



131st ANNUAL REPORT

2010 – 2011

OUR MISSION

To promote health and well-being
among pregnant mothers
whose babies are at risk of being born too small
because of low socio-economic status

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Mrs. Dominique Lapierre — Vice-president
Ms. Mireille Dallaire — Treasurer
Mrs. Nicole Laferrière — Secretary

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Mrs. Émélie Brunet
Mr. Jean-Marc Demers
Mrs. Julie DesGroseilliers
Mrs. Hélène Laurendeau *
Mrs. Paule Ouimet-Scott
Mr. Daniel-Marc Paré
Mrs. Sara Paré
Mrs. Christina M. Smith

* resignation

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Dr. J. E. Brown	Dr. A.C. Macaulay	Dr. P.B. Pencharz
Dr. R.A.H. Kinch	Dr. J.M. Moutquin	Dr. S.M. Weber

Personnel

Executive Director

Marie-Paule Duquette

Dietitians (counselling)

Véronique Binek
Annie Brodeur-Doucet
Lise Comtois ¹
Suzanne Lepage
Émilie Masson ²
Emmy Maten ³
Karen Medeiros ²
Véronique Ménard
France Proulx-Alonzo
Dina Salonina
Jaimie Yue

Dietitians

(training and research)

Jackie Demers
Thea Demmers ⁴
Cindy Genest ⁵
Amélie Lacroix ⁵

Perinatal Educator

Selma Buckett ^{2,3}

Child Educator

Rosy Buonocore

Receptionist

Gisèle Lalande

Computer Programmer

Phuong Lan Pham

Office Assistant

Judy Silva ²

Assistant –

Professional Affairs

Janine D. Choquette

Assistant -

Administration

Nathalie Choquette

1. sabbatical leave
2. part time
3. IBLCE certified lactation consultant
4. resignation
5. contract

Message from the President and the Executive Director

For the past 132 years, the Montreal Diet Dispensary (MDD) has pursued its mission of promoting health in the community and, once again, we can say "Mission accomplished".

The future mom who, during her pregnancy, comes to the MDD seeking support, comfort and encouragement knows that, here, she will find a friendly, dynamic and committed team, always ready to help through nutritional counselling with food supplements and group activities in which knowledge pertinent to her condition is shared.

Financial Support for our Services to Mothers and their Babies

Our three year agreement with Centraide was renewed last year. Although Centraide's contribution barely meets a third of our needs, it would be very difficult, if not impossible, to continue our mission without this recurrent funding. However, each year, we must draw from other financial sources in order to maintain the quality of services that we consider indispensable for our clients to attain our objectives in the short term (healthy babies) as well as in the long term (a healthy lifespan for these children and their siblings). Thus, again this year, we wish to acknowledge with gratitude the support of the Federal, Provincial and Municipal governments and of several foundations, organizations and individual benefactors. We would like to specially mention the amount of \$37,455 received from Shorcan Brokers Limited, who hold a yearly 'charity day' during which its brokers' commissions are distributed among several charitable organization. It is thanks to Mister Martin Bérubé, a broker who, on several occasions came to the rescue of a MDD family in need, that we were put on Shorcan's list for the first time.

Harricana has, again this year, held the 'Christmas Market' with the help of our dedicated event organizers Christine Maestracci, Émélie Brunet and Dominique Lapierre. With the proceeds of our silent auction plus a percentage of the sales tallied for the day by Harricana and the many exhibitors selling their ware, the event brought in more than \$7,800.

Our annual campaign, headed by Sara Paré and her team, added \$82,150 to our coffers. Many thanks to all the people who, because they have the well-being of our mothers and their families at heart, do not hesitate to canvass members of their families, their friends and anyone susceptible to help.

We would like to add here a hidden asset that is worth its weight in gold. The MDD receives, nearly on a daily basis, absolutely free goods and services. In the year 2010-2011, the value of these gifts amounts to no less than \$600,000.

Committee Activities

Other than the work done by the committee members for the annual campaign and the 'Christmas Market', two other MDD committees were active this year.

The Finance Committee, on which Mireille Dallaire, Elizabeth Jarry and Daniel-Marc Paré sat, held three meetings.

The Communications Committee, made up of Dominique Lapierre and Jean-Marc Demers, was graciously supported by Isabelle Fontaine and Katie Reyburn, communication experts. This team developed the outline of a communication plan for the years to come. In addition with the "*Maman pour la vie*" Web site, another step of this plan has already been reached: we are very pleased to announce that Florence K, a well known artist renowned for her exceptional talent as a singer and musician, has accepted to act as spokesperson for the Dispensary. She had accepted to act as such for our 2010-2011 campaign and, after

visiting the MDD and meeting several mothers, she committed herself to support us for a longer term. Many thanks.

A Big Project Developing

From October 1st, 2007 to September 30th, 2010, we received funds from the *Fondation Lucie et André Chagnon* for a project to render the MDD's expertise accessible to a greater number of expectant mothers in need. Amongst the accomplishments of the three years in this project, let us mention the training of eight newly recruited dietitians in the 'Higgins Method'. We have also reduced by more than one hundred the number of mothers on the waiting list for our services.

This project having ended, we must now count on other sources of funding if we want to pursue helping as many mothers as possible. Knowing that our approach reduces significantly the number of very small newborns prone to health problems proves the importance of reaching out to these economically disadvantaged mothers. Furthermore, the reputation of the MDD is well established: we are asked to export our know-how in neighbourhoods in which the rate of low-birth-weight babies is higher than average. Therefore, we are looking into the possibility of offering our nutrition counselling service *extra-muros*, which cannot be done without additional funding. Paule Ouimet-Scott is busy looking for funds from foundations for this big project.

In anticipation of this future expansion of our services, we wish to maintain our team of professionals at its present level. For our ten dietitians in nutrition counselling to each have an office, we had to create more space within our walls. Thanks to the collaboration of the team from the *Canal-Vie* television show '*Les idées de grandeur*', the large office occupied by our senior dietitian Véronique Binék has become two very well laid out spaces now occupied by herself and Véronique Ménard. Moreover, the rooms on the ground floor were reallocated in order to have a room for breastfeeding consultations, a multifunctional room and a new office for the Executive Director.

The Board of Directors

We wish to thank all the members of the Board of Directors for their loyal services throughout the year. Their support, their advice and the time they give to the MDD in spite of their demanding schedule assure that our services continue to be available to mothers in need.

Last September, Hélène Laurendeau resigned from the Board, her professional activities making it impossible for her to attend our meetings on a regular basis. However, as she is very committed to the MDD, she had made sure we had someone to succeed her by having her colleague Julie DesGroseilliers, a well-known dietitian, become a member of the Corporation. We welcomed Julie to the Board at our October 2010 meeting and her participation is appreciated by all.

We also regret to announce that three other members are leaving the Board at the end of this mandate. Mireille Dallaire, whose new professional activities do not allow the time to continue as treasurer of the Board. She has held this very demanding position ever since she joined the Board in 1999, paying close attention to the finances with the sharp eye of the accountant that she is. Nicole Laferrière has been a member of the Board for ten years, and has been the secretary since 2005. Her commitment was complete. We can count on the fingers of one hand the number of meetings that she could not attend. With wisdom, she always weighed the pros and cons in the discussion around the table, presenting her ideas with conviction and tact. Émélie Brunet, with us since 2007, contributed each year to the organization of the special fund-raising event. Mother of two very young children with a very demanding job, she is leaving us but has committed her continued support in helping with our special events. We appreciate the concern of these three administrators for the well-being of our agency. Their precious advice contributed to the success and excellence of the MDD. They are leaving us knowing that the MDD Corporation has members with the competence and commitment necessary to succeed them. We thank Enriqueta Alvarez,

Eileen Curran and Élisabeth Jarry for accepting to be candidates as members of the Board of Directors.

A Word of Thanks

In closing, we wish to thank all the volunteers who contribute so much to the well-being of MDD mothers. Be it helping in the drop-in day care centre, counting vitamins, entering data, preparing/delivering Christmas baskets, preparing income tax reports or any other task essential to our every day needs, they are there to fulfill them.

We cannot remain silent when it comes to all the work that our employees accomplish. Their commitment and professionalism ensures the well-being of our mothers. Nowhere else will one find a group of people as devoted to their work, whether it is with the mothers or in administration. These women never hesitate to put in the long hours needed to reach their goal. We are very proud of our personnel to whom we owe the Dispensary's excellent reputation.

To you all, a big thank you!



Simone Saint-Germain-Roy
President



Marie-Paule Duquette
Executive Director

June 14th, 2011

For Healthy Babies, for a Healthy Life!

The Dispensary's primary mission is to help pregnant women living in poverty¹ give birth to healthy babies in spite of the difficulties associated with their precarious socio-economical situation.

Poverty is a major risk factor that, for the portion of the population it affects, results in the birth of 10 % to 12% of low-birth-weight babies² (less than 2.5 kg or 5½ pounds) and a greater number of premature babies (less than 37 weeks of gestation) than with mothers who are well-off. And low birth weight is, as a matter of fact, an enormous burden:

- for these children, as it might jeopardize their health as well as their motor and cognitive development on the long term and, consequently, contribute to their maintenance in the poverty cycle;
- for the community that will have to spend millions of dollars in health care and special support throughout these people's life³.

To succeed in fulfilling its mission, the Dispensary uses, on one hand, the strategy of nutrition counselling according to the "Higgins Method"[®] and, on the other, the learning of parental and social skills through a set of group activities. In fact, ensuring the health of the unborn baby is not sufficient. It is imperative to equip the mother so that she can calmly welcome this baby, and then, strengthened with her newly acquired knowledge, take care of her own health and that of her family, today as well as tomorrow.

Thus, the Dispensary effectively works in prevention in different ways that can have a positive impact, in the long term, on the health and well-being of families and communities. Here are a few examples:

- in favouring mother-infant bonding, the dietitian brings the mother to understand that, over and above material considerations, what will count for her child is her reassuring presence and the care she gives;
- the nutrition advice and cooking tips learned at the Dispensary are applied at home by 90% of our clients. These acquired skills will profit all the family members. In addition, the dietitian takes particular care with mothers who are obese or diabetic or at risk of developing diabetes;
- with the parental skills they have learnt here, our clients are more prone to take charge of their own well-being and that of their children/families;
- and, of course, in avoiding hundreds of low-birth-weight babies and in helping their parents welcome them in the best possible conditions, the Dispensary favours their physical and cognitive development and eventually facilitates their way through school.

If our mission is firstly to ensure that the babies of economically disadvantaged women be born healthy, the Dispensary nevertheless wishes that its efforts to overcome the negative effects of poverty also offers them a healthy lifespan!

1. MDD clients are in great poverty, i.e. their familial income represents only 50% of the low income cut-offs (LICOs) as defined by Canada Revenue (see definition of LICOs on: www.statcan.gc.ca/daily-quotidien/090603/dq090603a-fra.htm)

2. Colin C, Desrosiers H. Naître égaux et en santé - Avis sur la grossesse en milieux défavorisés. Ministère de la santé et des services sociaux, 1989.

3. Duquette MP et al. Programme d'aide aux femmes enceintes de milieux défavorisés - Projet pilote en CLSC. Rapport technique # 1. Dispensaire diététique de Montréal, 1991.

Nutrition Counseling

Here in lies the very heart of the MDD with its unique nutrition counselling approach that is the "Higgins Method"[©].

Applied by our dietitians in counselling, this proven method consists in the art of establishing a relationship of trust with the future mother as well as making her aware of the critical link between her diet and the development of her baby.

In the course of their 9.3 appointments together, 5.9 during pregnancy, the dietitian will have fostered mother-infant attachment as well as transmitting to the mother nutritional advice adapted to her cultural background. Although the immediate goal is the good health and development of her baby, this knowledge will be useful for her own health and that of her family.

To fulfill the nutritional needs of her client, the dietitian evaluates her risk level and her financial situation. In general, she provides daily vitamin-mineral tablets and food supplements consisting of 1 litre of milk, 1 egg and 1 tablespoon of ground flaxseed. In addition, emergency food from Montreal Harvest may be provided and, when a client is in dire straits, food vouchers exchangeable in most supermarkets are supplied.

Group Activities

The Dispensary has elaborated a set of workshops and activities with the goal of developing client parenting skills. These are also a means of getting together for women who share similar preoccupations.

There are three main types of workshop or activities.

Workshops on Food: offered by our dietitians, these bring complementary information on feeding baby, mother and family. Every known tip is given for our clients to get the best value for their food dollar. Examples are the workshops on "Healthy Cooking" and "Preparing Homemade Purees for Baby", these having the advantage of being more economical and healthier than commercial purees as well as giving baby the family taste.

Workshops on Preparing for Baby: offered by our certified lactation consultant and perinatal educator, often seconded by our child educator, these workshops cover various topics: preparing for labour, advantages and techniques of breastfeeding (see box), caring for the newborn, baby massage and stimulation, etc. In addition to these, there are workshops on the concerns of the mother after the birth of the baby, such as contraception, "Fit into Your Jeans" and others regarding the "job of parenting" in general.

Continued Support to Breastfeeding: the Dispensary strongly encourages women to breastfeed for the baby's health, for maintaining the quality of bonding with the mother, and also as the most economical and practical way of feeding a child.

After Birth, the mother who has difficulties with breastfeeding can call upon our two certified lactation consultants or our child educator to take an appointment. If needed, a home visit will be done.

Social Activities: organized by our child educator, these activities get our clients out of isolation. Our most popular activity is without a doubt the Wednesday afternoon knitting workshop. Both experienced and fledgling knitters enjoy this activity. Fridays are dedicated mainly to outings, where mothers discover or re-discover Montreal attractions (parks, festivals, museums, etc.). In addition, some special activities take place at the MDD on Friday: stories and lullabies, collective kitchens, special festivities (Mother's Day, Christmas, etc.).

To facilitate participation in these workshops and outings, the Dispensary gives bus tickets to the majority of its clients. A total of 4,902 attendances were tabulated at the 421 activities organized during 2010-2011.

Complementary Services

A real bee-hive, the Dispensary offers its clientele additional services that support or complement the nutrition counselling and group activities.

- The **drop-in day care** looks after children whose mothers participate in various workshops, permitting them to fully concentrate on the information given.
- Our **clothing room** of gently used baby clothes and other articles and the sale at cost price of **baby carriers** and **breastfeeding cushions** (both manufactured by the social insertion enterprise "*Les Petites Mains*") are additional perks that facilitate our mothers' life.
- The "**Income Tax Volunteer Program**", organized in collaboration with Revenue Canada and *Revenu Québec*, has permitted the MDD to file some 1,000 income tax returns for more than 500 people this year.
- Our traditional "**Christmas baskets**": 124 families received a Christmas basket prepared by an individual, a family or a group – school, company staff – as well as by the Dispensary. In addition, hundred of other clients received food, clothing and toys. Further more, 161 of our clients received a cheque from The Gazette Christmas Fund.
- Finally, with the help of donations from individuals, churches or agencies, the Dispensary can, occasionally, answer emergency requests for electrical appliances as well as baby or children's furniture.

Proud of our Results!

In its fight against the consequences of poverty on the health of newborns, the MDD has allies on its side: its clients! These pregnant women and new mothers do not hesitate, rain or shine, to cross the city for their appointment either with their dietitian or to participate in a workshop.

We are proud of our results: in 2010-2011, 1,329 births were recorded with an average weight of 3,430 grams. Our low-birth-weight rate was 3.7 % and our prematurity rate was 5.0 %. In comparison, these rates for Montreal in 2007 were 5.8% and 7.1 % respectively for all socio-economic levels.¹

Moreover, 96 % of our mothers initiated breastfeeding and more than 75% still breastfeed after six months.

As a result of their participation in group activities, the great majority of our mothers serve strictly homemade purees to their babies as well as prepare for their families dishes that they cooked and tasted at the Dispensary. They also make use of the nutrition and budgeting tips suggested by our dietitians.

At the MDD, the cost of professional services and supplements is merely \$730 to assist a disadvantaged pregnant woman give her baby a head start in life. This is very little when compared to the millions of dollars needed for providing extra care for babies born too small. Even more significant than the dollar cost is the hardship in caring for a sickly child.

Most heart warming to our staff is the look of love and satisfaction on a mother's face as she presents her beautiful healthy baby.

¹ *Institut de la statistique du Québec.*

Other Activities

Services to mothers and their babies are at the heart of the MDD activities. In addition, there are a number of interconnected activities in **research and evaluation**, and in **training** and **communication**.

Research and Evaluation

Different rhythms punctuate our regular activities in research and evaluation. Thus:

- The collection of data to verify the results of our services in nutrition counseling (opening and closing of client files) and our group activities (statement of attendance) is more or less on a day-by-day basis, yearly ;
- survey of the food prices for the "Cost of The Nutritious Basket" is conducted three times a year (in January, May and September);
- survey of other goods and services for "Budgeting for Basic Needs and Minimum Adequate Standard of Living" is conducted in June;
- extra food donations given to families are counted during one month in the year: that constitutes our participation in "The Number of Hungry" published by Montreal Harvest. This survey indicated that 597 families, i.e. 1,892 individuals received food from the MDD during the month of March 2011. Among these families, 6% were living with relatives or friends and 1% in an emergency shelter;
- A telephone survey of participation in group activities is also conducted once a year. It is the basis of the reports on food security provided to the *CSSS de la Montagne* and the City of Montreal. This telephone survey is conducted by McGill University medical students assigned to the MDD by the Community Health Alliance Program (CHAP).

Food Security

Our Nutritious Food Basket (NFB) remains an invaluable tool for individuals and those interested in research on food security for all.

As foreseen, the presentation of preliminary results of the study funded by the *ministère de la Santé et des Services sociaux (MSSS)* on the cost of the NFB was held in September 2010 with the representatives of the MSSS and of the *Direction de santé publique (DSP)* of each of the regions (*Côte-Nord, Capitale-Nationale and Mauricie/Centre-du-Québec*) and their guests. Subsequently, a series of additional analyses has been undertaken with the goal to broaden the goodwill generated at each of the 140 stores in the study area within a radius of one kilometre. The report, evaluating the procedures used in the exploratory study was rendered in December 2010. The preliminary study report, for its part, was submitted last May.

Nutritionists from James Bay would like to see the cost of the NFB verified in stores situated in the region communities as well as in cities in Abitibi where the household goods of their region are supplied. At their request, the MDD has established a protocol for the realization of such an inquiry to be submitted to the authorities of the region.

Diabetes Prevention

The project that the MDD submitted to the Canada Public Health Agency (CPHA) within the Canadian Diabetes Strategy began in March 2010. Those of our clients seen in the project are at risk of developing diabetes in the future, i.e. because of gestational diabetes, overweight or obesity, etc. To date, more than 190 MDD mothers are participating in this project with the aim of improving certain lifestyle habits, more particularly breastfeeding for at least four months for those women who are often known to have difficulties breastfeeding.

Evaluation of MDD Services by Clientele

In order to verify the perception our mothers have of the MDD services, particularly group activities, and the benefits that they retained, a telephone survey was conducted with 307 clients, randomly selected among the participants of workshops between 2004 and 2010. The four investigators overseeing the survey were not employees of the MDD.

According to the results, the best memory that the recipients have of MDD services is first and foremost, the support of the staff; following, on an equal footing, dietitians' advice, group activities and information and support for breastfeeding, About the benefits they retained, this is what the responders said:

- 98% - "The MDD influenced my perception of breastfeeding and contributed positively to my experience of breastfeeding."
- 91% - "The advice of the MDD staff gave me the confidence in my ability to raise my children."
- 85% - "The MDD is responsible for the fact that my situation is improved."
Note: financial plan/return to school/self esteem/knowledge...
- 84% - "The MDD made me aware of the resources which could help me with my personal problems."
Note: housing/behavior of children/food security/ sickness...
- 82% - "The Friday outings made me aware of available services in Montreal and stimulated me to go with my family."
- 62% - The MDD allowed me to make friends and develop my network of contacts."

Collaborations

The MDD has collaborated in two projects in the area of perinatalty. The first, with the *Département de nutrition* of the *Université de Montréal*, studied the decision-making process of vulnerable, immigrant pregnant women in relation to information about their diets. The second, with the Simone-de-Beauvoir Institute of Concordia University, is studying pregnant women's perception of health and obesity. The MDD mothers, who fit the criteria, are invited to participate in these studies.

Training

Training, this is naturally part of the MDD, either in-service with future or active professionals, or externally where our staff gives speeches. For our professionals, regular participation in training activities is also quite natural, an indispensable mean of maintaining their level of competence at the service of our clients.

For Future Professionals

Again this year, the course "*Problématique de la femme enceinte en milieu défavorisé : approche du DDM*" was given to students of the *Département de nutrition* at the *Université de Montréal*.

In addition, the Dispensary opened its doors as the *milieu de stage* in the following disciplines for:

- dietetics: five students from McGill University and *Université de Montréal* for their six-week internship in community nutrition;
- pediatrics or family medicine: 15 residents who, each for one full day, learn about the diverse services we offer;
- special education: two students for their placement of four days a week for 15 weeks each, and three others for practical animation work on parenting skills with our moms;
- techniques of social work: one student equally for her placement of four days a week for 15 weeks.

For Health Care Workers

With the view to serve a larger number of vulnerable pregnant women, the training of two dietitian recruits continued until July 2010.

At the request of the *Institut de santé publique du Québec*, the MDD has revised the document "*Alimentation et gain de poids durant la grossesse*" prepared for the use of health professionals working in perinatality.

An innovation: SVP-Nutrition

In the spring of 2010, the Canada Prenatal Nutrition Program (CPNP) proposed to the MDD an initiative that would equip nutrition wise the health care workers involved with perinatal clientele in community settings throughout Quebec over the 2010-2012 period.

For this purpose, the MDD has developed a website, the "*Service Virtuel Périnatal en nutrition*" with limited access where targeted community workers can come and ask questions or consult the posted questions and answers on nutrition in the perinatal context, this according to the following four categories: Nutrition during Pregnancy, Breastfeeding and Diet, Infant Nutrition and Other Topics.

The official site www.svpnutrition.org was put online on December 3, 2010. On March 31, 2011, 11 questions and answers were put online, of which five questions from users. CPNP has set a goal to reach 50 community health care workers each year, distributed in eight health regions. After four months of activities, 39 community health care workers from 23 different organizations in 12 regions had visited the site, for an average of 18 minutes per visit. Each one has consulted more than one question for a total of 181 visits to the various questions, each question visited on average 16 times.

For the second year of the project, a new wave of active recruitment is anticipated. The development and implementation of training activities will be the important points, simultaneously pursuing the nourishment of the web site content implicating research, editing, pursuit of a reading club within the framework of the project, formatting.

Continued Training of our Personnel

Each fortnight, our professionals have a meeting to exchange new or pertinent information. In addition this year, all our professionals attended the congress "Birthing the World". A dozen of other training activities have been included in the agenda of one or other of them that, subsequently, shared the content with her colleagues. Finally, four dietitians have received training to act as a spokesperson for the *Centraide* campaign.

Communication

The MDD has become an information source recognized on nutrition topics related to its areas of expertise, i.e. perinatal nutrition and a well balanced low-cost diet. We respond to approximately 20 inquiries per month from health professionals, health care workers in perinatality, students and members of the public.

In the media

In the outline of the series "*Nafragés des villes*" of the *Radio-Canada Réseau de l'information*, the show website presented a topo on "*Le Panier à provisions nutritif (PPN)*" of the MDD.

The renovation of a large office into two beautifully decorated smaller offices was the subject of a broadcast of "*Les idées de grandeur*" on *Canal Vie*.

A few pictures of our activities were provided to *Centraide* in view of the renewal of the organization's website.

An article on the Dispensary is in preparation for publication in the fall 2011 issue of the magazine *Grossesse*.

Conferences, Representations, etc.

The MDD was invited to deliver presentations in 2010-2011:

- At the Congress "Birthing the World" held in Quebec on November 25 and 26, the MDD made three presentations: a poster on the results of our studies and two workshops, one on nutrition counseling according to the approach in the "Higgins Method"[©] and the other on our group activities;
- 16 presentations to the members of various community organizations including, among others, the *Service d'orientation et de recherche d'emploi pour l'intégration des femmes au travail*, the *Centre communautaire du Phare*, the Desta Black Youth Network, the *Halte des femmes de Montréal-Nord* and *L'Envol*;
- 27 times, in meetings with the employees of various businesses during the *Centraide* campaign.

The MDD, through the Executive Director or members of the professional team, is part of various groups or committees.

Finally, at the administrative level, the pay equity report of the MDD was filed within the required time. The MDD participated in a broad consultation organized by *Le Regroupement intersectoriel des organismes communautaires de Montréal* on the partnership with public health agencies. Finally, our organization has been invited at the "Pregnant Adolescent Table" of the Integrated University McGill University Health Network with the purpose of increasing the collaboration between health care workers.

Intra-muros

The March of Dimes Birth Defect Foundation in the United States annually gives the Agnes Higgins Award. Using for a great part material provided by the MDD, the foundation prepared a DVD on Agnes C. Higgins' career and gave us one copy.

To facilitate the update of our Web site, the MDD is now equipped with a content manager. The January 2011 update was carried out completely independently.

Approaches for the online implementation of our guide to evaluate household food purchases based on food equivalences with the Nutritious Food Basket continue.

Each year, the Dispensary welcomes individuals and groups. In 2010-2011, there were some 50 people who came to visit either for ad hoc collaboration, a follow-up to funding which benefits the MDD, or simply to become more familiar with our organization and activities.

Our Volunteers

Each day, volunteers give of their time and talent to the MDD. This year, we could rely on 180 people who, either on a regular basis or intermittently, cumulated about 15,000 hours of volunteer service performing various tasks needed for the smooth operation of our agency. An additional two hundred or so volunteers work for the MDD outside of our premises. Here are a few examples of many.

Administrative Support

Reception, statistical data entry, filing, etc.

- Some 28 students, from secondary to university level, including three McGill medical students through the Community Health Alliance Program (CHAP).
- KPMG at work: ten employees gave a full day to our "cleaning operation".
- Former clients, workers and retired people such as: Gail Ewan, Murielle Godard, Nadia Grin, Wang Yan, Chang Yi-Hsuan and many others.

Support to Counselling

Grinding flaxseed, sorting foods, counting vitamins, knitting, etc.

- Michael Rowland from Forward House: sorting foods.
- Kitt Bond: organization of the maternity clothes depot.
- Ann Purtill: regularly counting vitamins.
- Mrs. Dugas, Mrs. Deslauriers, Mrs. Guilbault, Mrs. Saint-Louis and other skilful ladies who knit, sew.

Support to Group Activities

Help at day care, errands, washing and sorting used clothes, phone calls, support during workshops and the "Income Tax Clinic", etc.

- Some former clients among whom Marie-Lucette Jourdain, Atiqa Oummih, Fatima Khaya, Rachida Djoubi, Sofolahan Aishat, Wabella Rukiya, Ernestine Pierre and others.
- Jocelyne Miller, Rebecca Cuellar and Stephanie Sandberg: assistance in the knitting class.
- Maria Revilla from the Atwater branch of the Montreal Children's Library.

Transportation Service

Food pickup and transportation of various donations

- Carlos Bustamante, Rolland Caouette and Pierre Choquette.
- Many board and staff members help as needed.

Christmas Operation – Approximately 400 families (800 children)

- *The Gazette* Christmas Fund (161 families).
- Money donations – *La Grande Bouffe* of the Telefilm Canada employees.
- Preparation and/or delivery of 124 Christmas baskets – Beaconsfield Social Action Group, *École alternative Jonathan*, *l'Association des pompiers de Montréal*, the 25th depot of the Canadian Forces, 24 people or groups of people, some 20 volunteers from the *Jeune chambre de commerce de Montréal* and Montreal Volunteer Bureau.
- Toy collection – CHM Communications Inc. in collaboration with the Second Cup coffee shops, 2010 Toy Tea, etc.
- Food collection and other donations – Alcan Rio Tinto, *Place Alexis-Nihon*, Tim Hortons, Montreal Harvast, *Fonds d'assurance responsabilité professionnelle de l'Ordre des dentistes du Québec*, *Belles Mamans* clients, François Paré and many others.
- Special collection and the traditional Mitten Tree – Unitarian Church of Montreal.
- 50 Christmas stockings and donations – Former In His Name Society members.

Our Partners

Some 70 partner organizations proudly support the MDD's work. Their contribution to the well-being of our mothers and their babies also impacts positively the Montreal community. Among others, let us mention...

... for funding, institutional partners:

- Centraide
- Quebec government (MSSS, *DSP de Montréal*, *CSSS de la Montagne*)
- Public Health Agency of Canada (Canada Prenatal Nutrition Program)
- City of Montreal
- Foundations

... for funding, other organizations and businesses:

- Christmas Market on December 1st: Mariouche Gagné, designer (Maison Harricana), 12 exhibitors and the 28 donors of the silent auction (estimated value: \$7,300);
- Shorcan Brokers Limited – Charity Day.

... for the donation of goods (estimated value: over \$600,000):

- Montreal Harvest – 24,000 kg of weekly food provisions;
- *Première Moisson* – tasty fresh bread, twice a week;
- Beaconsfield Social Action Group – food, layettes, children clothing, etc.;
- *L'Assistance maternelle* – beautiful layettes;
- Cedar Park Girl Guides – baby items for Mother's Day;
- *Friperie des amis* – furniture and clothes for babies;
- Maternité Shirley K Thyme – maternity clothes;
- *La Mère Hélène* – maternity and children clothes, cloth diapers;
- *Belles mamans* – maternity and children clothes, various articles for children;
- Sophie Babeux & Tania Trudel, ImaBulle inc. – "*Passeport pour la vie*" booklet;
- Pharmaprix, place Alexis-Nihon – various articles;
- *Le Groupe Jean-Coutu* (PJC) inc. – vitamin vials;
- *Fédération des producteurs de lait du Québec* – cheese donation;
- KPMG – donations of computer material: laptops, screens, keyboards, mice.
- Association of Women's Health, Obstetrics and Neonatal Nurses – diapers, etc.
- Many churches and individuals – clothes, toys, baby articles, etc.

... for service donations:

- Transport Lecavalier: weekly transportation of our food collect at Montreal Harvest ;
- Témoin Production – audio and visual technical support, etc.;
- Revenue Canada Agency and *Revenu Québec* - volunteers for income tax reports;
- Agence Braque: Web site support, Christmas Market event;
- Liliane Bedey, graphic designer; Isabelle Clément, photographer; Mrs. Hélène Lalonde-Martin and many others;
- The Web site "Maman pour la vie".

... for sharing ideas and expertise:

- *Comité sous-régional en allaitement maternel*;
- *Comité scientifique de la Fondation OLO*;
- Food Security Committee – Dietitians of Canada;
- Montreal Council of Women;
- *Centre Premier Berceau*;
- Peter McGill Community Council;
- *Sous-comité de la Table locale 0-5 ans – environnement favorable.*

Clientele Profile

References 1,385

- 99% Pregnancy
- 1% Others

Sources of references

- 66% Client personally 919
- 30% MSSS Institutions 412
 - Hospitals (20)*
 - Montreal Children's (8)
 - Royal Victoria (4)
 - Others (8)
 - CSSS (392)*
 - Ahuntsic/Montréal-Nord (141)
 - Bordeaux-Cartierville/St-Laurent (62)
 - La Pointe de l'Île (38)
 - Dorval/Lachine/LaSalle (33)
 - St-Léonard/St-Michel (30)
 - Lucille-Teasdale (26)
 - Jeanne-Mance (26)
 - De la Montagne (17)
 - Sud-Ouest/Verdun (12)
 - Autres (7)
- 3% Community agencies 37
 - Centre Premier Berceau (16)
 - Grossesse Secours (2)
 - Others (19)
- 1% Physicians 17

Area of Domicile

- 96% Montréal-Centre (1,329)
 - Ahuntsic/Montréal-Nord (319)
 - Bordeaux-Cartierville/St-Laurent (165)
 - St-Léonard/St-Michel (146)
 - Sud-Ouest/Verdun (138)
 - De la Montagne (126)
 - Lucille-Teasdale (101)
 - La Pointe de l'Île (99)
 - Dorval/Lachine/Lasalle (86)
 - Jeanne-Mance (55)
 - Cavendish (43)
 - Cœur de l'Île (41)
 - Ouest de l'Île (10)
- 2% Montérégie (32)
- 2% Laval (16) et autres (8)

Risk Profile – "Higgins Method"®

- 45% Under-nutrition
- 29% Poor previous obstetrical record
- 21% Insufficient weight gain
- 10% Severe emotional stress
- 7% Underweight
- 7% Close pregnancy (less than one year)
- 6% Dependency (tobacco, alcohol, drugs)
- 6% Pernicious vomiting

Calorie and protein corrections

- 36% Multiple
- 38% One
- 26% None

Country of Origin

- 44% Africa
- 15% West Indies
- 13% Canada
- 12% Canada
- 10% Mexico, Latin America
- 3% Middle East
- 3% Europe

Age

- 1% Adolescents 14-17
- 2% Adolescents 18-19
- 11% Adults 20-24
- 59% Adults 25-34
- 27% Adults 35-54

Schooling

- 70% 12 years and more
- 12% 11 years
- 7% 10 years
- 11% 9 years and less

Marital Status

- 80% Married, common law
- 17% Single
- 3% Divorced, separated, widow

Language

- 73% French
- 22% English
- 4% Spanish
- 1% Others

Family Type

- 81% Two-parent
- 19% Single-parent

Family Size

- 7% One person
- 36% Two persons
- 29% Three persons
- 17% Four persons
- 6% Five persons
- 5% Six persons and more

Gravida

- 28% One
- 28% Two
- 21% Three
- 23% Four and more

Income Source

- 34% Insufficient wages
- 32% Social assistance
- 21% Employment insurance
- 10% None
- 3% Other

Statistics – April 1st, 2010 to March 31st, 2011

PRENATAL COUNSELLING SERVICE AND BREASTFEEDING SUPPORT

Case Load Summary	Prenatal with Supplement	Prenatal without Supplement	Prenatal Total	Breastfeeding with Supplement *	Nutrition Counselling Total
Carried forward (March 2010)	358	17	375	169	544
New cases	1,302	83	1,385	900	2,285
Total	1,660	100	1,760	1,069	2,829
Closed cases	1,252	77	1,329	825	2,154
Carried forward (March 2011)	408	23	431	244	675

* 96% of MDD mothers initiate breastfeeding. However, 16 % of them do not avail themselves of the nutritional follow-up after the birth of their baby.

PROFILE OF SERVICES

Food Supplement

- 189,984 litres of milk
- 12,630 dozen eggs
- 350,000 tablets of vitamin-mineral supplement
- 768 kilograms of ground flax seed
- \$259,816 food supplement annual cost for pregnant women
- \$69,201 food supplement annual cost for breastfeeding women
- \$200 food supplement cost per woman who delivered
- \$100 food supplement cost per woman who breastfed
- \$430 professional services cost per baby
- \$25 workshop cost per participant

Interviews according to the "Higgins Method" ©

- 2,285 initial interviews
- 8,375 supervision interviews
- 276 home visits
- 5.9 interviews per supplemented pregnant woman
- 2.8 interviews per non supplemented pregnant woman
- 3.3 interviews per breastfeeding woman with or without supplement

Breastfeeding Clinic / Social Support

- 51 half days
- 1 556 interventions
- 641 clients and 9 accompaniers

1,329 births - Low birth: 3,7% - Premature: 5%

More than 70 % MDD mothers breastfeed at least six months.

MOTHERS' GROUP ACTIVITIES

WORKSHOPS	Activities Themes (n)	* (n)	Attendance (n total)	Attendance per activity	Mothers (n)	Mates/acc. (n)
Expecting a Baby	72	3 ■	953	13	464	56
Preparing to Breastfeed	62	2 □	1 047	17	644	22
Feeding a Baby	62	3 ▲	301	5	197	13
Parenting skills	41	4 ▼	461	11	262	24
Woman's Health	68	3 ◆	417	6	234	6
Food Security	34	5 ◇	268	8	154	6
Knitting	51	1	901	18	207	2
Networking	31	20 *	554	18	214	32
Total	421	41	4 902	12 **	♥	♥

* The symbol corresponds to the list of themes below.

**Average number of participants per workshop.

♥ 1,137 individuals (mothers and accompaniers) participated in the activities.

Average number of activities attended by one participant: 4.3

THEMES OF THE WORKSHOPS

■ EXPECTING A BABY

- Healthy pregnancy-Prenatal exercises
- Delivery stages
- Caring for the newborn

□ PREPARING TO BREASTFEED

- Advantages of breastfeeding
- Breastfeeding positions

▲ FEEDING A CHILD

- Introduction of complementary foods
- Preparation of purees for baby
- Feeding from 1 to 5 years old

▼ PARENTING SKILLS

- Baby massage
- Emergency first-aid
- Stories and lullabies
- The "job" of parenting

◆ WOMAN'S HEALTH

- Contraception for the new mother
- Getting back in jeans after giving birth
- *Belle, fine et capable !*

◇ FOOD SECURITY

- Healthy cooking
- Healthy eating on a small budget
- Nutrition ABC
- Collective kitchen
- Housing

* INTEGRATIONAL & INTERCULTURAL NETWORKING

Knitting, on Wednesdays, in the afternoon

6 Holidays

- End of the Year celebration
- Valentine's Day (2)
- Mother's Day
- "International Women Day" Brunch
- Discovering exotic dishes (2)

9 cultural outings

- *Grande Bibliothèque*
- Montréal Museum of Fine Arts (4)
- Lachine Museum
- *Château Ramezay* Museum
- Montreal International Jazz Festival
- Nativity scenes at Saint-Joseph Oratory

16 outdoor outings

- Swimming (2)
- Apple picking
- Dragon Boat Festival
- Olympic Games Athletes' Parade
- Picnics (4) in parks
- Botanical Garden (3)
- *La Fête des neiges de Montréal*
- *La Fête des enfants de Montréal*
- Visit of the Old Port
- Launching of Centraide's campaign

Child Care

322 periods
375 children
1 512 presences
5 children per period

Empowerment - 2.500 hours of volunteer work - 28 MDD clients

PLUS...

Income Tax Reports: ≈ 1 000 for more than 500 people.

Emergencies: ≈ 600 families received emergency relief per month

Christmas: ≈ 285 families (557 children) received a Christmas basket with presents.
≈ 117 families (300 children) received presents.



IN MEMORIAM

Mrs. Rita Arsenault

Ms. Lisette Auchu

Mr. Pierre Borduas

Mrs. Anita Bourdeau

Ms. Claire Dalmé

Mrs. Joan Donahue-Desrosiers

Mr. Donald Farell

Mrs. Rita Farrell-Marcotte

Ms. Diane Joubert

Mrs. Lucille Lambert (Blais)

Ms. Odette R. Leblanc

Mrs. Diane Marcotte

Mrs. Louise Marquis-de-Cardailiac

Mrs. Denise Racette-Quesnel

Ms. Yvette Gabrielle Sentenne

Mrs. Mariette Thibault Jalbert