



# Health Matters

A newsletter from the Leeds, Grenville, and Lanark District Health Unit

FALL 2006

<http://www.healthunit.org>

## Dental Screening 2006-2007

By Jill Hicks, RDH

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### For more information

• call the Health Action Line  
1-800-660-5853 or  
613-345-5685 ext 2225

or

• Fax: 1-613-345-2879

• Email:  
[schoolhealth@healthunit.org](mailto:schoolhealth@healthunit.org)



Back to school time again! For the dental program of the Leeds, Grenville and Lanark District Health Unit, this means another year of dental screening in all of the elementary schools in the tri-county area.

Dental screening is performed by teams of dental hygienists and dental assistants in all kindergarten classes between September and June of each year. Other grades may be screened as well. Health Units in Ontario are required by the Ministry of Health Promotion to provide dental screenings as part of the Child Health Program under the Mandatory Health Programs and Services Guidelines. Parents may also request a screening if their child's grade is not scheduled to have a visit from the dental team.

A dental screening is quite simple. The dental hygienist uses a mouth mirror and a flashlight to check the child's teeth. The dental assistant records the findings on a yellow card to send home to the parent. If a child is identified as having open, obvious tooth decay, pain or infection, the dental team will make a chart for the child and contact parents with more information. If the child could benefit from a fluoride treatment or a pit and fissure sealant application, a blue card will be filled out and sent home as well. It is important for parents to remember that a dental screening is a visual assessment only, not a substitute for a regular examination by a dentist.

The Canadian Dental Association recommends that children have their first dental examination at one year of age, so if your school-age child has not yet had a dental exam by a dentist, now is the time.

It is a good idea to discuss the dental screening with your child so they know what to expect. For some children this may be the first time someone other than mom or dad has looked in their mouth. The children are usually brought to see the dental team in small groups. They line up, and take turns having their teeth counted and checked. Parents should encourage excitement about the experience, and make sure they ask their child how many teeth they have when they get home that night!

For more information on dental screening, preventive services, and financial assistance for your child's dental treatment, please contact the dental department of the Leeds, Grenville and Lanark District Health Unit at 613-345-5685 or 1-800-660-5853.

Brush your teeth  
2 times each day  
2 minutes each time

Name \_\_\_\_\_ Date \_\_\_\_\_

**Dental Conditions**

No Visual Decay Observed  
 Decay Present or Suspected  
 Primary teeth  Permanent teeth  
 Gingivitis

**Recommendations**

Better brushing  
 Needs help brushing  
 Other conditions  
 Flossing  
 Needs a professional cleaning

**Comments**

\_\_\_\_\_

# PHN's Resume Healthy Sexuality Teaching

By Denise Gaulin, BScN, RN

Beginning in the fall of 2006, Public Health Nurses will be contacting all public elementary schools to schedule puberty education for grade 5 and 6 pupils and healthy sexuality classes for all grade 7 and 8 students. Lesson content will be taken from the OPHEA curriculum as follows:

## Grade 5

- Reproductive Anatomy
- Puberty Changes
- Hygiene

## Grade 6

- Reproductive Anatomy
- Vocabulary
- Reproductive Physiology

## Grade 7

- Review of Reproductive Anatomy and Physiology
- Infections of the Reproductive system
- Behavioural Risks

## Grade 8

- Review of Reproductive Anatomy and Physiology
- Conception and Contraception
- Making Informed Decisions

**Teachers wanting access to the PHN's proposed teaching schedule may do so by visiting our website at [www.healthunit.org](http://www.healthunit.org)**

1. Scroll down the topic list to \* school.
2. Click on "school".
3. Click on Master School Calendar.
4. Click on your school's geographic location.
5. Locate your school name and number.
6. Scroll down the calendar dates until you locate the school and date intersect marked PuE SH.

These are the weeks the PHN has designated for your school. Specific days and times will be negotiated between the nurse and teachers.



To contact the PHN, select HU contacts on the Master School Calendar. Scroll down the School Alpha List and click on the name that appears where your school's name and the Puberty/HS program list intersect. You may phone the PHN directly, or email using the following template:

firstname.lastname@healthunit.org

# Why Dads Matter (Part 1)

By Melinda Billett, BScN, RN, Public Health Nurse

What if there was a way to help children enjoy school more, achieve higher grades and graduate? What if there was a way to help children experience less depression and emotional distress?

## There is a way: Involved Fathers.

What is an involved father? The Father Involvement Initiative - Ontario Network (FII-ON) describes an involved father as<sup>1</sup>:

- ▶ A father who knows and enjoys his kids
- ▶ One who shares the work and the play of raising his kids with his partner
- ▶ A father who can handle the daily routine of his children
- ▶ A man who has his own direct, close relationship with his children

Research shows that when dads are involved with their kids, both children and dads benefit. Children with involved dads have better problem solving skills and are more likely to grow up to be successful adults. Teens who strongly identify with their dads are less likely to spend time in jail and to become unwed parents<sup>3</sup>. Involved fathers are more likely to be satisfied with life and to experience happiness in marriage ten to twenty years after their first child is born<sup>3</sup>.

Watch for **“Why dads matter: part two – babies and beyond”** in a future newsletter.

For more information, go to:

Canadian Father Involvement Initiative at  
<http://www.cfi.ca>

Leeds, Grenville & Lanark District Health Unit under  
**pregnancy** at [www.healthunit.org](http://www.healthunit.org)

### Footnotes

<sup>1</sup> *Father Involvement Initiative-Ontario Network. (2001). Involved fathers: A guide for today's dad (2<sup>nd</sup> ed).*

<sup>2</sup> *Leeds, Grenville & Lanark District Health Unit. Pregnancy and fathers. Retrieved July 24, 2006 from [http://www.healthunit.org/pregnancy/pregnancy/pregnancy\\_fathers.htm](http://www.healthunit.org/pregnancy/pregnancy/pregnancy_fathers.htm)*

<sup>3</sup> *Daly, K., & Allen, S. (2002). The effects of father involvement: A summary of the research evidence. Father Toolkit, 133-144.*

Children with involved dads have better problem solving skills and are more likely to grow up to be successful adults.

## Being an involved father can start before your child is even born by<sup>2</sup>:

- ▶ Talking to your partner about what you expect as parents.
- ▶ Going with your partner to prenatal visits and classes.
- ▶ Interacting with other fathers and ‘fathers-to-be.’
- ▶ Supporting your partner in making lifestyle choices and making changes with her. Walk together, eat healthy foods, and quit smoking together.
- ▶ Talking to your unborn baby since (s)he can hear you as early as 20 weeks.
- ▶ Helping your partner with her household chores especially if she is feeling lousy during pregnancy.
- ▶ Preparing for the new baby and being SAFETY conscious! Learn how to install a car seat, and work the crib. Take infant CPR and First Aid.
- ▶ Planning for finances, work & child care options with your partner.
- ▶ Preparing early for labour & birth. PRACTICE!
- ▶ During labour, reassuring and encouraging your partner often.
- ▶ Enjoying the birth of your baby.

# Nutrition for Back to School

*By Meena Parameswaran, MAN, RD, Registered Dietitian/Public Health Nutritionist*

We never forget to supply our children with pencils, erasers, clothes, and notebooks when it's back to school time. However, it is just as important to supply children with the proper nutrition they need to be at their best for the school days ahead.

## Fuel up with Breakfast

A healthy breakfast is the first thing on the list. After a night of sleep a child's body needs to refuel for the day ahead. Imagine your children as cars, and after a long night of sleep, their tank is empty. Breakfast gives children the fuel that they need to hit the road and start the day. Studies show that children who eat breakfast often have better concentration, better attitudes towards school and are more attentive.

Have a breakfast that includes at least 3 of the 4 food groups from Canada's Food Guide to Healthy Eating: Grain Products, Vegetables and Fruit, Milk Products, Meat and Alternatives.

### Try some of the following breakfast ideas:

- Toast, peanut butter, orange juice
- Cereal, milk, banana
- Bagel, yogurt, apple juice
- French toast, fruit, milk

Any food can be a breakfast food. If children like left over spaghetti or pizza for breakfast, go for it! If they ask for a sandwich or a bowl of soup, that's great too!

## Pack a Lunch with Punch

Packing a school lunch can be challenging, especially if done in a hurry. We often rely on convenience foods and pre-packaged meals; however, these foods are high in salt, sugar, and calories, and low in vitamins and minerals. Packing a healthy lunch your child will eat does not have to be difficult. Plan school lunches for the next week with your child before you go to the grocery store. Involve your children in making lunch and choosing their own foods. Children tend to eat what they help prepare.

### Try some of the following creative lunch ideas:

- "Make-your-own sandwich" pack - buy a reusable container with compartments, pack it with vegetables, meat (i.e., turkey, roast beef, or ham), cheese and whole grain bread. Kids love the compartments and the idea of building their own lunch
- Pasta or potato salad with added vegetables and cheese
- Tuna, egg, or chicken salad sandwich - if they prefer to dip crackers in the filling, that's OK too!
- Fill a thermos with casseroles, soups, pasta or other hot dishes

## Energizing Snacks

Healthy snacks throughout the school day are important. Provide a snack for mid-morning and mid-afternoon will keep your child energized and alert through the day. Try some easy, healthy and portable snacks such as trail mix, yogurt tubes, fruit, and string cheese.

After a long day at school many children are hungry for an after-school snack. Offer your children nutritious snacks instead of having chips and cookies in the cupboards. Healthy snacks such as fruits, vegetables, whole grains and milk products will help your children feel satisfied until dinner and give their growing bodies important vitamins and minerals. Fun ideas include cheese and crackers, fruit kabobs or a yogurt smoothie.

Supplying your children with a variety of foods throughout the day will give them the energy needed for their bodies and minds to tackle a school day. For more breakfast, lunch and snack ideas please contact the Leeds, Grenville, and Lanark District Health Unit's Health Action Line at 1-800-660-5853 (345-5685) and ask to speak with a Registered Dietitian.

# Enjoying A Taste Of Fall

By Deborah Steele, CPHI(C), Public Health Inspector

Each season brings with it something distinctive and enjoyable. Fall is no exception...the glorious colours of changing foliage, crisp morning air, the distinctive flavour of apple cider.

Apple cider is a popular drink. It can be found at roadside stands, county fairs or grocery stores. The apple cider may or may not be pasteurized. Pasteurization is a process where liquids are heated to high temperatures in order to kill potentially harmful bacteria.

The Canadian Food Inspection Agency has a “Code of Practice for the Production and Distribution of Unpasteurized Apple and Other Fruit Juice/Cider.” The purpose of the code is to set out good manufacturing practices to ensure a safe product. However, this code is not a regulation and producers do not have to follow it. Therefore, consumers should be aware that cider and other unpasteurized juices have the potential to cause illness.

In the past years in Ontario there have been outbreaks of Escheria coli (E. coli) 0157:H7 that have been linked to consumption of unpasteurized apple cider or other unpasteurized juices. This strain of E. coli can cause very serious illness, particularly in vulnerable people. It only takes a few cells of E. coli to cause symptoms. Symptoms may include stomach cramps, vomiting and diarrhea that may become bloody. Severe illness can cause kidney damage and in some cases death.

If apples are picked from the ground fecal matter and, thus, E. coli may contaminate them.

### What can we do to reduce the risk of becoming ill from unpasteurized cider?

- ▶ Check with the retailer if the source of the product is unclear
- ▶ Check for labels – eg. Name of producer, best before date
- ▶ Refrigerate the cider
- ▶ Respect the best before date
- ▶ Avoid serving unpasteurized cider to those who are vulnerable to illness
- ▶ **or** for extra caution, boil the cider before using it

# Daily Physical Activity: Do I Have Time?

By Melanie Ramsay, RN, BNSc, Public Health Nurse

*An extra 20 minutes of daily physical activity for students is impossible!!  
I have too much to teach already!*

It is often overwhelming when we are told to add something else to an already ‘full plate’. Ontario curriculum can be daunting and with the new mandate by the Ontario Government to include 20 minutes of physical activity into the student’s day can seem impossible.

### Here are some benefits of more physical education:

Learning:

- Students receiving more physical education time usually perform as well or better academically than those receiving more academic curriculum time and less PE time.
- Students develop more positive attitudes about school, leading to better attendance records and lower dropout rates.

Health:

- Students’ self-esteem increases and they experience lower stress and anxiety levels

- Students develop endurance, strength, and flexibility.
- Students develop positive health habits and in the future are less likely to smoke, use drugs or alcohol, or engage in risky sexual activity.
- These habits decrease the risk factors for cardiovascular disease, osteoporosis, high blood pressure, and type 2 diabetes.
- When children enjoy physical activity, they are more likely to continue to be active as adults.

*The Canadian Association for Health, Physical Education, Recreation and Dance [www.cahperd.ca](http://www.cahperd.ca)*

For ideas on how to include 20 minutes of daily physical activity in your curriculum, check out OPHEA’s Health and Physical Education Curriculum Implementation Supports. <http://www.ophea.net/Ophea/Ophea.net/hpe.cfm>

**For more information on Physical Activity contact**

The Leeds, Grenville & Lanark District Health Unit at 1-800-660-5853 or [www.healthunit.org](http://www.healthunit.org)

## New Children's Books at Your Library

*By Bonnie Schnittker, RN, PHN, Public Health Nurse*

**The Leeds Grenville and Lanark Library project has placed the following children's books on coping when someone they know has breast cancer.**

### **Please Don't Go (Ages 9 – 12 yrs)**

Sarah must cope with all the changes that occur when her mother is treated for breast cancer.

### **Our Family Has Cancer, Too! (Ages 11 - 12 years)**

When their mother is diagnosed with cancer, sixth grader Tim and his younger brother visit her in the hospital, learn about radiation and chemotherapy, and help with the chores at home.

### **The Paper Chain (Ages 4 – 8 years)**

When Mom gets cancer all of the family's routines are disrupted, but with surgery, chemotherapy, radiation and rest, she eventually gets well enough to do the things they did before she got sick.

### **My Mummy is Sick, A story about Breast Cancer (Preschool age)**

The story, told through the eyes of a preschooler, follows the mother's experience with her illness and how it affects the family.

A selection of the above books has been placed in all Elementary School Libraries and local Public Libraries within Leeds, Grenville and Lanark. 5 Adult books are also in your local Public Libraries on Breast Cancer and Breast Health. These books were placed in the spring of 2005.

For additional information on Breast Cancer:

- ▶ **Canadian Cancer Society**  
1 888 939-3333      [www.cancer.ca](http://www.cancer.ca)
- ▶ **Ontario Breast Screening Program**  
1 800 668-9304      [www.cancercare.on.ca](http://www.cancercare.on.ca)
- ▶ **Leeds, Grenville & Lanark District Health Unit**  
1 800 660-5853      [www.healthunit.org](http://www.healthunit.org)

The Leeds Grenville & Lanark Counties Library Project was made possible by the generous support of the



### **The partners in this project are:**

Survivors of Breast Cancer  
Rideau Lakes Public Library  
Country Roads Community Health Centre  
Breast Health Coalition of Leeds, Grenville and Lanark  
Regional Cancer Program for Southeastern Ontario  
Canadian Cancer Society  
Leeds, Grenville and Lanark District Health Unit