

# Head Start Oral Health Program

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## 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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