The MNCHP Bulletin is an electronic bulletin that highlights current trends, new resources and initiatives, upcoming events and more in the preconception, prenatal and early childhood education and development fields. 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 Best Start does not endorse or recommend any events, training, resources, services, research or publications of other organizations.*

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I. News & Views

The Lancet: Canada Needs Universal Pharmacare

Canada's often-lauded health-care system has an unusual and unfortunate distinction. Physician care and hospital stays are universally publicly funded, but medicines are not. Canada is the only country in the world with public health care and no universal public system for providing prescription drugs (pharmacare).

Learn more.

Lived Experience: Breaking Down the Barriers Indigenous People Face in Canada's Health-Care System

"I personally believe many people have to connect more with indigenous people. Learn the real history of Canada and North America, learn what these people have gone through, and try and understand where they are at the current time. And as a non-indigenous person, look at the myths out there. Try to educate yourself and try to understand another culture."

Learn more.

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CAMH Experts Discuss the Impact of Alcohol Policy on Women’s Health

Canadian Addiction and Mental Health (CAMH) marked the publication of its new Alcohol Policy Framework with a discussion among leading CAMH experts on the unique impact alcohol policy has on women’s health and safety. While men have historically been more likely than women to drink, this gap has been narrowing. Of particular concern to CAMH experts:

- Different health harms for women associated with alcohol.
- The rise in daily consumption of alcohol by women.
- The increased availability of alcohol.
- Targeted marketing of alcohol to women.
- The relationship between alcohol and violence against women.

Learn more.

And remember: The safest option is no alcohol at any time before and during pregnancy!

Visit and refer future parents to the bilingual website alcoholfreepregnancy.ca to learn more.

Opinion: If We’re Serious About Getting More Women in Executive Roles, a Universal Childcare System is Crucial

When the budget breaks, or childcare is simply unavailable, women are overwhelmingly the ones picking up the slack by reducing their hours or leaving the work force altogether. Nine out of 10 stay-at-home parents are women. And much of Canada’s pay gap is attributed to the fact that women are more likely to work part-time. Indeed, when you account for both full- and part-time work, women make only 69 cents for every dollar men earn.

Learn more.

New All Nations Room at West Coast General Hospital Provides a Culturally Safe Space

The All Nations Room is a culturally-safe space inside West Coast General Hospital that is welcoming to Indigenous patients and their families, and where families can gather to share traditional healing practices and ceremonies, such as prayer and ritual cleansing. The space in the hospital in Port Alberni is a result of a partnership between First Nations, the First Nations Health Authority, and Island Health. Are you aware of such rooms in Ontario?

Learn more.

II. Recent Reports & Research
Prevalence and Predictors of Everyday Discrimination in Canada: Findings from the Canadian Community Health Survey

National research on discrimination in Canada has been slim. Discrimination impacts many areas of life including health, social and economic participation. This paper reports the prevalence of everyday discrimination experienced by Canadians and uses multivariate discrimination regression analysis to explore its socio-demographic and health related predictors. The implications of these findings for social policy are discussed.

Access the report.

Guidelines for Breastfeeding Infants with Cleft Lip, Cleft Palate, or Cleft Lip and Palate

In general, infants with cleft lip (CP) or cleft lip and palate (CLP) have difficulty creating suction and negative pressure because the oral cavity cannot be adequately separated from the nasal cavity during feeding. For these infants, negative consequences may include fatigue during breastfeeding, prolonged feeding times, nasal regurgitation, reflux, insufficient milk transfer, and impaired growth and nutrition. The literature describing breastfeeding outcomes in infants with CL/P is limited. Available evidence is anecdotal and sometimes contradictory, making it challenging to develop appropriate recommendations. This article from the Academy of Breastfeeding Medicine outlines recommendations and details answers to frequently asked questions.

Access the article.

Nipple Shield Use in Preterm Infants: Prevalence, Motives for Use and Association with Exclusive Breastfeeding-Results from a National Cohort Study

The aim of this study was to determine the prevalence of nipple shield use, explore the motives for nipple shield use and elucidate the association with exclusive breastfeeding in preterm infants. Data on nipple shield use was available for 1407 infants. Nipple shields were used by 54% of the mother-infant dyads and was more often related to breastfeeding problems associated with the infant than with the mother. The most common motive for nipple shield use was "infant slipped the nipple" (52%). The lower the gestational age, the more frequently nipple shields were used for motives related to the infant. For those using a nipple shield, only the motive "infant fell asleep at the breast" was associated with a higher risk of not breastfeeding exclusively at discharge, and "breast too engorged" with a lower risk of not breastfeeding exclusively, but overall nipple shield use was associated with failure of exclusive breastfeeding.

Access the article.

Exposures Through Breast Milk: An Analysis of Exposure and Information Calls to U.S. Poison Centers, 2001-2017

Authors analyzed US National Poison Data System calls between 2001 and 2017 with "Exposure through breast milk" or "Drug use during breastfeeding" as the coded scenario. Exposure calls that reported major effects involved opioids, benzodiazepines, ethanol, cyclobenzaprine, insulin, and amphetamines. Exposure calls most commonly involved antibiotics, antifungals, benzodiazepines, opioids, and selective serotonin reuptake inhibitors (SSRIs). Information calls most commonly involved systemic antibiotics, SSRIs, antihistamines, corticosteroids, and benzodiazepines. Most cases of severe toxicity included potential...
exposures through breast milk to benzodiazepines and opioids.

Access the article.

Speaking of exposure...

Watch the recording of How to talk about environmental safety in prenatal classes to learn more about exposure during pregnancy.

Interventions to Support Women Who Are Overweight or Obese to Start and Continue Breastfeeding

Women who are overweight or obese can experience challenges with breastfeeding that could be overcome with additional encouragement and support. To find out what types of support are provided and what works best, authors identified seven randomised controlled trials (RCTs) involving 831 women, conducted in high-income countries between 2006 and 2015. Unfortunately, the methods used by the available trials varied in quality, with small numbers of participants, and no trial compared one type of support to another. Therefore, the effectiveness of interventions for supporting women who are overweight or obese to start and continue breastfeeding remains unclear.

Access the study.

SOGC Guideline - Pregnancy and Maternal Obesity: Team Planning for Delivery and Postpartum Care

This SOGC guideline is for health care providers (obstetricians, family doctors, midwives, nurses, anaesthesiologists) who provide pregnancy-related care to women with obesity. It reviews key aspects in the pregnancy care of women with obesity and focuses on Team Planning for Delivery and Postpartum Care.

Access the article.

A Systematic Review and Meta-Analysis of Interventions Incorporating Behaviour Change Techniques to Promote Breastfeeding Among Postpartum Women.

Looking for effectiveness of the Behaviour Change Techniques (BCTs) within interventions trialled internationally after pregnancy to promote exclusive and mixed breastfeeding, a review of the literature was performed. It revealed a moderate significant effect of the interventions promoting exclusive breastfeeding up to four weeks postpartum but this effect slightly declined beyond thirteen weeks. Twenty-nine BCTs were identified within interventions. ‘Credible source’ and ‘instruction on how to perform the behaviour’ were the most prevalent. ‘Social support (unspecified)’ contributed to the effectiveness of exclusive breastfeeding interventions five to eight weeks postpartum.

Access the article.
Study of Gender-based Violence and Shelter Service Needs across Inuit Nunangat

The Study of Gender-based Violence and Shelter Service Needs across Inuit Nunangat was conducted to increase understanding of the factors affecting Inuit women’s experiences of violence. The study explores the determinants of gender-based violence in Inuit communities and identifies service gaps to improve the effectiveness of actions that aim to address the needs of Inuit women experiencing violence.

Learn more.

By the way...

Are you working with biological, foster, and adoptive parents of Inuit children aged 0 to 6 years old? Then check out the book *Atuaqsijut: Following the Path Sharing Inuit Specific Ways*.

### Parental Alcohol Consumption and the Risk of Congenital Heart Diseases in Offspring: An Updated Systematic Review and Meta-Analysis

To provide updated evidence to assess the association between parental alcohol consumption and the risk of total congenital heart diseases (CHDs) and specific CHD phenotypes in offspring, and explore the possible dose–response pattern, authors performed a literature review. Although the role of potential bias and evidence of heterogeneity should be carefully evaluated, this review indicates that parental alcohol exposures are significantly associated with the risk of CHDs in offspring, which highlights the necessity of improving health awareness to prevent alcohol exposure during preconception and conception periods.

Access the article and read the discussion.

### Opioid Prescribing in Canada: How Are Practices Changing?

Opioid prescribing practices are changing across Canada. Fewer people are starting opioid prescriptions and using opioids long term. This report from the [Canadian Institute for Health Information](https://www.cihi.ca) presents trends in opioid prescribing in Ontario, Manitoba, Saskatchewan and British Columbia from 2013 to 2018 and discusses findings within the context of initiatives and guidelines aimed at reducing harms associated with prescription opioid use.

Read the report.

### Screening and Referral Practices for Autism Spectrum Disorder in Primary Pediatric Care

To examine screening practices for autism spectrum disorder (ASD), subsequent referrals, and diagnostic
outcomes within a large network of primary pediatric care practices, rates of ASD screening at 18- and 24-month well-child visits were examined among 290 primary care providers within 54 pediatric practices between June 2014 and June 2016. The study revealed that the vast majority were screened for autism at ages 18 and 24 months as recommended by the American Academy of Pediatrics. However, in cases where children were flagged by the screening test, just 31 percent of providers made a referral to an autism specialist.

Access the article and read the discussion.

Speaking of which...

The webinar Supporting Families with a Child with Autism Spectrum Disorder provided service providers with insight into understanding, support and referral of children 0-6 with an Autism Spectrum Disorder. It provided them with practical suggestions in supporting parents who have a child with Autism Spectrum Disorder. Watch the recording today!

The State of the World’s Children 2019

For the first time in 20 years, UNICEF’s flagship report examines the issue of children, food and nutrition, providing a fresh perspective on a rapidly evolving challenge. Despite progress in the past two decades, one third of children under age 5 are malnourished – stunted, wasted or overweight – while two thirds are at risk of malnutrition and hidden hunger because of the poor quality of their diets. At the center of this challenge is a broken food system that fails to provide children with the diets they need to grow healthy.

Learn more, browse the special interactive feature, download the report here, or explore the data here.

What’s in my Baby’s Food?

A recent, national investigation finds 95 percent of baby foods tested contain toxic chemicals that lower babies’ IQ, including arsenic and lead. 1 in 4 baby foods contained all 4 toxic heavy metals tested in this study. The resulting report includes safer choices for parents, manufacturers and retailers seeking healthy foods for infants.

Learn more.

Introducing solid foods?

The booklet Feeding Your Baby, for parents, provides information about feeding their baby from six months to one year. Shaped like a wall calendar, it answers questions they may have about breastfeeding and starting solid foods.
Maternal Mental Health in Assisted and Natural Conception: A Prospective Cohort Study

To compare the pregnancy and postpartum self-reported mood and mental health status of women who conceived with assisted reproductive technology (ART) with those of women who conceived spontaneously, 1176 pregnant women from prenatal clinics in the Ontario Birth Study were enrolled. Women who conceived using ART reported decreased rates of depressive symptoms, perceived stress, and generalized anxiety during the second trimester of pregnancy compared with women who had spontaneously conceived pregnancies, and both groups experienced similar mental health status earlier in gestation and in the postpartum period.

Access the article.

Speaking of preconception...

Visit and refer future parents to the bilingual website HealthBeforePregnancy.ca for information to help plan for the healthiest baby possible.

The Quality of Information on Combined Oral Contraceptives Available on the Internet

To evaluate the quality of online information on Combined oral contraceptives (COC), a quantitative content analysis was completed on websites containing patient health information on COCs. Most websites mentioned contraceptive benefit (81.3%), and half reported the typical effectiveness of COCs (53.1%). Commonly included non-contraceptive benefits were alleviation of dysmenorrhea (87.5%) and reduced blood loss (84.4%). Risk of venous thromboembolism was listed in 81.3% of websites, including stroke (56.3%) and myocardial infarction (46.9%); however, sites failed to include details with these risks. Only 46.9% provided information on starting COC; the first-day start method was the most common (40.6%). Nearly half lacked details on managing missed pills (46.9%).

Access the article.

Just Societies: Health Equity and Dignified Lives

To analyze the impact of drivers influencing health, while proposing actions to improve inequalities in health, the Pan American Health Organization has established the Commission on Equity and Health Inequalities in the Americas. Their recent report provides examples of successful policies, programs, and actions implemented in countries and presents 12 recommendations to achieve health equity, calling for coordinated actions among local and national governments, transnational organizations, and civil society to jointly address the social determinants of health.

Read the report.
Speaking of equity...

It’s easier to achieve than it sounds. Check out some of Health Nexus’s resources on the topic, such as:

- Increasing Organizational Capacity for Health Equity Work: A Literature Review for Health Nexus.
- Health Equity Impact Assessment (HEIAs): Getting Started
- Engaging in Reflexive Practice When Conducting HEIAs

III. Current Initiatives

Call for Papers: A Special Issue on Poverty and Child Welfare Services

The Child Welfare League of America (CWLA) and the Child Welfare League of Canada (CWLC) are pleased to announce a call for papers for a special issue of Child Welfare journal dedicated to examining the relationship between poverty and child welfare system involvement. Prospective authors should submit abstracts of up to 750 words to managing editor Rachel Adams at radams@cwla.org by December 20, 2019. Publication of the special issue is targeted for Spring 2021.

Learn more.

November is Fall Prevention Month!

Subscribe to the Fall Prevention Month newsletter for campaign updates, ways to get involved, and ways to showcase your organization’s great work in fall prevention across the lifespan!

Learn more.

Review the Quality Standards for Youth and Family Engagement Draft

These quality standards lay the foundation for consistent, formalized, measurable youth and family engagement practices in Ontario. Take a look at the quality standards and share your feedback in a short, four-question survey. An accompanying draft measurement tool has also been developed. Please email cymhstandards@cheo.on.ca if you would like to receive a copy.

Learn more.
Survey: The Mental Health Commission of Canada (MHCC)

The Mental Health Commission of Canada (MHCC) will be exploring opportunities for creating a more coordinated, supportive mental health system which fosters positive early development, mental health and resiliency in early childhood. The intention of this survey is to determine the strengths, needs and opportunities to support early childhood years mental health. Your survey responses will inform the identification of strategic priority areas for action and improvement for the MHCC.

Learn more.

Stoptober

Stoptober aims at encouraging people to quit smoking for good. Since 2012, it has become an annual 28-day mass quitting attempt, offering resources and support for anyone trying to become smoke-free. In particular, the Cochrane Library released a Special Collection which highlights a selection of new or recently updated clinically relevant Cochrane Reviews that address tobacco addiction in the general population. The Cochrane Reviews in this collection are maintained by the Cochrane Tobacco Addiction Group who work to ensure that interventions to treat or prevent tobacco addiction are supported by good-quality evidence that can inform healthcare decisions and policies.

Learn more.

IV. Upcoming Events

Cultural Awareness Training Sessions

Offered by Nogojiwanong Friendship Centre in Peterborough, the CAT (Cultural Awareness Training) sessions are meant to provide an awareness about Indigenous people in Canada. Participants will have the opportunity to increase their knowledge, skills of the history, experiences, and events which have influenced the relationship of Indigenous people in Canada. The Indigenous population in Canada is the fastest growing population, the youngest, but also the most overrepresented population in the justice and child welfare systems. The goal of this workshop is to develop a knowledge base on Indigenous lived experiences and be able to support those individuals who are seeking your help and/or support. Many dates are offered until March 31, 2020.

Learn more and register.

CCDI Webinar: Unconscious bias

The term “unconscious bias” has become one of those phrases that people use liberally, but what does it really mean? The reality is that we all have bias – forces that shape our opinions and beliefs, which then in turn inform our behaviour, particularly as it relates to valuing diversity. So, what can you do about it? On November 5th, this webinar will examine how our perceptions of others are formulated, the
entrenchment of bias that may be unconscious and its impact, and finally, how to enhance awareness and reduce the potential for disrespect that bias can engender.

Learn more.

OMSSA Webinar: Motivational Interviewing

Motivational interviewing is a counselling method that helps people resolve ambivalent feelings and uncertainties to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. Learn more from the Ontario Municipal Social Services Association (OMSSA) on November 6, 2019 at 12:30pm.

Learn more.

2019 BORN Ontario Conference

Join BORN Ontario on November 7 & 8, 2019 at the Ottawa Conference and Event Centre. BORN is hosting a 2-day conference for health-care providers, administrators, policy makers, researchers, and students. Topics will include: Disruptive technology in health care, perinatal risk and safety, Ontario’s maternal newborn data partnerships and using data to support better care – future trends. The keynote speaker will be Dr. Anthony Chang, cardiologist; founder & medical director of the Medical Intelligence and Innovation Institute.

Learn more and register.

CCDI Webinar: Unconscious Bias and Cannabis

Since cannabis has been legal since only October 2018, there is still a significant amount of bias as it relates to the use of the drug. This webinar, taking place on November 07, 2019, will explore the intersection of unconscious bias and cannabis and how the two could be colliding.

Learn more.

Nobody's Perfect Facilitator Training

On November 12th to 15th, 2019, Families Canada is hosting a Nobody’s Perfect parenting program facilitator training in the GTA as part of the Multilingual Nobody's Perfect Project. You can become a community partner to access this free training event.

Learn more.
Webinar - Indigenous Perspectives on Patient Safety

This webinar, taking place November 14th and sponsored by Patients for Patient Safety Canada, invite speaker Gina Gaspard, a Clinical Nurse Specialist with the FHNA. Resources include Coyote’s Food Medicines, an innovative storytelling project and campaign focused on healthy medication use developed by the FNHA in collaboration with Doctors of BC and the BC provincial government’s Shared Care Committee. Nov. 14, 10 a.m

Learn more.

Conference - Child Development Update

On November 22-23, 2019 in Toronto, the Continuing Professional Development unit at the Faculty of Medicine in Toronto is offering the Child Development Update, a 2-day conference that will enhance the clinicians’ understanding of the link between current developmental paediatric research and its translation into clinical paediatric practice; new skills in clinical assessment and management of developmental disorders, and up-to-date developments in the basic science and clinical research relevant to child development and diagnosis and treatments. Additional details about this conference can be reviewed at https://www.childdevelopmentupdate.com/

Advances in Nutrition: Mental Health Across the Lifespan

Advances in Nutrition: Mental Health Across the Lifespan is a one-day conference offered by the Canadian Nutrition Society on January 11, 2019 in Toronto. It will deliver an overview of current evidence and practice related to mental health and nutrition. Attendees will have the opportunity to learn from scientific experts and practitioners on treatment issues and how to address mental health conditions with diet and nutrition guidance.

Learn more.

The 2020 RHO Conference: The Current Practice, Research, Policy, Systems

Rainbow Health Ontario (RHO), a program of Sherbourne Health, is pleased to announce the 6th RHO Conference, coming up April 21-23, 2020 in Niagara Falls, on the traditional territory of the Anishinaabeg, Haudenosaunee, Attawandaron (Neutral) and Wendat peoples, territory which is covered by the Upper Canada Treaties. The largest LGBT2SQ health conference in Canada, the RHO Conference provides a forum for knowledge exchange, networking and research presentations for health care service providers, researchers, government representatives and LGBT2SQ community members. Our call for submissions for
speakers and poster presentations is now open, closing June 14. Visit our Submissions page for guidelines, and our form to submit your abstract.

Learn more.

V. Resources

Online Course: Understanding Trauma

An online training program is aiming to educate health-care professionals about biases Indigenous women may experience as highlighted by allegations of recent coerced sterilizations. The program incorporates feedback from 11 Indigenous women's organizations from across Canada, and was led by a research team of mostly Indigenous women. The program includes information on traditional healing and Indigenous history such as residential schools and the '60s Scoop.

Learn more.

Risk-Benefit Assessment for Outdoor Play: A Canadian Toolkit

This toolkit supports practitioners who encourage children's outdoor play. It takes a balanced approach to risk and safety. The toolkit was created because of growing concerns that children are overprotected when playing outdoors or stopped from going outside altogether. As a result, they miss out on the joy and sense of adventure they should have from playing outside, and lose out on the long-term benefits of outdoor play.

Learn more.

Child Poverty by Federal Riding

Campaign 2000 has mapped the prevalence of child poverty by federal riding from coast to coast to coast. The interactive map, produced in partnership with the Canadian Centre for Policy Alternatives, and the corresponding report is the second update to the initial 2015.

Family Engagement in Early Childhood Settings

As much as early education is all about working with kids, it is also about supporting young parents in their journey of raising their child. In this episode, Mary Muhs, the Department Chair of Early Education at Rasmussen College, talks about how to build a strong family culture at your program. She shares how family relationships can influence the quality of your work with the kids in
the classroom and strategies on communicating with parents that center on relationship-building.

See also:

- How to Engage Families in Services
- Step by Step – Engaging Fathers in Programs for Families
- Welcoming and Celebrating Sexual Orientation and Gender Diversity in Families
- and many more!

Writing About Pregnancy Loss

As health communicators, it's our job to tackle tricky subjects in a way that serves the user. So it's important to get these materials right. For example, losing a pregnancy can be traumatic. But you can take steps to write about it in a useful way.

An Indigenous Women's Reproductive Health Curriculum

A new health curriculum has launched as of October 1st. This training program, "An Indigenous Women's Reproductive Health Curriculum", is meant to support health care professionals across Canada with caring for Indigenous women and provide information about the social determinants of Indigenous women's reproductive health.

Free Online Course: Communicating Data Effectively

Based on content from Skills Online, Public Health Training for Equitable Systems Change (PHESC) collaborative's Communicating Data Effectively course is now open for enrollment. This course builds on the basic concepts of communication, outlined briefly in the Basic Statistics for Public Health course. You will explore a range of communication strategies and ways of working that will ensure your data triggers appropriate action and impact.
Tenfold

The Public Health Training for Equitable Systems Change (PHESC) collaborative recently launched Tenfold, a weekly podcast about community engagement and public health. Each week, a different public health professional joins the host to talk about their experiences with community engagement. Tenfold covers a range of topics from engaging Indigenous communities in a good way to the role of community engagement in knowledge exchange. Visit phesc.ca/podcast to stream Episode 1 and view the show notes now!

Creating Healthy Communities through Cross-sector Collaboration White Paper

With the public health sector as a primary intended audience, the Creating Healthy Communities through Cross-sector Collaboration white paper frames the value of the arts and culture for advancing health and well-being in communities. It offers examples and recommendations for expanding cross-sector collaboration and innovation, with the following goals.

Learn more and access the paper.

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Stay connected!

- **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!**

- 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.