidents/sant%C3%A9-publique/healthy-eating-and-active-living-for-child-care>

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20. Play: A Report by the All-Party Parliamentary Group on a Fit and Healthy Childhood (UK)

This report (2015) defines play as what children freely choose to do when their time and ability to act are entirely their own. It explores the barriers and opportunities for children's play in the UK, the resulting impact on children's health (where a holistic approach would be of immense benefit); the resulting impact on children's health; the range of potential solutions available and the role and responsibility of different tiers of government, with practical recommendations for action.

<https://adrianvoce.files.wordpress.com/2015/10/play-report-final-designed.pdf>

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21. International Toronto Charter for Physical Activity (TCPA) Toolkit

This Toolkit provides tips, action items and resources for putting the TCPA into action. The goal of the toolkit is to provide specific ideas that can be implemented by members of key sector areas to increase and improve opportunities and policies that support and encourage residents to become more physically active. Target sectors for the toolkit are:

- 1) Transportation
- 2) Urban planning and design
- 3) Schools and other educational settings
- 4) Parks and recreation
- 5) Workplaces
- 6) Health care and health promotion

<http://healthunit.com/physical-activity-charter-and-toolkit>

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VI. FEATURED BEST START RESOURCES

22. Managing Depression: A Facilitator's Guide for Women Living with Depression During Pregnancy, After Delivery and Beyond

(available in French)

This guide (2015) is a companion document to *Managing Depression: A Self-help Skills Resource for women Living with Depression During Pregnancy, After Delivery and Beyond*. The facilitator's guide provides a weekly agenda and activities to facilitate 5 group sessions for women living with depression based on *Managing Depression: A Self-help Skills Resource*.

EN:

<http://www.beststart.org/resources/ppmd/FacilitatorGuide%20ManagingDep%20EN.pdf>

FR: <http://www.beststart.org/resources/ppmd/FaciliatorGuide%20ManagingDepFR.pdf>

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23. Managing Depression: A Self-Help Skills Resource for Women Living With Depression During Pregnancy, After delivery and Beyond – Workbook

(available in French)

This workbook (2014) is for women living with depression during pregnancy, after delivery and beyond, and their clinicians or service providers. It provides information about depression and healthy lifestyle behaviours and skills for managing depression. Concerned partners, family members or friends may also find this resource helpful.

EN: http://www.beststart.org/resources/ppmd/DepressionWorkbookFinal_15APR30.pdf

FR:

http://www.beststart.org/resources/ppmd/DepressionWorkbookFinalFR_15MAY01.pdf

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About This Bulletin

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Stay connected!

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.

[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.

Follow us on [Twitter](#) to stay up to date on all things related to health promotion.

View our video resources on [YouTube](#) and [Vimeo](#)

[The Best Start Aboriginal 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.

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.

En français:

Restez branché!

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.

Suivez-nous sur [Twitter](#) pour demeurer au fait de tout ce qui concerne la promotion de la santé.

Visionner nos ressources vidéo sur [YouTube](#) et [Vimeo](#)