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.
<table>
<thead>
<tr>
<th>Monthly Income and costs</th>
<th>Family 1</th>
<th>Family 2</th>
<th>Family 3</th>
<th>Family 4</th>
<th>Family 5</th>
<th>Family 6</th>
<th>Family 7</th>
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</thead>
<tbody>
<tr>
<td>Reference family income assistance</td>
<td>$1,101</td>
<td>$1,036</td>
<td>$610</td>
<td>$610</td>
<td>$906</td>
<td>$1,793</td>
<td>$5,600²</td>
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<tr>
<td>Child/family benefits³</td>
<td>$726</td>
<td>$726</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>$737</td>
<td>$142</td>
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<td>Additional benefits⁴</td>
<td>$24</td>
<td>$24</td>
<td>$3</td>
<td>$48</td>
<td>$3</td>
<td>$0</td>
<td>$0</td>
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<tr>
<td>Medical services plan</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$121</td>
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<tr>
<td>Disposable income</td>
<td>$1,851</td>
<td>$1,786</td>
<td>$663</td>
<td>$708</td>
<td>$959</td>
<td>$2,530</td>
<td>$5,621</td>
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<tr>
<td>Housing⁵</td>
<td>$1,107</td>
<td>$1,107</td>
<td>$732</td>
<td>$732</td>
<td>$732</td>
<td>$1,107 - 312</td>
<td>$1,491</td>
</tr>
<tr>
<td>% disposable income required for housing</td>
<td>60%</td>
<td>62%</td>
<td>110%</td>
<td>103%</td>
<td>76%</td>
<td>31%</td>
<td>27%</td>
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<tr>
<td>Cost of food⁶</td>
<td>$868</td>
<td>$689</td>
<td>$218</td>
<td>$273</td>
<td>$322</td>
<td>$868</td>
<td>$868</td>
</tr>
<tr>
<td>% disposable income required to purchase food</td>
<td>47%</td>
<td>39%</td>
<td>33%</td>
<td>39%</td>
<td>34%</td>
<td>34%</td>
<td>15%</td>
</tr>
<tr>
<td>What’s left for all other costs</td>
<td>- $124</td>
<td>- $10</td>
<td>- $287</td>
<td>- $297</td>
<td>- $95</td>
<td>$867</td>
<td>$3,262</td>
</tr>
</tbody>
</table>
Agenda

- Nutrition and Tooth Decay
- Basic Healthy Eating
- Parents Feeding Kids
- Questions
Dietitian Services at HealthLinkBC
Dial 8-1-1

http://www.healthlinkbc.ca/healthyeating/
Exposure
Frequency
Retentiveness
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)
First Nations Health Authority

Baby Mum-Mum

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

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
Elimine le risque
pour votre bébé
de s’étouffer.

Thanks Mom!
We love it

5 months
3 meses
mois

HEINZ

Bouchées Rouges

100% FRUIT Bites

Apple Pommes
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
Early Childhood Caries: Breastfeeding vs. Bottle
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
- Milk enters around teeth
- V-Shaped Palate
- Malocclusions more common
- Smaller nasal cavity

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

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.”

Ie: Less mouth breathing

http://www.brianpalmerdds.com
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
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
Parents Feeding Kids
<table>
<thead>
<tr>
<th></th>
<th>Clear Bowl</th>
<th>Opaque Bowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>On Desk</td>
<td>9</td>
<td>6 ½</td>
</tr>
<tr>
<td>6 Feet Away</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

5 more each day = 125 calories/day

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

<table>
<thead>
<tr>
<th></th>
<th>Large Bowl</th>
<th>Small Bowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Given to customer</td>
<td>12</td>
<td>8</td>
</tr>
<tr>
<td>Placed in corner</td>
<td>6</td>
<td>3</td>
</tr>
</tbody>
</table>
“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.”

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.

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...
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?

...Grazing
...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
Questions & Discussion