Head Start Oral Health Program
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2019-2020 J. Bradley Wilson Albert Schweitzer Fellows
ECU School of Dental Medicine Students

Project Goals

Childhood caries is the number one most common, yet preventable disease in the pediatric population of the United States.

Goals:
- Provide families with knowledge of proper oral health
- Provide students with fun, educational lessons to improve oral health and nutrition
- 50% of the families with participate in 2 or more of the following activities for 10 weeks or longer:
  - Brushing 2x per day
  - Flossing 1x per day
  - Replacing sugary drink with water 3x per week
  - Replacing an unhealthy snack with a healthier alternative 3x per week
- 100% of the families will have an established dental home

Population Served

- 6 Head Start Sites
  - Pitt County: 4
  - Martin County: 1
  - Beaufort County: 1
- 37 Caregivers
- ~400 students

*The goal was to provide four classroom lessons for each center, but due to COVID-19, in person lessons were suspended. Classroom lessons did not take place at the Farmville Head Start site.

Lessons

- Caregivers/Parent Meetings presentations
  - Topics covered included:
    - What is a dental home?
    - When should your child see the dentist?
    - How to properly brush and floss
  - Surveys were given out to assess oral health literacy; follow up surveys were not given due to COVID-19 preventing in person involvement. As a result, we were unable to gather follow up data regarding impact
- Students:
  - Brushing with the puppets
  - Thumbs up/Thumbs down: Food Edition
  - Brushing coffee grounds out of corn
  - Flossing with egg cartons and yarn

Sustainability

- Lessons will be sustained by DMD Service Club
- Developed and created educational videos to be distributed to parents via smart phones
- Developed and created educational videos be distributed to Head Start Centers for teacher use

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