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Public Health
Agency of Canada

Agence de la santé
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Project Title:

Healthy Moms Healthy Babies: An Immunization Campaign for
Expectant Mothers in the Greater Toronto Area

健康妈妈 健康宝宝：大多伦多地区准妈妈的免疫接种活动

Goal: This project is to enhance vaccine acceptance and uptake among Chinese immigrant pregnant women in the Greater Toronto Area by providing culturally sensitive information, combating misinformation, and ensuring equitable access to immunization services, ultimately improving the health outcomes for both mothers and their infants.

目标：通过提供具有文化特征的信息和宣传正确的科学知识，推动疫苗接种服务的公平获取，提升华裔移民，特别是孕妇的疫苗接受度和接种率，从而提高母婴的健康状况。

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The Unique Health Challenges Faced by Pregnant Women

- ▶ Pregnancy is a critical period during which a woman cares for two individuals: herself and her developing baby.
- ▶ During pregnancy, physiological and immunological changes occur to support the growing fetus.



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Increased Susceptibility to Chronic and Infectious Diseases

Chronic Diseases:

- Pregnant women may experience exacerbation of pre-existing conditions, such as hypertension, diabetes, or asthma.
- Risk of developing gestational conditions (e.g., gestational diabetes, preeclampsia).

Infectious Diseases:

- Pregnancy can increase the severity of infections (e.g., influenza, COVID-19, urinary tract infections).
- Certain infections can impact fetal development, causing birth defects or preterm labor.
- Examples: Flu, COVID, ...



Benefits of COVID-19 vaccination during pregnancy and breastfeeding

Vaccination is an important part of a healthy pregnancy, with health benefits for both the pregnant person and their baby. Several vaccines are routinely recommended during pregnancy, including COVID-19 vaccines.

People who are pregnant are at higher risk of experiencing severe outcomes from COVID-19, including:

- severe illness
- hospitalization
- admission to an intensive care unit
- invasive mechanical ventilation

Getting COVID-19 during pregnancy is associated with a higher risk of pregnancy-related complications, including:

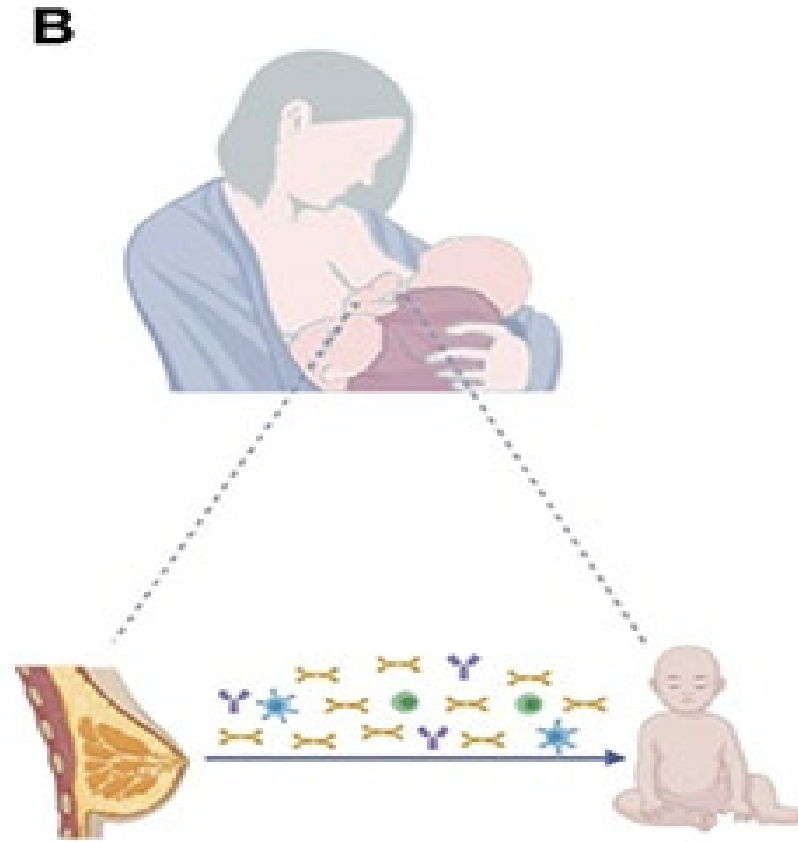
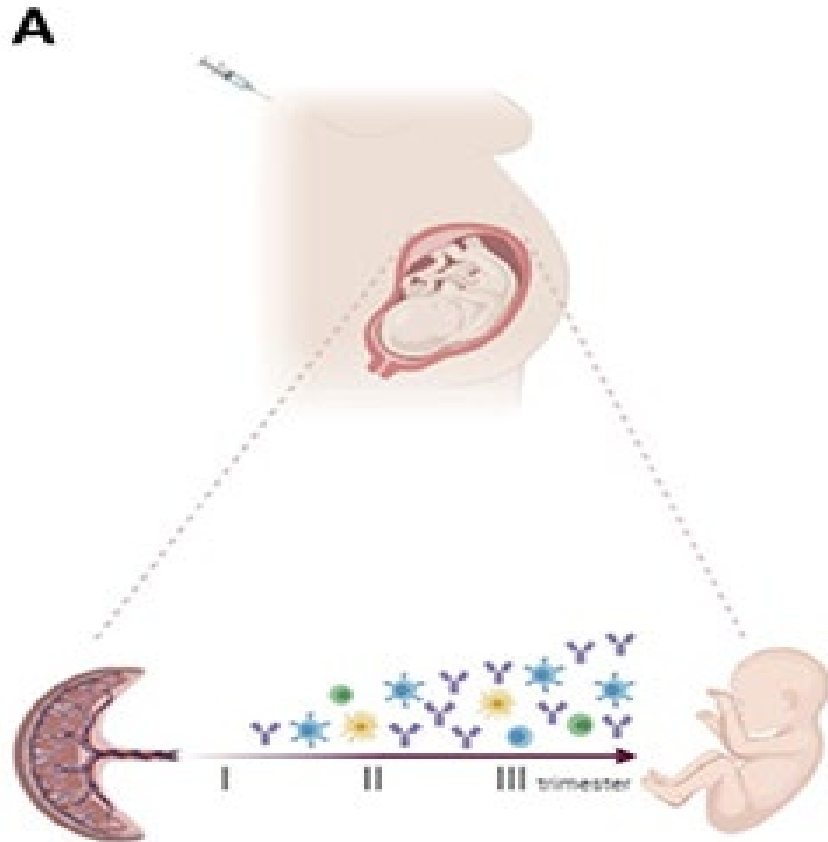
- premature birth
- low birth weight
- infant admission to a neonatal intensive care unit

Evidence suggests that COVID-19 vaccination during pregnancy helps to prevent:

- COVID-19 infection
- the risk of hospitalization from COVID-19 in infants under 6 months of age

The Protective Role of Maternal Immunization in Early Life

母体免疫在早期生命中的保护作用



Not all vaccines are suitable for pregnant women

The following vaccines are not recommended for pregnant women

- ▶ Live Attenuated Vaccines: These contain weakened forms of the virus or bacteria and could pose a risk to the developing fetus.
- ▶ Examples: MMR (Measles, Mumps, and Rubella), Varicella (Chickenpox), BCG (Tuberculosis)

- ▶ Other Considerations:
 - ❖ Human Papillomavirus (HPV) Vaccine: Not recommended during pregnancy, though it's safe before or after pregnancy.
 - ❖ Zoster Vaccine (Shingles): Also avoided during pregnancy.

What are the main vaccines of interest? 我们重点关注哪些与孕妇相关的疫苗?

1. Tdap Vaccines (白百破联苗)
Tetanus, Diphtheria, Acellular Pertussis (Tdap)
破伤风、白喉、和百日咳
2. RSV vaccine:
Respiratory Syncytial Virus vaccine
呼吸道合胞病毒疫苗
3. Flu vaccine: 流感疫苗
4. COVID-19 vaccine: 新冠疫苗



Tetanus, Diphtheria, Acellular Pertussis (Tdap) Vaccine

- ▶ What is Tdap?
- ▶ Tdap stands for Tetanus, Diphtheria, and Acellular Pertussis. It is a combination vaccine that protects against three serious diseases:
- ▶ Tetanus: A bacterial infection causing painful muscle stiffness and lockjaw.
- ▶ Diphtheria: A serious infection that affects the respiratory system, leading to breathing difficulties and potential heart complications.
- ▶ Pertussis (Whooping Cough): A highly contagious respiratory infection that can cause severe coughing fits and is particularly dangerous for infants.
- ▶ DTaP vs. Tdap: Key Differences

A vertical strip on the left side of the slide shows a microscopic view of numerous small, round cells, likely representing immune cells or bacteria, with varying shades of purple, blue, and green.

Scientific Evidence:

- ▶ 1. Langel SN, Blasi M, Permar SR. **Maternal immune protection against infectious diseases.** *Cell Host Microbe* 2022; 30(5):660-674.
- ▶ 2. Lagousi T, Gkentzi D, Geropeppa M, Tsagkli P, Spoulou V. **Protecting the Offspring, the Gift of Maternal Immunization: Current Status and Future Perspectives.** *Vaccines (Basel)* 2022; 10(11).
- ▶ 3. Etti M, Calvert A, Galiza E, Lim S, Khalil A, Le Doare K, et al. **Maternal vaccination: a review of current evidence and recommendations.** *Am J Obstet Gynecol* 2022; 226(4):459-474.
- ▶ 4. Munoz FM, Jamieson DJ. **Maternal Immunization.** *Obstet Gynecol* 2019; 133(4):739-753.
- ▶ 5. Cinicola B, Conti MG, Terrin G, Sgrulletti M, Elfeky R, Carsetti R, et al. **The Protective Role of Maternal Immunization in Early Life.** *Front Pediatr* 2021; 9:638871.
- ▶ **National Advisory Committee on Immunization (NACI):** Update on immunization in pregnancy with Tdap vaccine :
<https://www.canada.ca/en/public-health/services/publications/healthy-living/update-immunization-pregnancy-tdap-vaccine.html>

What are NACI recommendations for the vaccines for pregnant women?

- ▶ Recommendation on Tdap: “NACI recommends that immunization with Tdap vaccine should be offered in every pregnancy, irrespective of previous Tdap immunization history (Strong NACI Recommendation). NACI concludes that there is good evidence to recommend immunization (Grade A Evidence)”
 - ▶ "加拿大国家免疫咨询委员会 (NACI) 建议在每次怀孕期间都应接种Tdap疫苗，无论之前是否接种过Tdap疫苗 (NACI强烈推荐)。NACI得出结论，有充分的证据推荐接种疫苗 (A级证据)。
- ▶ Recommendation on RSV vaccine: “RSVpreF vaccine administration should occur between 32 and 36 weeks gestation and in advance of, or during, the RSV season, to protect infants expected to be born during the RSV season as determined by local RSV epidemiology, to allow the development of a humoral immune response and passive antibody transfer.”
 - ▶ RSVpreF疫苗接种应在妊娠32至36周之间进行，并在RSV季节之前或期间，以保护预期在RSV季节出生的婴儿，这由当地RSV流行病学确定，以允许体液免疫反应的发展和被动抗体转移。”
- ▶ Newly revised NACI guideline on COVID-19 vaccine
 - ▶ Pregnant women are considered a high-risk population in Canada and are strongly recommended to receive the COVID-19 vaccine.

Go beyond ... 北美华人健康的更多项目

Besides promoting vaccination among pregnant women, our campaign also promotes other vaccines based on NACI recommendations. 此外，在宣传孕妇疫苗接种的同时，我们的宣传活动还根据NACI的建议推广其他疫苗。

Shingles vaccine (Shingrix by GSK): Age 50 years or older. 带状疱疹疫苗 (50岁以上人群)


Pneumonia Vaccines (age 65 or older): 肺炎疫苗 (65岁以上长者)

Pneumococcal Conjugate Vaccine: (PNEU-C-20, PNEU-C-15, or PNEU-P-23) 肺炎球菌结合疫苗

PHV Vaccines (人乳头瘤病毒疫苗): (ages 9-14) for the first doses and age 15/older for the third for both girls and boys. 9-14岁少年开始接种，15岁后需要打加强针。


Meningitis Vaccines: (Men-C and Men-ACWY), 脑膜炎疫苗: routine vaccines; CNIW is working with GSK on promoting Men-B among Chinese university students in Canada.

目前北美华人健康正与葛兰素史克医药公司在大学生中推广这种疫苗



Introduction to the Young Chinese Women Health Survey (1) 加拿大华人女性 疫苗知识及接种 情况调查 (1)

- ▶ This survey is part of a research initiative titled "An Immunization Campaign for Expectant Mothers in the Greater Toronto Area," funded by the Public Health Agency of Canada (PHAC).
- ▶ Purpose: To understand beliefs, opinions, and practices related to vaccination among women of childbearing age in the Chinese community in Canada.
- ▶ Why It Matters?
- ▶ Your input will help fill crucial knowledge gaps and contribute to improving vaccine uptake and maternal and infant health outcomes.



Introduction to the Young Chinese Women Health Survey

(2)

加拿大华人女
性疫苗知识及
接种情况调查

(2)

- ▶ The survey is anonymous and takes approximately 10 minutes to complete.
- ▶ Languages Available: Simplified Chinese, Traditional Chinese, and English.
- ▶ Participants have the chance to win one of ten \$100 CAD electronic gift cards.
- ▶ How to Get Involved:
 - ▶ Scan the provided QR code or visit the survey link to contribute.
 - ▶ Ethics Approval: Reviewed and approved by the Interdisciplinary Committee on Ethics in Human Research at Memorial University.

Introduction to
the Young
Chinese Women
Health Survey

(3)

加拿大华人女
性疫苗知识及
接种情况调查

(3)

To participate in the Survey:

▶ Scan the QR Code Below



Empowering Her Health: Addressing Breast Cancer Disparities

- ▶ This project, titled "Empowering Her Health: Understanding and Overcoming Breast Cancer Disparities in Chinese Immigrant Women in Canada," is supported by the Canadian Cancer Society (CCS).
- ▶ Why This Project?
- ▶ Chinese immigrant women in Canada face significant barriers to breast cancer screening and treatment, leading to delayed diagnoses and poorer outcomes.
- ▶ Factors include language barriers, cultural differences, and unfamiliarity with the healthcare system.
- ▶ Our Goal:
- ▶ To reduce disparities and improve access to timely, high-quality breast cancer care for Chinese women through culturally sensitive, community-driven initiatives.

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Other CNIW projects

- ▶ On-going SSHRC Health Knowledge and Cancer Screening project : 加拿大社会科学院资助健康在我们中间课题: 公众号: 【北美华人健康】
- ▶ Canadian Cancer Society (CCS), Health Utilization Barrier Project Application (Sept 10th): 加拿大抗癌协会华人肿瘤筛查及就医障碍课题申请
- ▶ Ontario Government Healthy Diet and Living among seniors: 促进华裔老人营养健康教育课题
- ▶ 加拿大华人抗癌互助会 (Chinese Canadian Cancer Support Network, CSN), 即将开始征文活动
- ▶ English in Medical Setting Seminar series: 医学英语讲座系列

Go beyond
even further ...