



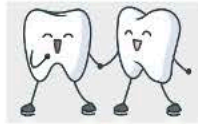
Health People 2030: Reducing proportion of children and adolescents with lifetime tooth decay

Community Outreach Project
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Introduction

4/11/2022, 10-12 AM
Sherman Oaks Middle School
Contact: Mrs. Tenorio
2 presentations



Target Audience: Middle School Children

- Total attendees: 47 8th graders
- Middle School Children at Title X school
- Dual Spanish-English speaking school
- >75% of the families are low-income

Background/Content

According to **Healthy People 2030**, tooth decay is the most common chronic disease amongst children and adults in the United States¹

Dental caries are a potential source of pain, infection, and reduced quality of life contributing to overall health—affecting nutritional intake, school attendance, ER visits, and development.²

Learning Objectives:

1. Demonstrate the **proper brushing technique** in order to prevent dental caries
2. Explain how to **effectively floss** their teeth using the ADA method
3. Report the **impacts of diet** on oral health
4. Explain the **importance of fluoride** supplementation for oral health
5. Identify what **type of toothbrushes** are most effective in removing plaque

Takeaways

- Brush for 2 minutes, 2x/day^{3,4}
- Electric toothbrushes are as effective as manual brushes, use soft bristles⁵
- Fluoride strengthens the tooth/prevents caries⁶
- Floss once daily⁷
- Carbs (specifically sugars) have the biggest influence on formation of dental caries⁸

Discussion/Conclusion

- Highlights:** The students were interested in the topic, and we met most of the learning goals!
- Challenges:** Maintaining 8th graders attention after returning from a week-long break
- Evaluations:** Most students commented on learning how to brush and floss
- An unexpected learning point was the impact of the effects of drugs and alcohol on oral health!
 - Students learned oral health impacts overall health

Conclusion

What did you learn from this project?

Middle-school children are at a time where they can really take lead on their health and decisions, including if they start experimenting with drugs or unhealthy behaviors. We as educators can make a big impact on their future choices!

Strengths: Collaborating with dental student, using models to explain concepts and Kahoots to engage with the students, and providing everyone with a free toothbrush & toothpaste

Limitations: 40-minute class-time constraint

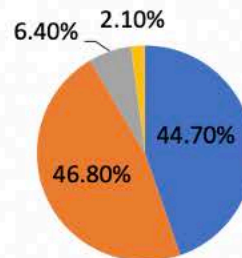


References/Acknowledgements

A huge thank you to Sherman Oaks Middle School & Mrs. Tenorio for allowing us to present to her 8th grade classes!

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Likelihood of Behavior Change



■ Very likely ■ Likely ■ Neutral ■ Unlikely ■ Very unlikely