

Annual Service Plan & Budget: Healthy Growth and Development

A. Community Need and Priorities

Leeds, Grenville, and Lanark consistently had about about 1200 births every year for the past 5 years. About 50% give birth in our region either at home or at one of our three hospitals providing maternity care, and the other give birth in adjacent Health Unit regions.

Some key population indicators influencing our programs are:

- 31% history of mental illness among parents of newborns (women & partners) in LGL and increasing perinatal mental health services and programs to support new mothers and families was identified as a top priority recommendation for the LGL area.
- high rates of low birthweight among teens and women age 45 to 49
- 7.3% of children involved with Child Protection Services
- 19% maternal smoking in pregnancy
- 14.2% infants fed a breastmilk substitute in hospital
- higher percentage of kindergarten children considered vulnerable and at risk on the EDI scores than in Ontario as a whole
- 14% of children age 4-17 report any mental health disorder

With results from our situational assessment, we will develop and implement programs using a comprehensive health promotion approach. We will continue to monitor trends, gather input from community partners and embed our Health Equity Tool to ensure we are recognizing and addressing the Social Determinants of Health. Our focus will be on prenatal education and support, parenting support, and community development.

B. Key Partners/Stakeholders:

Our Healthy Growth and Development Program has extensive relationships with community partners. We plan collaboratively, producing community wide workplans and guiding documents, as well as co-delivering programs with partners. Our 800 line and website are used as intake for various community projects and programs. Some of these key partners include:

Connections Program

EarlyON Centres

Daycare Centres

Community Health Centres

Hospitals

Early Years service provider networks (LG/Lanark)

School Boards

Children's Mental Health Agencies

Smoke Free Ontario

Midwives

Family and Children's Services LGL

Healthy Babies Healthy Children

Infant Development Programs

Child Development Centre

Recreation Programs

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|---|---|--|---|
| Program 1 Prenatal Information/ Education | Intervention 1 Prenatal Education | <p>Universal prenatal education – Prenatal classes are offered in two ways:</p> <ul style="list-style-type: none"> • In-Person – 25 Prenatal class series, consisting of four sessions per series, will be held in six locations throughout LGL in 2018. These sessions teach pregnant women and their support person(s) about how to take care of themselves and their baby during pregnancy and after delivery, options for medical care and strategies to use during labor and delivery, how to feed their baby, and more, and also connects them with local hospitals for a tour. We also connect them with other local services and supports and services to meet their needs (ex. Financial, housing, labs, birth companions, etc.). • Online – Online prenatal classes provide an alternative option to in class sessions for those who have transportation concerns, shift/evening workers, or those who prefer not to attend groups, covering the same content, but through use of an online access code. Follow up by phone from a public health nurse ensures that they have the opportunity to ask questions and be connected to other programs and services if that is needed. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> | <p>Number of classes delivered Number of attendees Number of prenatal codes distributed Number of online prenatal codes completed Client satisfaction Reports of increased awareness, knowledge and skill</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|---|--|---|---|
| Program 1 Prenatal Information/ Education | Intervention 2 Prenatal Classes For Young Parents | <ul style="list-style-type: none"> • A modified version of prenatal classes for teens, adapted for their optimal learning (based on teen-pregnancy data and evidence to support an alternate approach with this population), is delivered through in person sessions. • This is done primarily in partnership with the Connections Program and the Canadian Prenatal Nutrition Program which is described below. These groups take place in 5 locations on an ongoing basis across LGL, and can be delivered through home visiting within the Healthy Babies Healthy Children Program as well. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-There is a decrease in health inequities related to healthy growth and development.</p> <p>-Board of health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development.</p> | <p>Number of classes delivered.</p> <p>Number of attendees.</p> <p>Client satisfaction.</p> <p>Reports of increased awareness, knowledge and skill.</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|--|---|---|---|
| Program 1 Prenatal Information/ Education | Intervention 3 Canadian Prenatal Nutrition Program | <ul style="list-style-type: none"> • The Canada Prenatal Nutrition Program (CPNP) is a community-based program that provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances. • The goals of CPNP are to improve maternal-infant health, increase the rates of healthy birth weights, and to promote and support breastfeeding. • The program also aims to promote the creation of partnerships within communities and strengthen community capacity to increase support for vulnerable pregnant women and new mothers. LGLDHU partners with Lanark Community Programs (host agency) to deliver this intervention. • Participants receive food vouchers and prenatal vitamins (funded through Federal Government through Connections Program). Connections Program hosts weekly groups in 5 locations. A Public Health Nurse attends, to provide support and information, to deliver the Young Parents Prenatal Education program, and to assess risk and needs and help clients access the supports and services they may need. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-There is a decrease in health inequities related to healthy growth and development.</p> <p>-Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | <p>Number of classes delivered.</p> <p>Number of attendees.</p> <p>Client satisfaction.</p> <p>Reports of increased awareness, knowledge and skill.</p> <p>Community partner reports of knowledge change.</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|-----------------------------|---|--|---|
| Program 2 Parenting Support | Intervention 1 Baby Talk | <ul style="list-style-type: none"> • The goal of Baby Talk groups is to enable all children to attain and sustain optimal health and developmental potential. • We deliver this program in partnership with the Ontario Early Years Centres (Early ON Centres) in 8 locations throughout LGL. • Parents can attend weekly with their babies to receive parenting support and education, from the Registered Early Childhood Educator (RECE) and the Public Health Nurse. • Activities to promote attachment and child development are delivered by the RECE, then the Public Health Nurse gives teaching on a topic, based on input from/need of the group. • There is an opportunity to have one on one discussions with the nurse and have questions on a variety of health topics answered. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | Number of Baby Talk sessions by location. Number of participants by location. Topics discussed. |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|------------------------------------|--------------------------------------|--|--|---|
| Program 2 Parenting Support | Intervention 2 Breastfeeding Clinics | <ul style="list-style-type: none"> • Infant Feeding/Breastfeeding clinics are offered 1-2x/week or by appointment (determined by the need in each location) in 7 locations across LGL. • A Public Health Nurse who is trained to provide expert breastfeeding support can help new mothers with any infant feeding questions they may have. • With 4 IBCLC certified lactation consultants on staff and a dietitian dedicated to healthy growth and development, Public Health Nurses can refer to more in-depth support as needed. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> | <p>Number of breastfeeding clinics. Number of attendees. Reports of satisfaction and increased awareness, skill and knowledge. Breastfeeding initiation, duration and exclusivity rates.</p> |
| | Intervention 3 Triple P | <ul style="list-style-type: none"> • The Triple P (Positive Parenting Program) is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. • Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. • Triple P is currently used in more than 25 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures. • Triple P is delivered at the population level, with parenting education for all parents through media, and at various other levels from a simple tip sheet to answer a basic question to one on one and group sessions targeting the clients needs. • LGLDHU partners with other community agencies to plan collaboratively, co-facilitate and create a seamless network of parenting support where the Health Unit's website and 800 number act as an intake hub. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | <p>Number of sessions. Number co-facilitations with partner agencies. Number of parents participating. Number of Triple P Tip Sheets distributed. Number of promotion activities. Reports of satisfaction and increased awareness, skill and knowledge. Rates of Family & Children's Services (FCS) referrals (abuse/neglect). Early Development Instrument(EDI) Scores.</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|---|---|--|--|
| Program 2 Parenting Support | Intervention 4 Information on Healthy Growth & Development | <p>Information on growth and development is provided to parents in a variety of ways:</p> <ul style="list-style-type: none"> • A variety of information is available on our website • An e-mail-out package is provided to all new parents when they take their baby home from the hospital • Another e-mail out package is sent at 15/18 months of age • Ongoing information is provided through Social Media • Nutri-Step Screens are distributed through HU and partner programs to assess nutrition and provide information to parents of preschoolers • A suite of NCAST programs, (NCAST is a leader in the development and dissemination of research based programs to promote nurturing environments for young children) is available to help parents learn how to provide nurturing environments/relationships with their infants/children. • Advice and Information is provided in a variety of other forms of interactions such as presentations, phone advice, and one on one interactions, etc. using approved resources and guidance documents that ensure consistent and high quality information and practice. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> | <p>Number of packages distributed.</p> <p>Number of 15/18 month e-mail outs distributed.</p> <p>Number of social media posts.</p> <p>Number of Nutristep Screens.</p> <p>Distributed/completed EDI Scores.</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|--|---|--|--|
| Program 3 Community Collaboration | Intervention 1 Early Years Service Provider Networks | <ul style="list-style-type: none"> • The Health Unit actively participates on the two community planning tables consisting of all services providers for children and families plus representation from school boards, daycares, and Ministry of Education and Ministry of Children and Youth Services. • The early years service provider networks were formerly known as the Best Start Networks and were the lead planning tables of Lanark and Leeds & Grenville. • This is the forum for the collaborative planning that happens between agencies. The relationships that have been developed and the level of collaboration is very extensive in relation to other areas of the province. • These groups work to provide interventions at the community level to improve healthy growth and development outcomes. <ul style="list-style-type: none"> ○ Targeted interventions to support the most vulnerable areas of child development as per the EDI (Early Development Instrument). ○ Multi-agency social media activities to support growth and development ○ Updating the referral pathway so that primary care and other partners know where to refer to for concerns within our community ○ Joint projects like “Read to Every Kid” to promote literacy ○ Project to support transportation ○ Collaborative working groups to support the 18 month enhanced well baby visit, Developmental Screening and the early learning program, as well as special needs and French language services. | <ul style="list-style-type: none"> -Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development. -Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages. -There is a decrease in health inequities related to healthy growth and development. -Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development. -Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle. | Number of meetings. Number of initiatives. Number of collaborative education opportunities HU participates in. EDI scores. |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|---|---|--|--|
| Program 3 Community Collaboration | Intervention 2 Triple P Working Groups | <ul style="list-style-type: none"> • The Health Unit is the Lead Agency for Triple P Working Groups in Lanark, and in Leeds & Grenville. These groups consist of all Triple P providing agencies in the 2 regions, and they lead the implementation of the Triple P Community Plans for a) Lanark and b)Leeds and Grenville. • The Working Groups identify the gaps in service for Triple P across the entire community as a whole, and planned expansion of the Triple P program to include support for parenting where there is divorce/separation. • Together the partners provide the following services: <ul style="list-style-type: none"> ○ co-delivery of general information at welcome to kindergarten and other community events ○ co-planning and/or delivery of up to 80 group sessions community wide ○ supporting reporting for grants from the ministry ○ planning education events for providers ○ hosting the website and 800 access line ○ assessing how Triple P is used outside of group sessions and further planning and activities to support these interventions | <ul style="list-style-type: none"> -Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development. -Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages. -There is a decrease in health inequities related to healthy growth and development. -Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development. -Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle. | <ul style="list-style-type: none"> Number of meetings. Number of initiatives. Number of collaborative education opportunities. EDI scores. Number of families participating in Triple P sessions and accessing website. |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|--|--|---|--|
| Program 3 Community Collaboration | Intervention 3 Baby Friendly Initiative | <ul style="list-style-type: none"> • Baby-Friendly Initiative Ontario is a multidisciplinary committee consisting of health care professionals, service providers and consumers within Ontario who are interested in protecting, promoting and supporting breastfeeding by implementation of the WHO/UNICEF Baby-Friendly Initiative. • The LGL Health Unit's internal designation process is almost complete. We are working towards pre assessment and assessment in 2018. • A survey of women post birth provides information on breastfeeding, initiation and duration. • We also provide Support for Perth/Smiths Falls Hospital BFI designation process, with potential support for the Almonte Hospital designation process beginning this year as well. • Work includes working with hospitals to ensure continuity of care for new moms from hospital to the community, as well as providing infant feeding support that supports informed choice. | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-There is a decrease in health inequities related to healthy growth and development.</p> <p>-Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | <p>Stage of Health Unit designation.</p> <p>Number of meetings with partners.</p> <p>Breastfeeding initiation, duration and exclusivity rates.</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|--|--|---|--|
| Program 3 Community Collaboration | Intervention 4 Post partum mood disorder | <ul style="list-style-type: none"> • Public health nurses will work with partners to implement the Registered Nurses Association of Ontario(RNAO) Best Practice Guideline (BPG) for Post Partum Mood Disorder in their interaction with families in all the above listed forums. • This project is part of the RNAO Best Practice Spotlight (BPSO) designation. The guideline outlines the best practices for the confirmation, prevention, and treatment of mothers with depressive symptoms in the first postpartum year. • Specific Practice Recommendations relate to the confirmation of mothers with depressive symptoms and include implementation of effective preventive and non-pharmacological treatment interventions. • Education Recommendations are suggested to support clinical practice in the care of mothers experiencing depressive symptoms in the postpartum period. • Finally, Organization and Policy Recommendations have been developed to address the importance of a supportive practice environment that enables the provision of effective care and includes strategies for ongoing evaluation of guideline implementation. For us, this means implementing the best care for early identification and access to good treatment for postpartum mood concerns. <p>*Cross reference BPSO Project under Foundational Standards</p> | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-There is a decrease in health inequities related to healthy growth and development.</p> <p>-Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | <p>S:\Common\Projects\RNAO Best Practice Project\Committees\Project Lead Team\Evaluation\Katie-BPSO Evaluation Plan_May2017.docx</p> |

| Program | Interventions | Intervention Description | Objectives | Indicators of success |
|--|--|---|---|--|
| Program 3 Community Collaboration | Intervention 5 Safe Infant Sleep | <ul style="list-style-type: none"> • Public health nurses will work with partners to implement the Registered Nurses Association of Ontario(RNAO) Best Practice Guideline (BPG) for Safe Infant Sleep in their interaction with families in all the above listed forums. • This guideline identifies how health-care providers can partner with families to promote safe sleep for infants 0-12 months of age to reduce known risk factors for injury and death. • It provides evidence-based recommendations for nurses and the interprofessional team who provide care, in all health-care settings, to parents/caregivers and families of infants and it is intended to be applicable to all nursing domains, including clinical, administration, and education. <p>*Cross reference BPSO Project under Foundational Standards</p> | <p>-Individuals and families are aware of the factors associated with healthy growth and development, and the importance of creating safe and supportive environments that promote healthy growth and development.</p> <p>-Individuals and families have increased knowledge, skills and access to local supports to effectively foster healthy growth and development at different life stages and progress through the transitions between these stages.</p> <p>-There is a decrease in health inequities related to healthy growth and development.</p> <p>-Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with healthy growth and development.</p> <p>-Community partners have knowledge of the factors associated with effective programs for the promotion of healthy growth and development, as well as managing the stages of the family life cycle.</p> | <p>S:\Common\Projects\R NAO Best Practice Project\ Committees\P roject Lead Team\Evaluation\Katie- BPSO Evaluation Plan_May2017.docx</p> |