

Maternal Child Health Newcomer

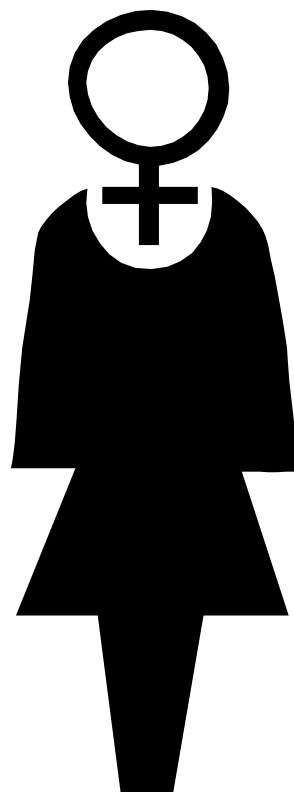
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Understanding the Multiple Factors that Impacts Mothering

Partner

**Family, Friends
& Peers**

**Baby &
Other Children**



Community

Society

**Access to
Programs &
Services**

Life Experiences & Present Health Status

Newcomer Health



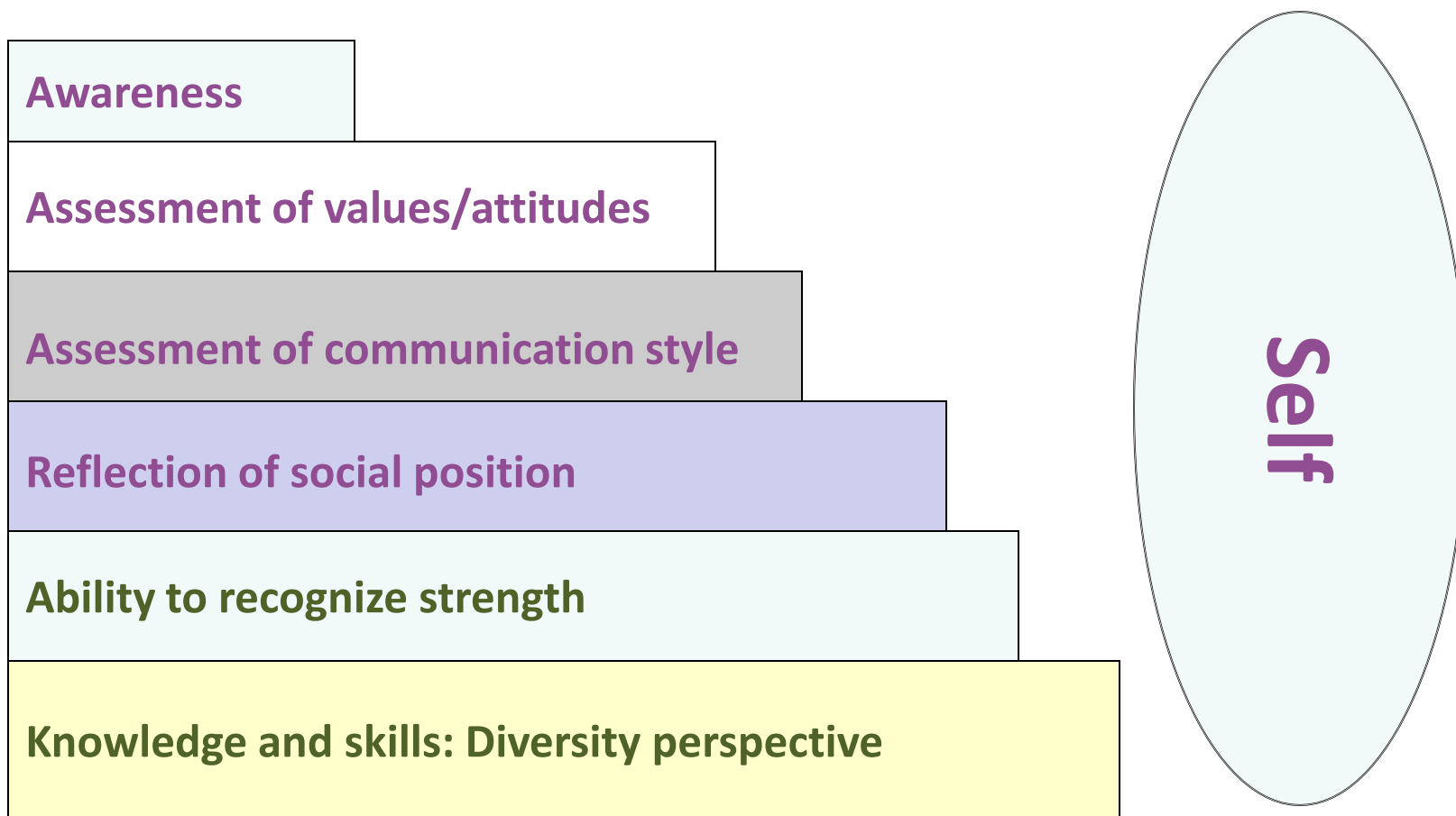
Two thirds of new mothers in Toronto are immigrants.

Half of those mothers were in their first five years in Canada.

Highlights of Literature Overview

- Most immigrants are in good health but refugees may not be.
- More likely to report high levels of postpartum depression symptoms
- Less likely to take folic acid before and during pregnancy,
- Less likely to place their infants on their backs for sleeping
- Risk of Gestational Diabetes and Preeclampsia vary in different immigrant populations

Individual Diversity Competence



Diverse workforce

Healthy Babies Healthy Children-Blended
home visiting program

Peer Nutrition Program

Community Partners:

- Parenting Programs
- Screening Clinics
- Canadian Prenatal Nutrition Programs

Opportunities to improve Newcomer Health outcomes

- Build partnerships with settlement agencies and community organizations that provide services to newcomers
- Develop a simple newcomer referral process between partnering agencies
- Explore partnership opportunities with faith communities
- Messages in diverse media outlets
 - Services
 - Key Simple Health Messages

Thanks

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