Promoting Oral Health in Young Children
A Resource Guide

Second Edition

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Cite as


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Promoting oral health in young children is best accomplished by involving a wide range of individuals, including parents; dentists, dental hygienists, and other health professionals; child care and early education providers; and others in the community who are dedicated to promoting children’s health. Many individuals, starting with parents, can emphasize the importance of good oral health for young children. Parents can introduce, reinforce, and model healthy behaviors. If a young child’s teeth are brushed with fluoridated toothpaste twice a day, the child is more likely to continue that behavior into adulthood. The same is true for eating healthy foods and drinking healthy beverages such as water and milk.

Taking children for regular oral health care and, if needed, for treatment, is another important way to promote their oral health.

Dentists and dental hygienists can support establishment of a dental home for all infants by age 1 and can encourage parents with young children to get regular oral health care, including preventive services. In addition, oral health professionals can advocate for a collaborative approach to addressing risk factors for oral diseases and other chronic diseases. For example, health professionals, including pediatricians, family practitioners, nurse practitioners, and nurses, can integrate oral disease prevention and oral health promotion into primary care programs and services. They can conduct oral health risk assessments, provide anticipatory guidance and preventive services (e.g., fluoride-varnish application), and make referrals to help establish dental homes. Child care and early education providers can also help by offering children healthy foods for meals and snacks, teaching them about the importance of oral health, encouraging them to practice good oral hygiene, and ensuring that they receive appropriate care in case of dental emergencies.

The National Maternal and Child Oral Health Resource Center (OHRC) developed this publication, *Promoting Oral Health in Young Children: A Resource Guide*, to provide information to health professionals, program administrators, educators, policymakers, and others working in states and communities in planning, developing, and implementing efforts to ensure that children receive optimal oral health care. The resource guide is divided into two sections. The first section describes materials published from 2014 to 2017, including brochures, fact sheets, guides, kits, manuals, protocols, and reports. The second section lists federal agencies, resource centers, and national professional associations that may serve as resources.

Our intent is to share resources that are useful and represent current science and practice. For further information, we encourage you to contact the organizations listed in the second section. Your state and local departments of health, state or local alliances and coalitions, state dental associations and societies, schools of dentistry and dental hygiene, and university-based libraries are additional sources of information. OHRC will update the resource guide periodically, and we would appreciate hearing from you if you know of any relevant resources that are not included in this edition.
We are grateful to the following experts for their review and contributions to the resource guide: Stacy Costello, Office of Oral Health, Maryland Department of Health; Susan Deming, Oral Health Program, Michigan Department of Health and Human Services; and Michelle Martin, Oral Health Program, Utah Department of Health. And we would like to thank those who submitted items for inclusion in the guide.
Materials
Materials

Data and Surveillance

2015 HEAD START ORAL HEALTH SURVEY REPORT

This report presents findings from an oral health survey of children enrolled in Head Start in Iowa. Topics include participant age, payment source for dental care, oral health status, and oral health indicators (untreated tooth decay and filled tooth) by payment source (private insurance, Medicaid, hawk-i, uninsured).


THE BIG PICTURE FOR ARIZONA’S LITTLEST KIDS

This report provides state-national comparisons on families and young children in Arizona. Contents include the percentage of infants and children from birth to age 5; households with young children; children living in poverty; children being raised by a single parent, an adolescent parent, or grandparents; children from birth to age 17 receiving Temporary Assistance for Needy Families; infants born prematurely or with low birthweight; children who lack health insurance, have untreated tooth decay, or lack needed vaccinations; children ages 3 and 4 who attend preschool; and young children who received developmental or sensory screenings. Information about local and community efforts to strengthen families, support healthier children, and promote early learning are included.


CHECK-UP ON ORAL HEALTH: AGE ONE DENTAL VISITS—MICHIGAN COUNTY PROFILE 2017

This report provides information about the percentage of children under age 2 in Michigan counties who are enrolled in Medicaid and who had at least one dental visit during the 2015 calendar year. The report also describes factors that contribute to low levels of preventive oral health services use and guidelines and recommendations for the first dental visit.


THE IMPACT OF FAMILY ON CHILDREN’S DENTAL CARE

This infographic presents findings from a study to determine the effect of family decisions about insurance coverage and preventive oral health care on the likelihood that children from different racial/ethnic groups will receive preventive oral health care. Contents include the percentage of children enrolled in HUSKY A (Medicaid) in Connecticut who received preventive oral health care by race/ethnicity, factors that increased children’s likelihood of receiving preventive oral health care, the impact of each factor on the likelihood that children will receive preventive oral health care, and the impact of all three factors on the likelihood that children will receive preventive oral health care. Topics include continuous coverage, receipt of well child care, and parents who received preventive oral health care. Steps to ensure that families have access to and use oral health care are also described.

PROMOTING ORAL HEALTH IN YOUNG CHILDREN: A RESOURCE GUIDE

FLUORIDE VARNISH APPLICATION AMONG NORTH DAKOTA FAMILY PRACTICE PHYSICIANS & PEDIATRICIANS: 2016 CHARTBOOK

This chartbook presents findings from a survey of pediatricians and family practice physicians in North Dakota conducted to study fluoride-varnish application in clinical practice. Contents include an overview of the study; information about the methods and response demographics; and findings related to assessment, fluoride-varnish application, referral, and need for training and education.


KANSAS HEAD START SMILES FOR LIFE: THE ORAL HEALTH OF KANSAS HEAD START CHILDREN

This report presents findings from a statewide oral health survey of children in Head Start in Kansas. Contents include information about the importance of good oral health, strategies to improve oral health and oral health literacy in families, and factors that impact the oral health of young children; key survey findings; and a summary of strategies that can help improve oral health among young children in Kansas.


ORAL HEALTH STATUS OF FLORIDA’S EARLY HEAD START AND HEAD START CHILDREN 2014–2015

This report summarizes results from a statewide survey of young children enrolled in Early Head Start and Head Start centers in Florida. Topics include dental caries experience, untreated tooth decay, and dental sealants. The appendices contain the consent and questionnaire forms for parents, a screening form, a screening results letter to parents, and information about other indicators from the parent questionnaire including toothache, last dental visit, follow-up care, reason for last dental visit, and dental insurance. [Survey funded in part by the Maternal and Child Health Bureau]


Policy

ENDCAVITIES

These resources for policymakers, health professionals, and health advocates provide information about and strategies for preventing dental caries in young children. Contents include talking points, fact sheets, an issue brief, infographics, and videos. Topics include risk-based care, oral health during pregnancy, and what states can do to prevent dental caries in early childhood. Findings on adults’ knowledge of oral health and prevention, strategies for reducing caries in a Medicaid population, and tips for encouraging local media to cover early childhood caries are also included.


HEALTHY FUTURES: ENGAGING THE ORAL HEALTH COMMUNITY IN CHILDHOOD OBESITY PREVENTION NATIONAL CONFERENCE—EXECUTIVE SUMMARY

This executive summary provides an overview of the Healthy Futures: Engaging the Oral Health Community in Childhood Obesity Prevention National Conference, the conference agenda, and key findings. It also presents a list of proposed strategies for preventing childhood obesity in the following areas: research, dental students’ education and training, oral health professionals’ continuing education and training, advocacy/policy, consumer-based education interventions, interprofessional collaboration, and reimbursement.

AN INNOVATIVE PROJECT BREAKS DOWN BARRIERS TO ORAL HEALTH CARE FOR VULNERABLE CHILDREN IN LOS ANGELES COUNTY

This policy brief describes a project to improve oral health care for young children at 12 federally qualified health center clinic sites with co-located oral health and primary care services in Los Angeles County, California. Contents include program goals to reduce barriers to obtaining oral health care for infants and young children from birth through age 5 and strategies and interventions to meet program goals. Topics include infrastructure, practice-management technical assistance, training, quality-improvement learning collaboratives, community systems development, and policy analysis. Additional topics include the location and characteristics of participating clinics, the number of visits for children by project year and quarter, and policy implications.


Professional Education and Practice

BRIGHT FUTURES: ORAL HEALTH—POCKET GUIDE (3RD ED.)

This pocket guide offers health professionals an overview of preventive oral health supervision for five periods—pregnancy and postpartum, infancy, early childhood, middle childhood, and adolescence. The pocket guide is designed to help health professionals implement specific oral health guidelines during these periods. For each period, information about family preparation, risk assessment, interview questions, screening, examination, preventive procedures, anticipatory guidance, measurable outcomes, and referrals are discussed. The content aligns with Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (4th ed.). [Funded by the Maternal and Child Health Bureau]


CAVITY FREE KIDS: HOME VISITING RESOURCE

This resource for home visitors is designed to help families establish good oral health habits and connect to oral health care. The items are intended to complement the curricula and tools that home visitors use with families and can be incorporated into topics that home visitors already address with families. Topics include the importance of primary teeth; brushing, flossing, and rinsing; tooth-healthy foods; drinking water for thirst; and going to the dentist. Setting and reaching oral health goals and addressing oral health problems or emergencies are also discussed.


CHILD ABUSE AND NEGLECT: IMPLICATIONS FOR THE DENTAL PROFESSIONAL (REV. ED.)

This continuing-education course for oral health professionals provides information about child abuse and neglect and outlines responsibilities for recognizing, reporting, treating, and preventing child abuse and neglect. Topics include the incidence, etiology, and long-term effects of child maltreatment; the dentist's role in intervention; identifying neglect and physical, sexual, and emotional abuse; assessment (history taking and diagnosis); and treating orofacial and dental trauma. A tool that educators can use for creating a student assignment is also available.

**DENTAL FIRST AID**

This flip chart provides instructions on what to do and what not to do to manage dental emergencies. It is designed for school nurses, school health aides, teachers, school administrators, Head Start coordinators, child care providers, other health and administrative personnel, and parents.


**DENTAQUEST SPECIAL TOPICS SERIES**

This series consists of modules designed to help oral health professionals increase their knowledge about special topics related to improving oral health. Topics include early childhood caries management for general dentists, interprofessional practice, and cariology.


**EQIPP: ORAL HEALTH**

This course is designed to help pediatric primary care health professionals (PPHPs) recognize the role they play in providing oral health care. Topics include the importance of a dental home and PPHPs role in establishing a dental home, dental caries and caries risk assessment, the importance of maternal oral health, age-specific oral health anticipatory guidance, and oral-injury prevention. Information about fluoride varnish, including who should apply it and how it is applied, how to address families’ concerns about fluoride varnish, and processes for procuring and storing fluoride varnish and billing for fluoride-varnish application, is also provided.

FEEDING INFANTS AND YOUNG TODDLERS USING THE LATEST EVIDENCE IN WIC SETTINGS

This brief summarizes feeding guidelines for pregnant women and children from birth to age 2 that are directly relevant to the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Topics include core WIC program services; an overview of the feeding guidelines; and applications of the feeding guidelines in the WIC setting, including staff training on the guidelines, participant education; and breastfeeding support.


FLUORIDE VARNISH APPLICATION AND INFORMATION

This video for primary care health professionals provides information about and recommendations for applying fluoride varnish in infants and young children ages 6 months through 5 years as part of well-child visits and other visits. Topics include safety and effectiveness; supplies; application techniques such as knee-to-knee positioning; and after-care instructions, including referral to a dental home. The video also provides guidance on obtaining additional information and resources from the Minnesota Oral Health Coalition.


FLUORIDE VARNISH IN THE CHILD AND TEEN CHECKUPS (C&TC) SETTING

These resources are designed to help primary care health professionals improve the oral health of infants, children, and adolescents from birth to age 20 who are eligible for Minnesota’s Early and Periodic Screening, Diagnosis, and Treatment program by offering fluoride-varnish applications (FVAs). Contents include recommendations for FVAs, requirements for a complete visit, support for FVAs by primary care health professionals, and resources for implementing FVAs.


FLUORIDE VARNISH TRAINING MANUAL FOR MASSACHUSETTS HEALTH CARE PROFESSIONALS

This manual is designed to help health professionals implement fluoride-varnish applications for infants, children, and adolescents ages 6 months to 21 years who are enrolled in Massachusetts’ Medicaid program. Contents include office-based and online training options; steps for establishing and using fluoride varnish in the office; a template for documenting the oral examination, procedure and post-procedure, and risk factors for dental caries; facts on fluoride-varnish application; coding, reimbursement, and claim submission; and information for caregivers about fluoride varnish.


GIVE YOU AND YOUR BABY A LIFETIME OF HEALTHY TEETH

This webinar, held on March 15, 2017, describes an online module designed to help pregnant women and mothers of infants from birth to age 1 in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) learn about oral health and why it is important. The webinar discusses the learning platform (wichealth.org) and explains how data are collected and analyzed, how the module has been implemented in Michigan, and how other states can use it for their WIC clients.
HEALTH BARRIERS TO LEARNING: THE PREVALENCE AND EDUCATIONAL CONSEQUENCES IN DISADVANTAGED CHILDREN—A REVIEW OF THE LITERATURE

This report offers recommendations to strengthen and integrate the safety net for children. The report describes health barriers to learning (HBLs), including untreated dental caries and associated toothaches, and the supporting evidence base for the impact of these HBLs on academic success. Additional HBLs discussed include uncontrolled asthma, uncorrected vision problems, unaddressed hearing problems, dental pain, persistent hunger, certain health and behavioral problems, and lead exposure. For each HBL, the report describes the prevalence of the HBL; the extent of unmet need for services to identify, manage, and treat the HBL; the impact of the HBL on learning; and key points.


KIDS AND DRINKING WATER: A GLASS HALF FULL OR HALF EMPTY?

This paper discusses the importance of drinking water for children. Contents include information about the importance of water consumption in preventing chronic disease; obstacles to ensuring that students have access to clean, safe drinking water in schools; drinking water challenges in communities; and opportunities for health funders to increase children’s access to and consumption of free, safe drinking water. Topics include improving access, prioritizing education, funding data collection and research, promoting multisectoral partnerships, and advocating for supportive policies. A policy framework to support healthy development in all children by investing in accessible, safe drinking water is included.


IT SHOULDN’T HURT TO BE A CHILD: PREVENTING EARLY CHILDHOOD CARIES (ECC)

This fact sheet for health professionals provides information on preventing early childhood caries (ECC). Topics include what ECC is and who is at risk, the costs of ECC, and how ECC risk can be reduced. The fact sheet discusses the prevalence of ECC among various populations and why some populations are at higher risk than others, how ECC is treated and the impact of treatment on children and families, and effective strategies for preventing ECC. [Funded by the Maternal and Child Health Bureau]


ORAL HEALTH: CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

This fact sheet provides information for physicians, nurse practitioners, physician assistants, and nurses about their role in and responsibility for supporting the oral health of infants, children, and adolescents from birth to age 20 who are eligible for Minnesota’s Early and Periodic Screening, Diagnostic, and Treatment program. Topics include requirements for the visit, personnel training, and documentation of counseling and referral; recommendations for oral health risk assessment and fluoride-varnish application; why preventive oral health care is important; anticipatory guidance; professional recommendations; and resources.
TRAINING OPPORTUNITIES:
DEVELOPMENTAL SCREENING AND FLUORIDE VARNISH TRAINING

This resource for clinicians explains how to receive training and reimbursement for performing developmental screenings and applying fluoride varnish in Arizona. Topics include state certification requirements; training locations, descriptions, schedules, and fees; how to be reimbursed; and instructions for purchasing supplies.


VARNISH! MICHIGAN BABIES TOO!
PROGRAM EVALUATION REPORT

This report presents findings and recommendations from an evaluation of a program to increase awareness of oral health among health professionals, facilitate the incorporation of oral health into well-child visits, and increase access to preventive services among young children at high risk for dental caries. Contents include an overview of the project; the purpose, key questions, and evaluation methods; and findings on health professionals reached, training, confidence in program delivery, program fidelity, health professional satisfaction, supply of fluoride varnish, children reached, and benefits and barriers.


WEST VIRGINIA CAVITY FREE BY THREE:
FLUORIDE VARNISH MANUAL FOR HEALTH CARE PROVIDERS

This manual is designed to help primary care health professionals and others reduce the rate of dental caries in infants and young children ages 6 to 36 months in West Virginia. Contents include

PERINATAL AND INFANT ORAL HEALTH COMMUNITY OF PRACTICE: QUALITY IMPROVEMENT TOOLKIT

This toolkit provides guidance on assessing the effectiveness of a project to improve the delivery of oral health care services provided to pregnant women, infants, and young children by integrating oral health care into primary care. Contents include worksheets and guides for identifying, planning, implementing, and interpreting the effectiveness of a quality-improvement project. Topics include Plan, Do, Study, Act cycles and process mapping. [Funded by the Maternal and Child Health Bureau]


PROFESSIONAL SERVICES FLUORIDE VARNISH PROGRAM POLICY

This document for physicians, nurse practitioners, and physician assistants describes professional recommendations and the rationale for applying fluoride varnish to the teeth of infants and young children ages 6 months through 5 years as part of the first dental visit. The document also provides information about training and certification prerequisites and coding for fluoride-varnish-application reimbursement in Louisiana.

information about the implementation strategy (training and certification protocol) for caries risk assessment, fluoride-varnish application, and facilitation of the age 1 dental visit; coding and billing; training resources; and parent-education materials.


WHY DENTAL COVERAGE MATTERS: A TOOL-KIT

This toolkit is designed to help advocates educate policymakers and peers in their state about why dental coverage matters. Contents include a fact sheet and key messages about oral health and dental coverage, a news release, presentation slides, a one-page handout with contact information for elected representatives, letters to Congress from children’s and oral health coalitions, and links to webinars and other resources.


Professional-Client Tools

CHOOSING WISELY®: FIVE THINGS DENTISTS AND PATIENTS SHOULD QUESTION

This list is intended to spur conversations between oral health professionals and their patients about how to choose the most appropriate care based on a patient’s specific situation. Contents include information about when procedures may be appropriate, as well as the methodology used to develop the list. Topics include the benefit of fluoride-containing toothpaste for infants and children, applying dental sealants to minimize the need for restorative care later, informed consent best practice, managing temporomandibular joint disorders, and criteria for replacing restorations.


FEBRUARY IS NATIONAL CHILDREN’S DENTAL HEALTH MONTH

These materials are designed to help oral health professionals, other health professionals, and educators raise awareness about the importance of oral health during National Children’s Dental Health Month (February). The 2018 campaign slogan is “Choose Tap Water for a Sparkling Smile.” Contents include a program-planning guide, press releases, broadcasting tips, sample newspaper articles, posters, and activity sheets in English and Spanish for children and adolescents.


GOOD DENTAL HEALTH: A PARTNERSHIP BETWEEN YOU & ME

This flip book for health professionals to share with parents and other caregivers covers the basics of good oral health in infants and young children. Each page is double-sided and designed as a teaching tool. The patient-facing pages feature clear, simple text (in English and Spanish) and pictures and illustrations to educate families. On the back of the patient-facing pages are helpful conversation guidelines (in English) for health professionals. The flip book also includes a chart to help health professionals establish self-management goals for families to work on at home.

**MOUTH HEALTHY™ KIDS**

These resources are designed to assist oral health professionals and teachers in educating students about good oral hygiene habits and the importance of oral health and oral health care. Contents include videos, games and quizzes, and activity sheets. Lesson plans for students in preschool through eighth grade with materials to support the lesson plans, information about careers in dentistry, and sample presentations are also included. The resources are available in English and Spanish.


**ORAL HEALTH POSTERS**

These posters for consumers discuss why children need fluoride, how fluoride fights cavities, the importance of water with fluoride for oral health and overall health, community water fluoridation for oral health equity, and teaching children to brush and floss. The posters are available in English and Spanish.


**TEETH FOR TOTS: ORAL HEALTH EDUCATION FOR PARENTS & CAREGIVERS OF INFANTS AND TODDLERS—AN ORAL HEALTH RESOURCE GUIDE**

This curriculum, which is designed to help health professionals provide oral health care and education to families of infants and children from birth through age 3, comprises 10 modules. Each module provides background information and a sample agenda. Topics include oral health and infancy, teething, the importance of primary teeth, the age 1 dental visit, oral health screenings, tooth decay, fluoride, toothbrushing and flossing, weaning, nutrition and feeding habits, oral habits, dental first aid, medications and oral health, and special conditions. Additional resources are included. The materials are available in English and Spanish.


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**Program Development**

**ADDRESSING ORAL HEALTH IN HEAD START: INSIGHTS FROM THE HEAD START HEALTH MANAGER DESCRIPTIVE STUDY**

This report presents findings from a study to explore how Head Start programs are addressing the challenge of tooth decay in infants and young children. Topics include the burden of tooth decay on Head Start programs as perceived by health managers; health programming (services, activities, education) and policies to address tooth decay; training and staff models to address tooth decay; and how programs are leveraging other partners, community resources, and their health services advisory committee to address tooth decay. The study covered the period 2011–2016.


**HEALTHY MOUTH, HEALTHY START: IMPROVING ORAL HEALTH FOR YOUNG CHILDREN AND FAMILIES THROUGH EARLY CHILDHOOD HOME VISITING**

This brief examines how oral health is incorporated into the early childhood home visiting models that serve the largest number of young children in California: Healthy Families America, Nurse-Family Partnership, Parents as Teachers, Welcome Baby, and Early Head Start (home-based option). It makes the case for increasing efforts to promote oral health care in home-visiting programs and strengthening the relationship between the home-visiting community and the oral health community. The brief also articulates recommendations for next steps that home-visiting programs can take to continue addressing
oral health disparities among young children and pregnant women.


**INDEPENDENT PERFORMANCE MONITORING IN THE HUSKY PROGRAM: ENSURING ACCOUNTABILITY FOR SCARCE STATE DOLLARS**

This document reports on aspects of Connecticut's publicly funded HUSKY Program performance and quality based on findings from independent performance monitoring. Topics include continuity of health insurance coverage and enrollment changes, maternal health and birth outcomes for new families, enrollment and preventive health services use in early childhood, trends in health services access and use, the impact of a federally funded project on maternal and infant oral health services, and data-quality improvement.


**PAY FOR PREVENTION: ORAL HEALTH SERVICES AT NH WIC**

This poster presentation describes a partnership between the state oral health program, public health dental hygienists, and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) staff at three sites in New Hampshire to provide on-site preventive oral health services to pregnant women and children enrolled in WIC. The goal of the project was to determine if this service-delivery model could be sustained without supplementary grants. Topics include background on clinical needs, barriers to care, current research, project services, project costs, and first-year findings.


**Public Awareness and Education**

**ARIZONA PARENT KIT**

This kit is designed to help parents meet the challenges of parenting and support the healthy development of their infant or young child. Contents include resources about child development, health and safety, quality child care, and school readiness. Information about the importance of oral health in young children, preventing and treating tooth decay, oral hygiene during pregnancy and infancy, and finding a dentist is included.


**BETEL NUT**

This handout provides information about the potentially harmful effects of chewing betel nut, including increased risk for cancer and gum disease. The handout addresses risk associated with combining betel nut and tobacco and risks for chewing betel nut for pregnant women and children. The handout also includes information about the importance of talking with a doctor and dentist about betel nut use and early cancer detection and provides phone numbers for information about oral health care in North Carolina. The handout is available in English, Burmese, and Karen.

BRUSHING FOR TWO: A HEALTHY START FOR YOUR BABY

This fact sheet for pregnant women explains why oral health is important and how to maintain good oral health during pregnancy. Contents include information about oral hygiene, nutrition, and the safety of receiving oral health care during pregnancy. The fact sheet is printed in English on one side and in Spanish on the other.


CAVITIES GET AROUND [LAS CARIES SE PROPAGAN]

These resources are designed to help health professionals and others raise public awareness about ways to prevent tooth decay and promote oral health in infants and young children. Topics include the importance of primary teeth, limiting consumption of sugar-sweetened beverages (SSBs), and giving children water between meals and at bedtime. Contents include a partner toolkit (written in English and Spanish) containing campaign brand standards, facts and tips on child oral health, radio spots, infographics, logos, and an SSB policy. The resources also discuss children’s health insurance coverage and finding oral health care.


DENTAL CARE FOR YOU AND YOUR BABY

This flyer provides parents with information about oral health care for themselves and their infant. It offers tips for how to keep the mouth healthy during pregnancy and explains why doing so is important for both pregnant women and their infant. Also included are tips for taking care of infants’ and children’s mouths, contact information for help finding a dentist in Connecticut, and illustrated instructions for how to use dental floss. [Funded by the Maternal and Child Health Bureau]
Give Your Child a Healthy Mouth for Life

This brochure for pregnant women and parents of infants and young children explains why oral health is important to overall health and provides tips on oral hygiene during pregnancy, infancy, and early childhood. Topics include toothbrushing with fluoridated toothpaste and visiting the dentist. Information about oral health coverage for pregnant women and children and adolescents up to age 20 is also included. The brochure is available in English, Amharic, Arabic, Burmese, Dari (Afghan Persian), Farsi (Persian), Karen, Kinyarwanda, Kreyol (Haitian Creole), Pashto, and Spanish.


A Healthy Diet Is Something to Smile About

This bookmark for parents describes the relationship between oral health and nutrition in children and provides tips on choosing healthy drinks and foods. Topics include the importance of reading nutrition labels, offering water between meals, limiting servings of calorie-containing beverages to mealtimes, offering fresh fruits and vegetables as snacks, and encouraging toothbrushing. The bookmark is available in English and Spanish. [Funded by the Maternal and Child Health Bureau]


Healthy Mouths for You and Your Baby

This video provides information about what mothers can do to promote good oral health in their infant or young child and why it is important to do so. The video shows an oral health professional explaining to a new mother how to take care of an infant’s mouth, demonstrating
how to clean the infant’s mouth, and observing while the mother cleans the infant’s mouth. The video is available in English and in English with Spanish subtitles.


HEALTHY TEETH FOR YOU AND YOUR BABY [DIENTES SALUDABLES PARA USTED Y SU BEBE]

This brochure for pregnant women focuses on the importance and safety of oral health care during pregnancy. It also includes information about the age 1 dental visit for children and how to find a dentist. The brochure is printed in English on one side and in Spanish on the other.


INFORMATION FOR PATIENTS

This mobile app and poster provide information for parents and other caregivers about oral injuries, including how to prevent oral trauma in primary teeth, what to do in case of a fall that affects permanent teeth, and what to do if a permanent tooth is broken or knocked out. The mobile app is available in Arabic, Danish, Dutch, English, Finnish, French, German, Greek, Indonesian, Italian, Malay, Northern Sami, Norwegian Bokmal, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, and Turkish. The poster is available in Arabic, Bulgarian, Chinese, Dutch, English, French, German, Greek, Hindi, Hungarian, Icelandic, Italian, Korean, Polish, Portuguese, Russian, Slovenian, Spanish, Tamil, Turkish, and Vietnamese.


KIDS SAY THE DARNEDEST THINGS

These videos feature young children talking about oral health. Topics include when children brush their teeth, how they brush, what happens when they go to the dentist, and how fluoride helps prevent cavities.


PROTECT YOUR CHILD’S SMILE: FLUORIDE VARNISH FOR YOUNG CHILDREN

This fact sheet for parents and other caregivers provides tips on oral hygiene and oral health care for infants and young children, including information about taking them to the dentist by age 1 and protecting their teeth with fluoride varnish. Topics include toothbrushing with fluoridated toothpaste; nutrition; how fluoride varnish is applied; and what to expect and what to do before and after fluoride varnish treatment. The fact sheet is available in English on one side and in Chinese or Spanish on the other.


RETHINK YOUR DRINK, CHOOSE WATER

These resources provide information about sugar-sweetened beverages (SSBs) and tips on healthy alternatives. Contents include a poster and a brochure. Topics include the potential impact of SSB consumption on oral health; the amount of sugar in different beverages; and recommended daily limits on sugar for infants, children, adolescents, and adults. Information about reading nutrition labels, limiting juice, and choosing water is provided. A form for ordering a drink display kit is also available.

SMILE FOR GOOD HEALTH

This tip sheet provides information about the importance of oral health for overall health for infants and children. Contents include tips on preventing tooth decay, such as cleaning an infant’s gums and teeth after feeding; the age 1 dental visit; toothbrushing and flossing; fluoride; and dental sealants. Tips on offering water to children, wearing mouth guards, and avoiding tobacco are also included. [Funded by the Maternal and Child Health Bureau]


SUGAR BITES

These resources are part of a public-awareness campaign aimed at preventing the development of chronic diseases by encouraging parents to choose water for their young child instead of drinks that are high in sugar. The resources focus on reducing children’s risk for obesity, tooth decay, and type 2 diabetes by reducing their consumption of flavored milk, juice drinks, soda, and sports drinks. Contents include brochures, posters, videos, and web graphics. The resources are available in English and Spanish.


VISIT THE DENTIST BY BABY’S 1ST BIRTHDAY

This fact sheet encourages parents and other caregivers to schedule a dental appointment when an infant’s first tooth appears or no later than an infant’s first birthday. The fact sheet also describes the problem of dental caries, what to expect during a dental visit, and how to make the visit a positive experience. Tips on choosing a dentist and how to find an oral health professional are also included.


WATER FIRST: A TOOLKIT FOR PROMOTING WATER INTAKE IN COMMUNITY SETTINGS

This guide is designed to help communities prevent obesity and dental caries by promoting drinking water as an alternative to sugar-sweetened beverages such as soda and sports drinks. Contents include strategies for building a team and defining and spreading the message in child care facilities, clinics, parks, schools, and other community-based settings. A two-page fact sheet is also available.


WHAT TO EXPECT AT YOUR CHILD’S FIRST DENTAL VISIT

This video for parents explains what happens at an early dental visit. The video shows oral health professionals discussing good oral hygiene and nutrition and how early and regular professional oral health care can help to establish a positive professional-family relationship and can contribute to healthy child development. The video is presented in English with Spanish subtitles.


WHY EARLY DENTAL VISITS MATTER

This video for parents and other caregivers explains why they should take their infant to the dentist by age 1. Oral health professionals discuss good oral hygiene and nutrition and how early and regular professional oral health care can help to establish a positive professional-family relationship and healthy child development. The video is presented in English with Spanish subtitles.
WHY FLUORIDE IN YOUR TAP WATER IS A GOOD THING

This video explains why adding fluoride to community water systems is safe and effective at preventing tooth decay. The video features commentary from oral health professionals and pediatric health professionals about the value of community water fluoridation for children and adults.


Systems Integration

DENTAL CARE IN ACCOUNTABLE CARE ORGANIZATIONS: INSIGHTS FROM 5 CASE STUDIES

This report presents case study findings on successes and challenges related to incorporating oral health care into accountable care organizations (ACOs) in Iowa, Minnesota, Oregon, and Southwest Washington. Each case study provides the ACO’s background and market overview and describes payment arrangements and risk-sharing, care coordination, provision of oral health care, challenges to oral health care provision, and results.

Organizations
Organizations

ACADEMY OF GENERAL DENTISTRY
560 West Lake Street, Sixth Floor
Chicago, IL 60661-6600
Telephone: (888) 243-3568
Website: http://www.agd.org

The Academy of General Dentistry serves the needs of general dentists, represents their interests, and provides continuing education.

AMERICAN ACADEMY OF PEDIATRIC DENTISTRY
211 East Chicago Avenue, Suite 1600
Chicago, IL 60611-2637
Telephone: (312) 337-2169
Website: http://www.aapd.org

The American Academy of Pediatric Dentistry is committed to promoting optimal oral health and oral health care for infants, children, and adolescents, including those with special health care needs.

AMERICAN ACADEMY OF PEDIATRICS
Section on Oral Health
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Telephone: (800) 433-9016
E-mail: oralhealthinfo@aap.org
Website: http://www.aap.org/oralhealth

The American Academy of Pediatrics’ Section on Oral Health focuses on improving communication between pediatricians and pediatric dentists and improving advocacy for oral health, nutrition, and early diagnosis and prevention of oral disease in children, including those with special health care needs.

AMERICAN ASSOCIATION OF PUBLIC HEALTH DENTISTRY
3085 Stevenson Drive, Suite 200
Springfield, IL 62703
Telephone: (217) 529-6941
E-mail: info@aaphd.org
Website: http://www.aaphd.org

The American Association of Public Health Dentistry works to improve health for all citizens through the development and support of oral-health-promotion and disease-prevention programs.

AMERICAN DENTAL ASSOCIATION
211 East Chicago Avenue
Chicago, IL 60611-2678
Telephone: (312) 440-2500
Website: http://www.ada.org

The American Dental Association is committed to the public’s oral health and to ethics, science, and professional advancement. Initiatives include those related to advocacy, education, research, and the development of standards.

AMERICAN DENTAL HYGIENISTS’ ASSOCIATION
444 North Michigan Avenue, Suite 3400
Chicago, IL 60611
Telephone: (312) 440-8900
Website: http://www.adha.org

The American Dental Hygienists’ Association works to advance the art and science of dental hygiene, promote standards of education and practice in the profession, and provide professional support and educational programs.

ASSOCIATION OF STATE AND TERRITORIAL DENTAL DIRECTORS
3858 Cashill Boulevard
Reno, NV 89509
Telephone: (775) 626-5008
E-mail: cwood@astdd.org
Website: http://www.astdd.org

The Association of State and Territorial Dental Directors formulates and promotes the establishment of national oral health public policy and assists state oral health programs in developing and implementing programs and policies for the prevention and control of oral diseases.
CENTERS FOR DISEASE CONTROL AND PREVENTION
Division of Oral Health
4770 Buford Highway, N.E., Mailstop F-10
Atlanta, GA 30341-3717
Telephone: (770) 488-6054
E-mail: oralhealth@cdc.gov
Website: http://www.cdc.gov/OralHealth

The Centers for Disease Control and Prevention, Division of Oral Health, provides leadership in preventing and controlling oral disease, promoting oral health, and improving the quality of community water fluoridation.

CENTERS FOR MEDICARE & MEDICAID SERVICES
7500 Security Boulevard, C2-26-12
Baltimore, MD 21244
Telephone: (410) 786-3000
Website: http://www.cms.gov

The Centers for Medicare & Medicaid Services provides guidance to states administering Medicaid and the Children’s Health Insurance Program and provides services to beneficiaries and health professionals.

CHILDREN’S DENTAL HEALTH PROJECT
1020 19th Street, N.W., Suite 400
Washington, DC 20036
Telephone: (202) 833-8288
E-mail: info@cdhp.org
Website: http://www.cdhp.org

The Children’s Dental Health Project creates and advances research-driven policies and solutions by engaging a broad base of partners committed to children and oral health, including professionals, communities, policymakers, and parents.

HISPANIC DENTAL ASSOCIATION
3910 South IH-35, Suite #245
Austin, TX 78704
Telephone: (512) 904-0252
Website: http://www.hdassoc.org

The Hispanic Dental Association provides leadership and represents professionals who share a commitment to improving the oral health of the Hispanic community.

INDIAN HEALTH SERVICE
Division of Oral Health
5600 Fishers Lane, Mail Stop 08N34 A
Rockville, MD 20857
Telephone: (301) 447-3368
Website: https://www.ihs.gov

The Indian Health Service, Division of Oral Health, addresses the oral health needs of American Indians and Alaska Natives.

MATERNAL AND CHILD HEALTH BUREAU
Health Resources and Services Administration
5600 Fishers Lane
Parklawn Building, Room 18-05
Rockville, MD 20857
Website: http://www.mchb.hrsa.gov

The Maternal and Child Health Bureau provides leadership, partnership, and resources to advance the health of mothers, infants, children, and adolescents, including those with special health care needs.

NATIONAL DENTAL ASSOCIATION
6411 Ivy Lane, Suite 703
Greenbelt, MD 20770
Telephone: (240) 241-4448
E-mail: info@ndaonline.org
Website: http://www.ndaonline.org

The National Dental Association (NDA) works to improve the delivery of oral health care in underserved communities and to improve the educational opportunities of minorities underrepresented in the oral health field. NDA’s website features information on events, dental education, dental schools, programs, and initiatives.

NATIONAL INSTITUTE OF DENTAL AND CRANIOFACIAL RESEARCH
National Institutes of Health
31 Center Drive, MSC2290
Building 31, Room 2C39
Bethesda, MD 20892
Telephone: (860) 232-4528
E-mail: nidcrinfo@mail.nih.gov
Website: http://www.nidcr.nih.gov

The National Institute of Dental and Craniofacial Research seeks to improve oral health through research, research training, and the dissemination of information.
**SOCIETY OF AMERICAN INDIAN DENTISTS**

5320 West Sahara Avenue, Suite 4  
Las Vegas, NV 89146  
Telephone: (702) 744-7243  
E-mail: saidentistry@gmail.com  
Website: http://www.thesaidonline.org

The Society of American Indian Dentists promotes oral health in the American Indian community, serves as a resource for American Indian students interested in the dentistry profession, promotes American Indian heritage and traditional values, and promotes and supports the concerns of American Indian dentists.

**SPECIAL CARE DENTISTRY ASSOCIATION**

2800 West Higgins Road  
Hoffman Estates, IL 60169  
Telephone: (312) 527-6764  
E-mail: scda@scdaonline.org  
Website: http://www.scdaonline.org

The Special Care Dentistry Association is dedicated to promoting good oral health and well-being for individuals with special health care needs.

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**NATIONAL MATERNAL AND CHILD ORAL HEALTH RESOURCE CENTER**

Georgetown University  
Box 571272  
Washington, DC 20057-1272  
Telephone: (202) 784-9771  
E-mail: OHRCinfo@georgetown.edu  
Website: http://www.mchoralhealth.org

The National Maternal and Child Oral Health Resource Center gathers, develops, and shares information and materials to respond to the needs of states and communities in addressing current and emerging public oral health issues.

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**NATIONAL NETWORK FOR ORAL HEALTH ACCESS**

181 East 56th Avenue, Suite 501  
Denver, CO 80216  
Telephone: (303) 957-0635  
E-mail: info@nnoha.org  
Website: http://www.nnoha.org

The National Network for Oral Health Access provides advocacy and support for health centers working to improve the oral health status of underserved populations.

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**NATIONAL RESOURCE CENTER FOR HEALTH AND SAFETY IN CHILD CARE AND EARLY EDUCATION**

University of Colorado Denver  
13120 East 19th Avenue, Mail Stop F541  
P.O. Box 6511  
Aurora, CO 80045  
Telephone: (800) 598-5437; (800) 598-KIDS  
E-mail: info@nrckids.org  
Website: http://nrckids.org

The National Resource Center for Health and Safety in Child Care and Early Education promotes health and safety in out-of-home child care settings throughout the nation.