

HEALTHY SMILES

HEALTHY CHILD CARE COLORADO

COLORADO DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT

HEALTHY *child*
care COLORADO



MISSION + PRIORITY AREAS

- Healthy Child Care Colorado works collaboratively to promote and support health, safety, and wellness best practices in early childhood settings.



OBESITY
PREVENTION



SOCIAL &
EMOTIONAL
WELL-BEING



ORAL
HEALTH



INJURY
PREVENTION

OUR WORK

- Serve as statewide hub for Child Care Health Consultants by providing ongoing support, training, and resources
- Create and deliver innovative professional development experiences for early childhood educators
- Advocate for high-quality health, safety, and wellness policies and practices in Colorado

Cavity Free at Three

Vision

To improve the oral health of all Colorado children.

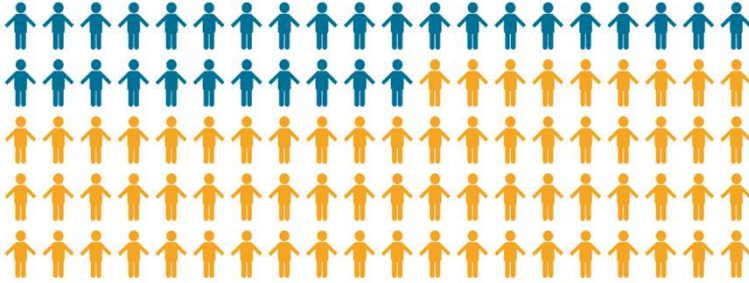
Mission

Cavity Free at Three trains medical and dental professionals to provide preventive oral health services for young children and pregnant women to decrease dental disease and reduce oral health disparities among high risk populations.



Impact to Colorado Children

31% of Colorado Kindergarteners Experience
Tooth Decay



2016-2017 Basic Screening Survey, CDPHE, Oral Health Program



What is the Cost to a Child?

- Impaired chewing and nutrition
- Difficulty sleeping
- Increased caries risk in permanent dentition
- Impaired speech development
- Infection
- Pain
- Extensive/Expensive dental treatment
- School/Work absences
- Poor self-esteem



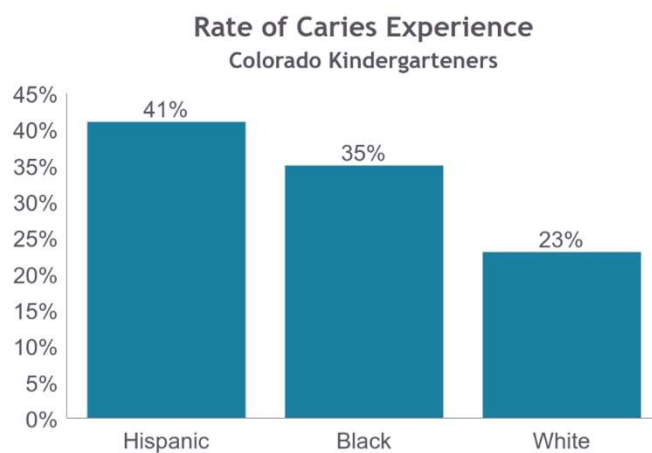
Why Preventive Care?

3,000+

children undergo **general anesthesia**
at Children's Hospital Colorado Pediatric Dental Center



Impact to Colorado Children

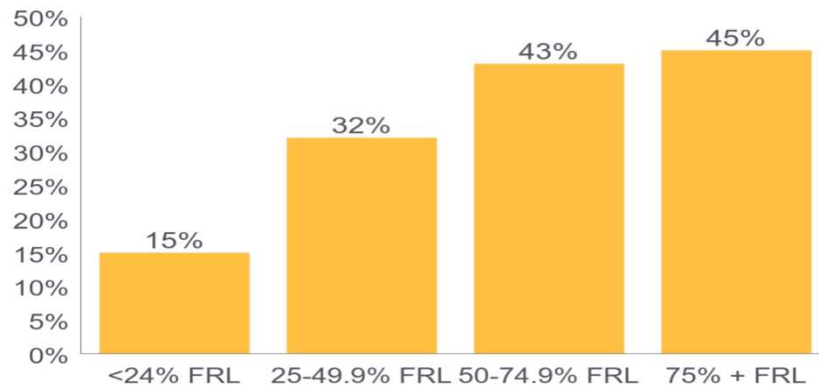


2016-2017 Basic Screening Survey, CDPHE, Oral Health Program



Impact to Colorado Children

Rate of Caries Experience for Free and Reduced Lunch Participants
Colorado Kindergarteners



2016-2017 Basic Screening Survey, CDPHE, Oral Health Program



IMPACTS OF TOOTH DECAY ON CHILDREN

Not just about teeth

Kids with toothaches

4x more likely

to have lower GPA

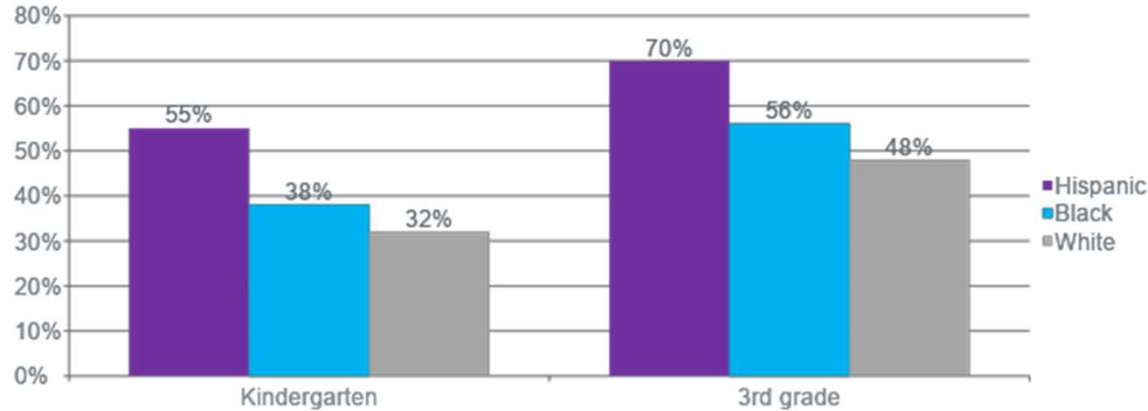
Parents miss
2.5 days
of work every year
because their kids
have dental pain

For every 100
low-income kids,
58 hours
of schools are missed
due to dental disease

Source: "The Impact of Oral Health on the Academic Performance of Disadvantaged Children," American Journal of Public Health, 9/2012.

WHO IT MOSTLY IMPACTS

Most common chronic disease of childhood



Source: Prevention Services Division, Colorado Department of Public Health and Environment, "Chew on This: 2012 Report on the Oral Disease Burden in Colorado," 2011.



THE CHILDREN BEHIND THE STATISTICS



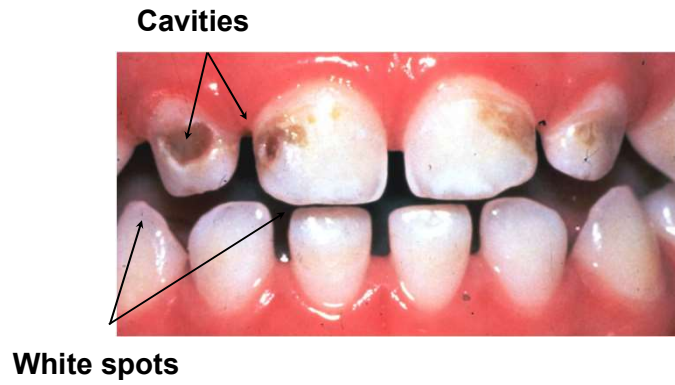
5 BASICS OF ORAL HEALTH



#I BABYTEETH ARE IMPORTANT!



EARLY CHILDHOOD CARIES



ABSCCESS FROM UNTREATED DECAY





#2 WATER FOR THIRST

SUGARY DRINKS

- Largest source of added sugar in U.S. diet
- Major contributor to type 2 diabetes, obesity, heart disease, tooth decay
- Health implications disproportionately impact low-income communities and people of color

Reference:

<http://www.kickthecan.info/obesity>



SAME SUGAR. DIFFERENT PACKAGE.

Keep them healthy. Replace sugary drinks with water.

Fruit Punch (18 fl oz) = 18 cookies

Orange Juice (12 fl oz) = 12 cookies

Soda (16 fl oz) = 16 cookies

Sports Drink (20 fl oz) = 20 cookies

Healthy Beverage PARTNERSHIP

WHERE DOES SUGAR HIDE?

20 OZ. SODA
22 SUGAR PACKETS

15 OZ. JUICE DRINK
18 SUGAR PACKETS

16 OZ. ENERGY DRINK
17 SUGAR PACKETS

20 OZ. SPORTS DRINK
12 SUGAR PACKETS

8 OZ. CHOCOLATE MILK
9 SUGAR PACKETS

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#3 TOOTH HEALTHY FOODS








#4 BRUSH, FLOSS, SWISH


TOOTHBRUSHING PROCEDURE



How To Brush

-  Use a soft bristle toothbrush and fluoridated toothpaste.
Use a smear of toothpaste from the first tooth up to age 3, a pea sized amount after that.
-  Hold your brush at an angle where the gum meets the tooth.
Food and germs like to stick there.
-  Move the toothbrush in small circles.
Count to 5 before moving the brush to another spot.
-  Remember the biting surfaces.
That is where the food gets stuck and germs hide.
-  Brush the tongue.
Germs hide there.

Brush after breakfast and before bed.



TOOTH BRUSHING



#5 GOING TO THE DENTIST

VISITING THE DENTIST

- First Visit, First Birthday
- Regular checkups – catch early decay and make teeth stronger (cleaning, fluoride varnish, x-rays)
- Treatment – important to follow-up



Establish a Dental Home

Ensure that your patients have a dental visit scheduled at the eruption of the first tooth or by age 1



POLICY, ADVOCACY, AWARENESS

EARLY CHILDHOOD HEALTH, SAFETY & WELLNESS

CAVITIES GET AROUND CAMPAIGN

- Bilingual campaign launched in 2014
- Mass media + grassroots outreach
- Key messages
 - Cavities spread from baby teeth to adult teeth
 - Sugar in juice fuels cavity-causing bacteria
 - Limit juice to mealtimes
 - Only water between meals/at bed

**CAVITIES
GET AROUND**

www.CavitiesGetAround.com

SAME SUGAR. DIFFERENT PACKAGE.

Keep them healthy. Replace sugary drinks with water.

Drink	Volume	Equivalent Cookies
Fruit Punch	8 fl oz	10 cookies
Orange Juice	12 fl oz	10 cookies
Soda	16 fl oz	10 cookies
Sports Drink	20 fl oz	10 cookies

Healthy Beverage PARTNERSHIP

WHAT'S IN YOUR KID'S CUP?

Orange Juice Can Have ALMOST AS MUCH SUGAR as 3 donuts

DRINK MORE WATER, LESS JUICE.

CAVITIES GET AROUND www.CavitiesGetAround.com DENTAL DENTAL

Bringing OH Prevention to Early Childhood Settings Matters



Four by Three

4 FLUORIDE VARNISHES BY AGE 3 REDUCES CAVITIES



Prenatal Oral Health

How is maternal oral health related to optimal health during pregnancy and early infancy?



Early Intervention is Critical

Dental referral, treatment and education **EARLY** in pregnancy can:

- Impact behavior change
- Improve birth outcomes
- Reduce the potential for vertical transmission of bacteria



Treatment Guidelines

Dental care is **SAFE** and recommended **ANYTIME** during pregnancy.



American Academy of Family Physicians, American Academy of Pediatricians (AAP), American Academy of Physician Assistants, American College of Nurse-Midwives, American College of Obstetricians and Gynecologists (ACOG), American Dental Association (ADA), Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA)



TOOTH HEALTHY TEXT

Each message includes a tooth healthy tip and link to an activity for children and families. Sign up for this bi-monthly text by sending the message ToothHealthy to 313131 from your phone.



Thank You!

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