



First Nations Health Authority
Health through wellness



Nutrition And Oral Health



Building the FNHA

Our Vision

Healthy, self-determining and vibrant, BC First Nations children, families and communities

Our Values

Respect, Discipline,
Relationships, Culture,
Excellence & Fairness

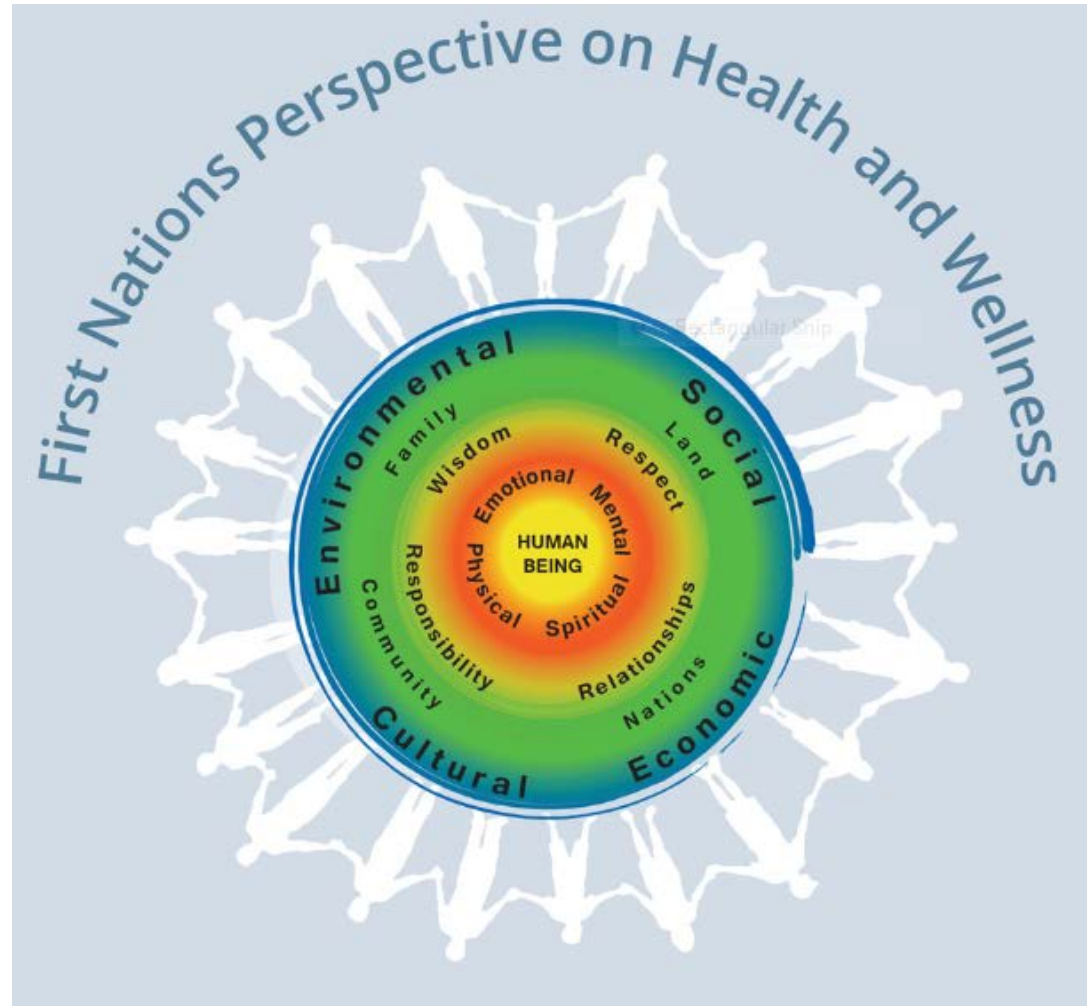
Our Directives

1. Community Driven, Nation Based
2. Increase First Nations Decision-Making and Control
3. Improve Services
4. Foster Meaningful Collaboration and Partnerships
5. Develop Human and Economic Capacity
6. Be without Prejudice to First Nations Interests
7. Function at a High Operational Standard



First Nations Perspective on Health and Wellness

- A visual expression to the First Nations Perspective on Health and Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.





Some Food For Thought...



The most important things you need to know about *your health* may not be as obvious as you think.



Health = A rewarding job with a living wage

Little control at work, high stress, low pay, or unemployment all contribute to poor health.

Your job makes a difference.

Health = Food on the table and a place to call home

Having access to healthy, safe, and affordable food and housing is essential to being healthy.

Access to food and shelter makes a difference.

Health = Having options and opportunities

The thing that contributes most to your health is how much money you have. More money means having more opportunities to be healthy.

Money makes a difference.

Health = A good start in life

Prenatal and childhood experiences set the stage for lifelong health and well-being.

Your childhood makes a difference.

Health = Community belonging

A community that offers support, respect, and opportunities to participate helps us all be healthy.

Feeling included makes a difference.



How can you make a difference?

Action to improve the things that make ALL of us healthy depends on ALL of our support.

**Start a conversation.
Share what you know.**



Key Determinants of Health

1. Income and Social Status
2. Social Support Networks
3. Education and Literacy
4. Employment/Working Conditions
5. Social Environments
6. Physical Environments
7. *Personal Health Practices and Coping Skills*
8. Healthy Child Development
9. Biology and Genetic Endowment
10. Health Services
11. Gender
12. Culture



**BC has had the highest rate of child poverty in Canada:
20.4%**

**BC has had the higher rate of child poverty than the
Canadian Average for the past 13 years.**

**Almost 100, 086 people in BC used food banks in March,
2015, a 3% increase over the previous year. Over
31,527 of those were children.**

**Child Poverty Report Card
BC Child & Youth Advocacy Coalition**

**HungerCount 2015
Foodbanks Canada**



TABLE 3: Food as a proportion of disposable income for seven family scenarios – the details

Monthly Income and costs	Family 1 Reference family income assistance	Family 2 Single parent, 2 children, income assistance	Family 3 Single older woman, income assistance	Family 4 Young pregnant, woman, income assistance	Family 5 Single man, disability assistance	Family 6 Reference family, low-earned income	Family 7 Reference family, median income
Net income (after payroll deductions) ¹	\$1,101	\$1,036	\$610	\$610	\$906	\$1,793	\$5,600 ²
Child/family benefits ³	\$726	\$726	\$50	\$50	\$50	\$737	\$142
Additional benefits ⁴	\$24	\$24	\$3	\$48	\$3	\$0	\$0
Medical services plan	\$0	\$0	\$0	\$0	\$0	\$0	\$121
Disposable income	\$1,851	\$1,786	\$663	\$708	\$959	\$2,530	\$5,621
Housing ⁵	\$1,107	\$1,107	\$732	\$732	\$732	\$1,107 - 312 \$ 795	\$1,491
% disposable income required for housing	60%	62%	110%	103%	76%	31%	27%
Cost of food ⁶	\$868	\$689	\$218	\$273	\$322	\$868	\$868
% disposable income required to purchase food	47%	39%	33%	39%	34%	34%	15%
What's left for all other costs	– \$124	– \$10	– \$287	– \$297	– \$95	\$867	\$3,262



Agenda

- Nutrition and Tooth Decay
- Basic Healthy Eating
- Parents Feeding Kids
- Questions



Dietitian Services at HealthLinkBC Dial 8-1-1

The screenshot shows the HealthLinkBC website interface. At the top, there's a navigation bar with categories like GOVERNMENT, RESIDENTS, ENVIRONMENT, EDUCATION, BUSINESS, HEALTH (highlighted), EMPLOYMENT, and ABOUT B.C. Below this is the HealthLinkBC logo and a search bar. A secondary navigation bar lists various services: Healthy Eating, Common Health Concerns, Medical Tests A-Z, Medications A-Z, Public Health Alerts, Health Topics A-Z, Services and Resources, and Tools and Videos. Under 'Healthy Eating', there are links for 'For Everyone', 'For Your Age and Stage', 'For Healthy Weight', 'For Your Condition', 'For Schools and Communities', and 'For Professionals'. The main content area is titled 'Healthy Eating' and includes a sub-section 'For Everyone' with a list of topics like Disease Prevention, Eating on a Budget, Food and Nutrition, and Food Safety. There's also a 'Contact a Dietitian' box with an image of a smartphone and raspberries, providing information on how to reach dietitians via phone or email. The URL <http://www.healthlinkbc.ca/healthyeating/> is displayed at the bottom of the screenshot.

<http://www.healthlinkbc.ca/healthyeating/>



HEALTHY SCHOOLS BC About **Français**

Not a Member Yet? [Join Us](#) Already a Member? [Sign in](#)

KEY FOCUS AREAS PROGRAMS & SUPPORTS HEALTHY SCHOOLS BC RESOURCES HEALTHY SCHOOLS STORIES

Search for Programs & Supports

Enter Keywords Here

Healthy Eating All Health Authorities All Communities All CSH Pillars Evidence Based/Evaluated [Reset Filters](#)

[Home](#) » **Programs & Supports** [Have a program or support to add? >Join](#)

Sort By Search Results Viewing Programs 1 - 12 of 121 1 2 3 4 5 6 7 8 9 10 >

	<p>Guidelines for Food and Beverage Sales in BC Schools</p> <p>The Guidelines for Food and Beverage Sales in BC Schools define the nutrition standard that schools are required to apply to all food and beverages so...</p> <p>Vegetables Food and Beverage Guidelines Fruit and Healthy Beverages Healthy Eating (general)</p>		<p>Breakfast Club of Canada</p> <p>The Club is a nation-wide organization comprised of several regional teams, our head office and warehouse staff, and our Board of Directors. These Ind...</p> <p>Healthy Eating (general)</p>
	<p>Farm to School Guide - A Fresh Crunch in School Lunch</p> <p>Farm to School is a school-based program that connects schools (K-12) and local farms. The goal of the program is to ensure children have access to fr...</p> <p>Fruit and Vegetables Healthy Eating (general)</p>		<p>Sip Smart! BC</p> <p>"The Sip Smart! BC Program aims to raise awareness among Grade 4, 5 and 6 students of the negative health effects associated with the consumption of s...</p> <p>Healthy Beverages Healthy Eating (general)</p>
	<p>Action Schools! BC</p> <p>Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living while achiev...</p> <p>Active Living/Physical Activity (general) Healthy Eating (general) Healthy Practices (general) Daily Physical Activity School Connectedness</p>		<p>BC Cancer Agency Prevention Programs - Healthy Living Schools</p> <p>BC Cancer Agency Prevention Programs has provincial programs that teach British Columbians how to reduce their risk of getting cancer. Our goal is to...</p> <p>Active Living/Physical Activity (general) Healthy Eating (general) Substance Use Daily Physical Activity</p>
	<p>BC School Fruit and Vegetable Nutritional Program</p> <p>Students receive a fruit or vegetable snack in the classroom. School coordinators in each school will prepare snack bins for every classroom. Student...</p> <p>Fruit and Vegetables Healthy Eating (general)</p>		<p>Breakfast for Learning BC & Yukon</p> <p>Breakfast for Learning is the leading, national non-profit organization solely dedicated to child nutrition programs in Canada. As the nation's lead ...</p> <p>Healthy Eating (general)</p>
	<p>Health and Career Education</p> <p>Find out how you can provide your students with the knowledge and skills to help them develop the attitudes they need to make informed decisions relat...</p> <p>Healthy Practices (general) Active Living/Physical Activity</p>		<p>HeartSmart Kids™ Program</p> <p>HeartSmart Kids™ programs are curriculum based, they focus on encouraging children to make heart-healthy lifestyle choices in a fun, challenging and e...</p> <p>Active Living/Physical Activity (general) Healthy Eating</p>



Exposure



Frequency



Retentiveness



Retentive Foods – Question Slide

There is no standardized way to determine how retentive or cariogenic a food is.

“Sticky” is not the same as “Retentive”

Highly Retentive Foods

- raisins and other dried fruit
- granola bars
- crackers
- pretzels
- cereal bars
- cookies
- potato chips, tortilla chips
- doughnuts and pastry
- dry cereals



Acidic Beverages

Sugary drinks, Juice, Sports Drinks

Flavoured water (even sugar-free versions)

check ingredients: citric acid, etc.

Energy Drinks (also usually high in sugar)



Drop-In Bag System,
Don't Throw It Away...
Just Replace The Bag
When Needed

The "Original" Baby Safe Feeder™
Invented
and
Patented
by a Dad

Hope my mom
buys me one



Baby Safe Feeder™

Easy as...

- 1 drop in bag
- 2 insert food
- 3 screw tight

No hinges, no clasps,
no rough edges,
A safe way to
feed your baby.

Introduce a variety
of nutritional foods.

Fill with ice
or frozen fruits
and it is a
perfect teether

Elimina el peligro
de ahogamiento

Élimine le risque
pour votre bébé
de s'étouffer.

Thanks Mom
We love it





Additional Key Messages For Oral Health & Food Parents of Older Children

Kids are unlikely to brush at school

Younger kids likely can't chew gum at school

Healthy food can "stick" in teeth

Fruit leather and dried fruit are best eaten at home where your child can brush after. If at school, eat them with lunch.



Additional Key Messages for Oral Health & Food For Athletes

Sports drinks should be saved for endurance activities in hot weather

Sip on water

'Feast' on sports drinks

Energy bars are extremely retentive.

Take some sugar-free gum with you

Don't replace mouth guard right away

Or consider fresh fruit and nuts as an alternate energy/protein snack



First Nations Health Authority
Health through wellness



Early Childhood Caries Breastfeeding vs. Bottle

**Reference Manual 2000–2001****Breast-feeding**

Revised May, 2000

Council on Clinical Affairs

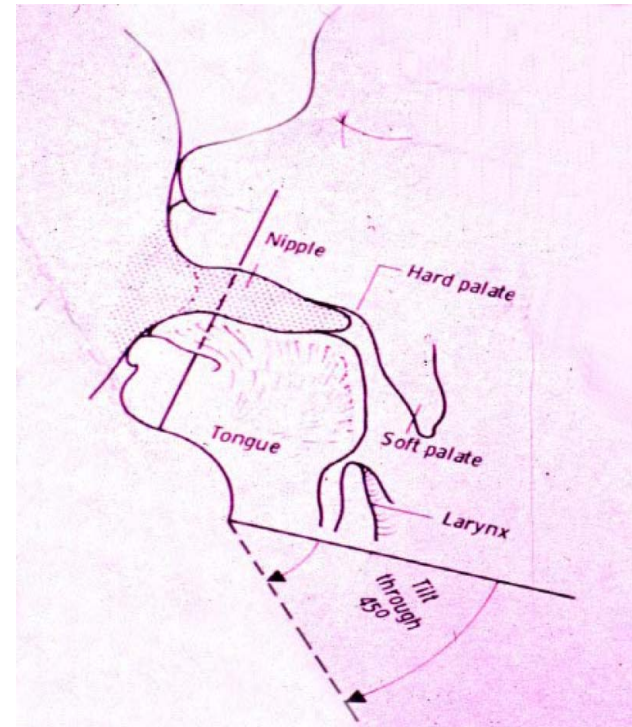
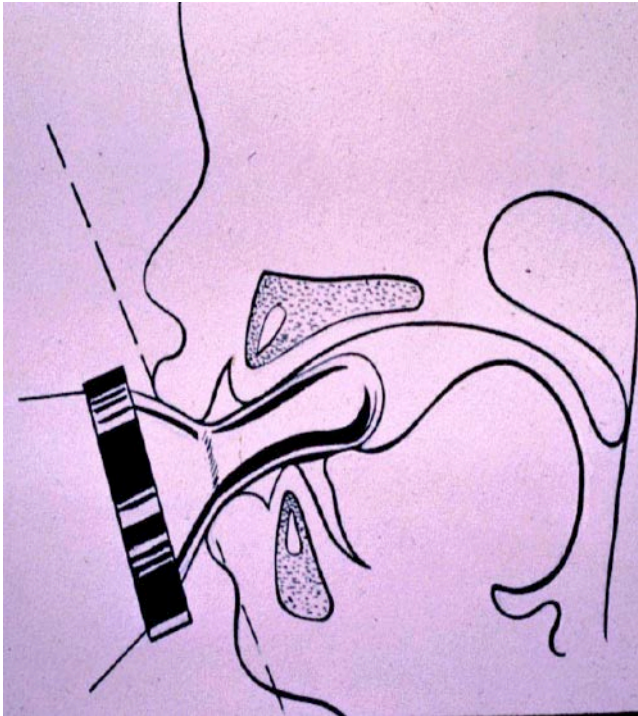
The American Academy of Pediatric Dentistry endorses the American Academy of Pediatrics' (AAP) policy statement on Breast-feeding and the Use of Human Milk. The AAP statement concludes that "breastfeeding ensures the best possible health as well as the best development and psychosocial outcomes for the infant."

The potential for early childhood caries exists for the breast-fed child and is related to the extended and repetitive feeding times with prolonged exposure of teeth to fermentable carbohydrate without appropriate oral hygiene measures.

The American Academy of Pediatric Dentistry recognizes the need for further scientific research regarding effects of breast-feeding and the consumption of human milk on dentofacial growth and oral health.

Reference

Breastfeeding and the Use of Human Milk. *Pediatrics* 100(6):1035-1039, 1997.



- Milk enters around teeth
- V-Shaped Palate
- Malocclusions more common
- Smaller nasal cavity

- Milk is normally expressed into throat
- U-Shaped Palate

Illustration from: F Weber, M Woolridge, J Baum, An ultrasonographic study of the organisation of sucking and swallowing by newborn infants, Dev Med Child Neuro, 1986,19-24. Sourced from <http://www.brianpalmerdds.com>



Breastfeeding (vs. Bottle of anything)

“Breastfed babies have a better chance of dental health ... because of the effects ...on the development of the oral cavity and airway.

With fewer malocclusions...reduced need for orthodontic intervention.

"U-shaped" dental arch...is found more commonly in breastfed children, may (contribute to) fewer problems with snoring and sleep apnea in later life.”

le: Less mouth breathing

<http://www.brianpalmerdds.com>



Key Messages When Your Client's Mouth is Full – Question Slide

Infant Milk Feeding

Breastfeeding is best for oral development.

Even if it wasn't, breastfeeding is hands-down best for overall health of baby and mother.

Health Canada encourages breastfeeding to 2 years of age and beyond

Breastfeed on cue.

If your baby falls asleep while nursing/bottle feeding, rouse them and encourage them to swallow a few times to clear mouth.

If baby feeds frequently at night, see a Health Nurse for tips to reduce frequency of night time feeds.



Eating Well with Canada's Food Guide

First Nations, Inuit and Métis



<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>



Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol



Key Messages

Healthy Eating

Avoid grazing for dental & overall health

Satisfy appetite with 3 *balanced* meals
and up to 3 snacks (am, pm, bedtime
before brushing)

Add nuts or cheese at snack time. They help
satisfy your appetite and are good dental
choices.



“If you lose your foods, you lose part of your culture and it has a devastating effect on the psyche.”

Yakama Tribal Nurse





First Nations Health Authority
Health through wellness

Parents Feeding Kids



Hershey's Kisses Eaten By Secretaries

	Clear Bowl	Opaque Bowl
On Desk	9	6 ½
6 Feet Away	4	4

5 more each day
=125 calories/day

**Accessibility/
Visibility**

Baby Carrots in a Waiting Room (# eaten over 15 minutes)

	Large Bowl	Small Bowl
Given to customer	12	8
Placed in corner	6	3



Dr. Brian Wansink

Cornell University Food and Brand Lab

“We believe we have all the free will in the world. We believe we overeat if the food is good or if we're really hungry. In reality, those are two of the last things that determine how much we eat,’ Wansink says. What really influences our eating, he says, are visibility and convenience.”

<http://www.cnn.com/2007/HEALTH/diet.fitness/09/21/kd.mindless.eating/index.html>



The Food Environment Is Also Important for Oral Health



June 2006 in one BC school district:

**79% of non-milk beverage choices in middle schools
were Choose Least and Not Recommended**



Grains - Foods that put Dental Health at Risk

Sweet cereals,
Granola bars,
Crackers,
Cookies, and
Chips (corn, wheat, rice, etc)

Eat these clingy foods only
at mealtimes

Choose snack-time grain
choices that clear quickly
from the mouth.



http://www.fnha.ca/Documents/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf



Veggies & Fruits - Foods that put Dental Health at Risk

Fruit leathers,
Dried fruit, and
Chips (potato or other).

Eating these clingy foods
only at mealtimes.

Choose snack-time foods
that clear quickly from the
mouth, such as
fresh/canned/frozen
vegetables or fruit (raw or
cooked).





Juices - Foods that put Dental Health at Risk

Choose plain water more often than juice.

Choose fruit or vegetables instead of juice

100% juice and other fruit drinks contain sugars and acids (natural or added) that dissolve tooth enamel when sipped frequently.





Guidelines: Energy Bars & “Other Beverages”

Energy bars can leave food particles clinging to teeth.

Choose plain water more often than “other beverages”.

Whether they contain sugars or not, almost all “Other Beverages” contain acids that can dissolve tooth enamel when sipped frequently.





A Division of Responsibility

Parents are responsible for what children are offered to eat and the manner in which it is presented.

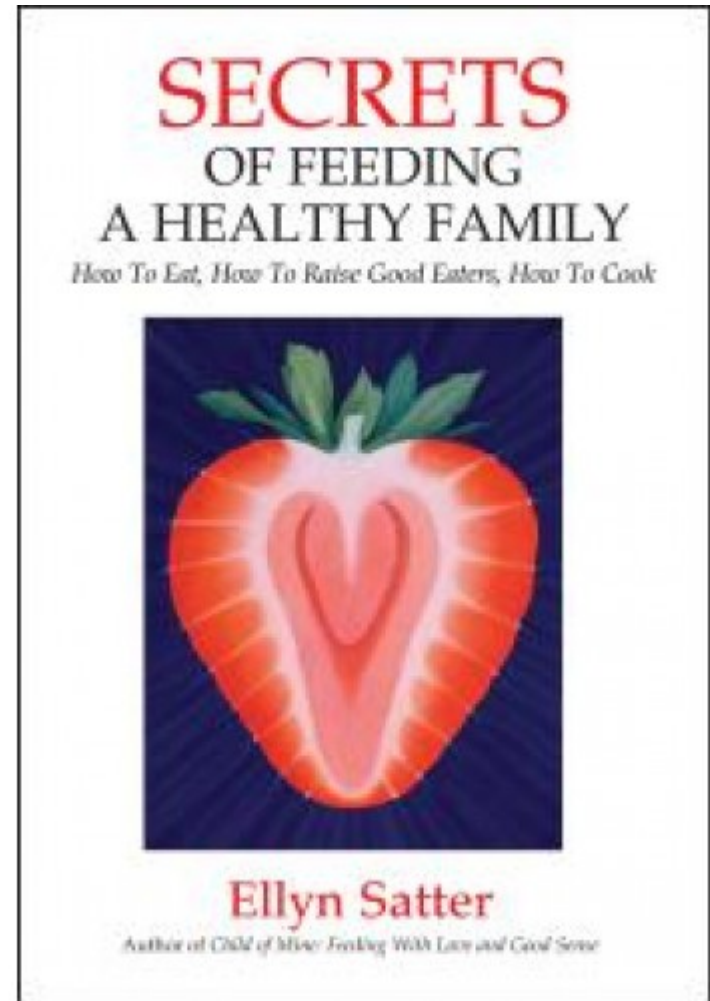
Children are responsible for how much and even whether they eat.



Ellyn Satter, RD, MSW



Ellyn Satter, RD, MSW





"Children are born wanting to eat, knowing how much to eat and inclined to grow in the way that nature intended. Good parenting (around) feeding preserves those qualities".

Ellyn Satter, MS, RD, LCSW, BCD

"Childhood Overweight In the community – Satter Feeding Dynamics Approach", 2005
www.EllynSatter.com



Why it Works

Children's appetites vary

From day to day

From meal to meal in the same day

Children will eat what they need to grow

Parents can either support or disrupt food acceptance and food regulation

Mealtimes can focus on communication, bonding, behaviour

Instead of food amounts



Parents' job with feeding children

Choose and prepare the food

“mostly healthy food, most of the time”

Provide regular meals and snacks

Make eating times pleasant

Model eating and meal time behaviour

No grazing

Let child decide how much to eat



Mealtimes:

Expose children to different foods than they get at snacktime

Are opportunities for children to watch adults eat

Are very social times for children

Keep mealtimes pleasant.

Snacktimes:

Important because appetite at meals can be affected by so many things

Mini meals, at least 2 food groups

Are not “junk times”. Should be mostly healthy choices



Dealing with Kids Food Choices

Parent: Snack time is soon. Would you like fruit and cheese, or yogurt and granola?

Child: I want crackers and peanut butter!!

Parent: That sounds good for tomorrow's snack. But today the choices are...



...Grazing

Half an hour after supper:

Child: I'm Hungry! Can I have some yogurt?

Parent: No. We just finished supper, and snack time isn't for another hour.

Child: But, I'm hungry!

Parent: I know you're hungry. Snack time will be in an hour. In the meantime, let's....

Next day at supper, when child asks to leave the table:

Parent: Remember yesterday how hard it was to wait until snack time? Are you sure you have had enough to eat?



...Dessert

Everyone in the family is offered the same food

Do not use dessert as a reward/bribe, or withhold it as a punishment

If dessert is served regularly, it should be a food group food

Serve less nourishing desserts like cake less frequently

If dessert is mostly healthy most of the time, it contributes to their nutrient intake.



Role Models



Role Models

- Adults need to ask what kinds of behaviours they are modelling:
- Am I dissatisfied with my body size and shape?
- Am I on “a diet”? Who knows when I’m on a diet, and how do they know?
- Do I express guilt when I eat certain foods, or do I refuse to eat foods while commenting that I am trying to lose weight?



Role Models

Adults need to ask what kinds of behaviours they are modelling:

Do I talk about being unhappy with my body? Whom do I talk to, and who might overhear what I have to say?





Kids and Bodies

Help your child learn that:

Different people have different body types.

Different body types do things in different ways.

People can excel, no matter what the size or shape of their bodies.



Key Messages When Your Client's Mouth is Full Parents Feeding Children

Children learn from watching us eat

We can model healthy, enjoyable, balanced eating

- Mostly healthy food, Most of the time

- No grazing

- Family mealtimes are so important

We can model how to enjoy treats in moderation



Summary

Good food habits contribute to dental health
Healthy meals & snacks help prevent grazing

**Reduces frequency of
exposure to carbohydrates**

Reduces acid attacks





First Nations Health Authority
Health through wellness

Questions & Discussion





First Nations Health Authority
Health through wellness

Thank You!