

Innovation & Development Commons
Brown Bag Lunch – May 25, 2017
Everyone Welcome!
Learning and Development Centre Room 0505
UHNBC, Prince George
12:15pm – 1:00pm



Dr. Sandra Allison
Chief Medical Health Officer
Northern Health



Dr. Cindy Hardy
Academic Director of the
Research Data Center at the
University of Northern British Columbia

An Update on Children's Health in Northern BC

Dr. Allison and Dr. Hardy will share the process and findings of the 2016 CMHO Child Health report and 2016 Community Consultation on "Growing up Healthy in Northern BC."

This partnered work and process was an efficient and effective way to identify pressing issues and concepts impacting healthy children and rapidly review literature and evidence to inform the report and actions.

The community consultation was instrumental in validating the findings and amplifying community voice and experience.

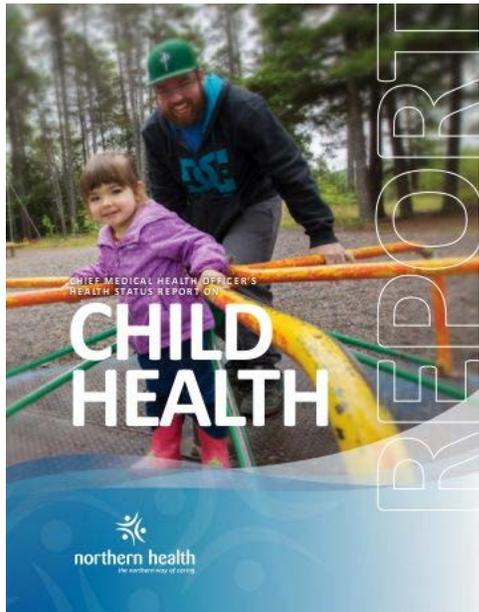
The presentation will also overview next steps for improving the health of children and families in the North.

Teleconference :1 877-385-4099 Passcode: 8353420#

WebEx <https://innovationdevelopment.webex.com>

Meeting Password: brownbag

An Update on Children's Health in Northern BC 2016 CMHO Report



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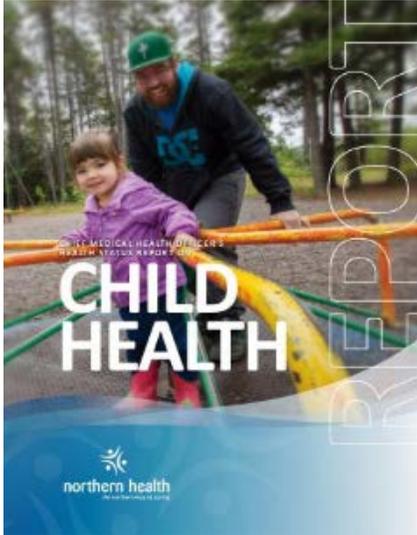
The CMHO reporting project intended to:



- Provide information on healthy child development
- Make recommendations on how to improve the health of Northern BC children and youth
- Foster conversations and stimulate ideas on how to improve the health of children and youth, and
- Strengthen partnerships with stakeholders

How our children are doing...

24 Life course Indicators (measures)



Healthy Pregnancies

1. Prenatal registration and place of birth
2. Tobacco use during pregnancy
3. Alcohol in pregnancy & women of childbearing age
4. Healthy Weight in Pregnancy - High BMI
5. Healthy Weight in Pregnancy - Low BMI
6. Prenatal and Postpartum mental health concerns
7. Teenage mothers

Healthy Babies

8. Breastfeeding at birth
9. Infant mortality
10. Low birth weight infants
11. High birth weight infants

Healthy Children

12. Immunization coverage for 2 year olds
13. Vaccine preventable diseases
14. Leading causes of hospitalization
15. Dental caries rate
16. Pediatric dental surgeries
17. Early Developmental Instrument measures
18. Hearing screening

Children at Risk

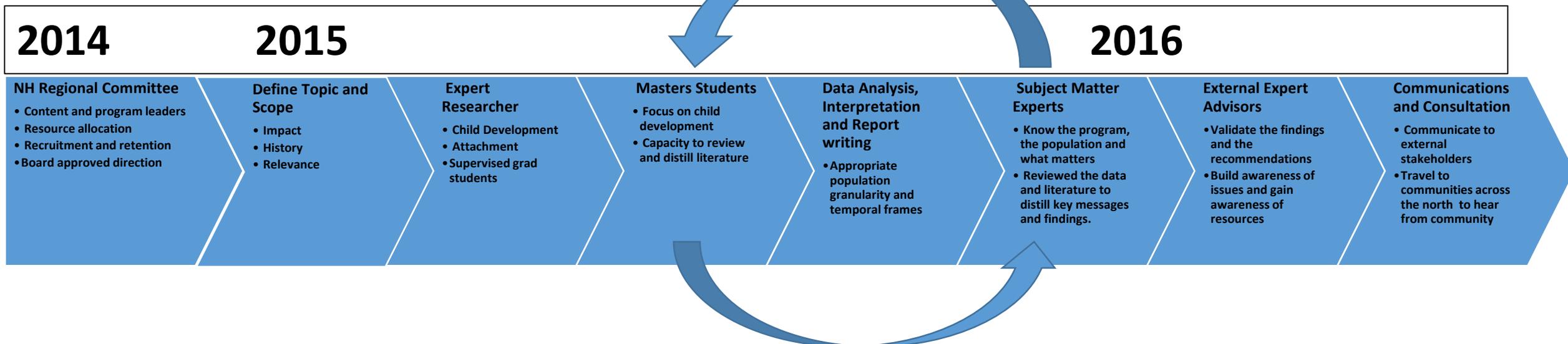
19. Childhood injuries
20. Infant and child abuse rates
21. Children in care and protection

Healthy Families

22. Licensed childcare spaces
23. Children living in low income families
24. Single parent families

Process of Report Writing

- The collaborative partnership was an effective and efficient way to identify issues and search the evidence to inform the report and recommendations.
- The process was resource conscious and yet comprehensively researched in a timely manner.
- The additional graduate student capacity was necessary for timely completion.



UNBC Expert Researcher Reflections on Pros/Cons/Successes/Partnerships/Challenges

- Success was dependent on strong leadership from Dr. Sandra Allison – her vision for the report and process guided the team through work.
- Challenges: for academics, working with real world data is challenging - small samples; lack of experimental or other controls.
- Pros: students got real world experience in applying academic skills.
- Cons: some child health content reviewed by our team was new to the psychology students (e.g., dental caries).
- Partnerships are the way to go! Working together raises overall level of competency and skill for all.

UNBC Graduate Student Benefits/Risks/Gains/Losses

- Benefits: real world experience, team work skills, seeing how a large project comes together with everyone doing their piece of the work. Opportunities for employment are valued by students.
- Risks: working to boundaries of competence (and sometimes beyond).
- Gains: valuable writing experiences, employment readiness skills.
- Losses: time spent in employment related activities is time away from students' own research.

How healthy are most pregnancies?

- Northern BC has higher rates of teen pregnancies
- Women in Northern BC have higher rates of alcohol use in pregnancy
- Women in Northern BC have higher rates of tobacco use in pregnancy
- Women in Northern BC have high rates of mental health issues around the time of pregnancy
- Women in Northern BC have higher BMIs in their pregnancy
- Women are connecting earlier in their pregnancies with care providers through prenatal registration

How healthy are children in the North?

- Across most of Northern BC, one in five children in the North live in low income families
- Women in Northern BC have the lowest rates of exclusive breastfeeding of their babies beyond 6 months of age
- Northern BC has higher rates of infant mortality. IMR are higher amongst Indigenous populations
- About a third of Northern BC children are not emotionally or physically ready for the transition to enter school

How healthy are children in the North?

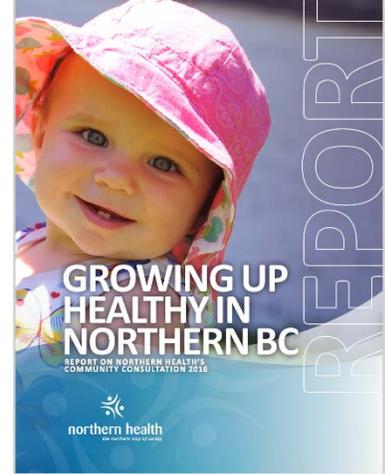
- Children in Northern BC have higher rates of poor oral health when compared to the rest of the province, including the highest rates of dental surgeries
- The rates of injury related hospitalization of Northern BC children are among the highest in the province
- Rates of child abuse, neglect and children in need of protection are the highest in the province.

Reflections on the findings and how they align with other research in the north?

- Current status of child health in northern BC reflects larger processes of marginalization operating in Canadian society – effects of processes such as racism, classism, centrism, colonialism.
- Findings of the Child Health Report highlight many opportunities for prevention and early intervention to improve child health.
- Northern Attachment Network promotes the importance of early relationships in the healthy development.

Growing Up Healthy in Northern BC Community Consultation

- Validate the indicators with community experience, strengthen understanding and solution finding.
- Strengthen collaboration and improve impact through partnerships and networks
- Foster conversation and stimulate ideas on how to improve health for children and youth in northern BC



Burns Lake

Kitimat

Village of Queen

Charlotte

Chetwynd

Mackenzie

Quesnel

Dawson Creek

Masset

Smithers

Fort Nelson

McBride

Terrace

Fort St John

Prince George

Valemount

Hazelton

Prince Rupert

Vanderhoof

Communities reflected on what works and what needs improvement in their communities.

- Opportunities for outdoors and connection to land.
- Good sense of community and social connection

- Youth are struggling with mental health and substance use issues.
- Poverty is a significant challenge for many northern residents.
- Health services could be made more accessible to families, children and youth.

Thought exchange – Growing Up Healthy in Northern BC

<http://northernhealth2.thoughtexchange.info/card-welcome/welcome-2/>



Growing Up Healthy in Northern BC - 2016 Community Engagement | HOME

01. Welcome

02. People, Thoughts, and Stars

03. Participation

04. Working Well

05. Some Challenges

06. Opportunities and Initiatives

07. Community Results

08. The Process

09. Getting Involved

< BACK

NEXT >

Participation

 599 People

 1,994 Thoughts

 39,574 Stars

 2 MONTHS JUNE to JULY



Demographic

44.4%	Interior (Mackenzie, Prince George, Quesnel)	266
16.5%	NW Coast (Kitimat, Prince Rupert, Terrace)	99
10.0%	North Peace (Fort Nelson, Fort St John, Hudson Hope, Taylor)	60
9.2%	Bulkley Valley (Hazelton, Houston, Smithers)	55
7.85%	Nechako Valley (Burns Lake, Vanderhoof, Fort St James, Fraser Lake)	47
5.8%	South peace (Chetwynd, Dawson Creek, Tumbler Ridge)	35
3.2%	Haida Gwaii (Masset, Queen Charlotte)	19
		18
3.0%	Robson Valley (McBride, Valemount), Stikine (Atlin, Dease Lake, Nass Valley, Stewart), Other	



What data do we have on our communities?

<https://northernhealth.ca/AboutUs/NorthernHealthReports.aspx>

Thought exchange report

<http://northernhealth2.thoughtexchange.info/card-welcome/welcome-2/>

Community consultation report – Growing Up Healthy in Northern BC

https://northernhealth.ca/Portals/0/About/Community_Accountability/documents/Northern-Health-Growing-Up-Healthy-Report-Print.pdf

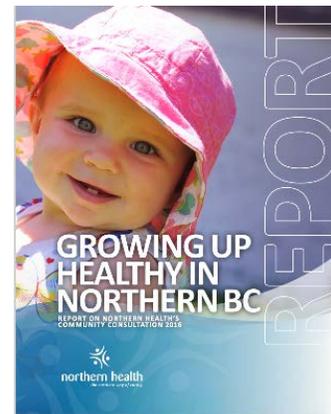
Child Health Report

https://northernhealth.ca/Portals/0/About/Community_Accountability/documents/Northern-Health-CMHO.pdf

Is good, good enough? PHO report

<http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/annual-reports/pho-annual-report-2016.pdf>

What's coming up?



The next steps we are taking in improving the health of families and children in Northern BC.

- The Child and Youth Program will draft a Child Health Action Plan to define actions to support acute, primary and community care improvements in service.
- Improved partnerships, communication and collaboration with the goal of seamless care and services for the population of Northern BC.
- Targeted improvements in:
 - Mental Health and Addiction Services for children and youth
 - Healthy schools and Healthy communities
 - Early childhood development, attachment and parenting
 - Health equity, poverty, stigma and cultural humility and safety
- Local government leaders are starting to take initiatives to address healthy children and families in their communities.

Thank you for your
attention!

Questions?

