



## O R A L H E A L T H K A N S A S

Spring, 2007

### **Dear Champions of Better Health for School Kids...**

Quality oral health for all children and adolescents is imperative if they are going to reach their levels of optimum success in school and in life. When children's oral health suffers, so does their ability to learn and to interact with others. These are both essential to build a foundation for a quality life as an adult.

### **Consider these facts from Oral Health and Learning, a fact sheet produced by National Oral Health Resource Center, at Georgetown University:**

- In 1995, a study reported that an estimated 51 million school hours per year were lost because of dental-related illness.
- When very young children lose teeth due to decay, they can experience a failure to thrive, impaired speech development, inability to concentrate in order to learn, and reduced self-esteem.
- Poor oral health has been related to decreased school performance, poor social relationships, and less success later in life.
- Children experiencing pain are distracted and unable to concentrate on schoolwork.

### **What Kansas is doing to improve school children's oral health:**

Oral Health Kansas, with funding from Kansas Dental Charitable Foundation, and in partnership with Kansas Coordinated School Health Program, has developed oral health guidelines. These documents are designed to support school districts that wish to integrate oral health into school policies and classroom activities. They offer ideas and suggestions so that district and building administrators can select those that are most appropriate for their communities, teachers and students.

The documents include a list of oral health topics essential for students to learn, strategies for incorporating oral health into each of the eight components of Kansas Coordinated School Health, ideas for incorporating oral health into classroom activities, and a list of oral health curricula appropriate for all grades -- pre-k through high school.

This packet is designed for everyone who is committed to optimum oral health for school kids – teachers, principals, school nurses, parents, physicians, nurses, dentists, dental hygienists, school board members, and members of school health and wellness councils.

## Here is how you can be a partner:

- Learn all you can about your school's health and wellness policies and practices. Here are areas to cover --
  - Does the school have a health and wellness school council? Is a dentist or dental hygienist on the school board, or on the school's wellness council?
  - Does the school have a policy to eliminate sugar-laden drinks and candy in the school and classroom?
  - Do the teachers incorporate oral health information in their health curriculum?
  - Does the school have an oral health screening program? If so, which grades participate? Who conducts the screening – school nurses, community dentists, and dental hygienists?
  - Does the school have a consistent, reliable referral source for dental care for children who have severe toothaches or other oral health problems but do not have a dentist of their own?
  - Have school administrators and/or classroom teachers talked about the need for dental care for children who do not have access because of financial or transportation issues?
- Talk with all the people you know who are connected to your community's schools about the need for children to have optimum oral health. Based on what you learn about the school's oral health program, and using all of the ingredients in Kansas Coordinated School Oral Health Program, suggest elements to add to what they are now doing. For example --
  - Develop an district-wide oral health plan, with a set of policies and practices, designed to prevent oral health disease or to identify it early enough to ward off serious and life-threatening illnesses
  - Select an oral health curriculum for classrooms
  - Include dental professions when students are exploring career opportunities
  - Incorporate toothbrushing and flossing in preschool, kindergarten, and primary grades, using a research based approach sitting at desks
  - Establish a school-based dental hygiene program for children qualifying for Medicaid/HealthWave and free and reduced lunch programs
- Meet with school board members and/or school district administrators; review with them a copy of the rubric: [www.oralhealthkansas.org](http://www.oralhealthkansas.org)
- Send school representatives a copy of *Oral Health and Learning* from the National Oral Health Resource Center: <http://www.mchoralhealth.org/pdfs/learningfactsheet.pdf>
- Offer to address groups from local schools, such as the board, district administrative council, school nurses, school health council, and PTA/PTO
- Invite dentists, hygienists, physicians and nurses to a meeting to discuss how to ensure optimum oral health for school children and adolescents
- Create other approaches that match your style of promoting oral health in your community and your school district's style of bringing in new programs
- For more information about Kansas Coordinated School Health go to [www.kshealthykids.org](http://www.kshealthykids.org)

**Good Luck!** And remember that Oral Health Kansas is ready to support your efforts with School-Based Dental Hygiene Program Start Up Kits, promotional materials, PowerPoint presentations, and free advice. Please call Marcia Manter at Oral Health Kansas: 785 235 6039 or e-mail: [mmanter@oralhealthkansas.org](mailto:mmanter@oralhealthkansas.org)

# **KANSAS COORDINATED SCHOOL HEALTH PROGRAM**

## **ORAL HEALTH**

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Oral health is an essential ingredient for school wellness programs. Poor oral health affects students' overall health, their abilities to learn, and their sense of self-esteem. School districts have a wide range of opportunities to incorporate oral health in many components for students, parents, staff, and communities. Oral health issues fit into school wellness subjects such as nutrition, family and community, staff wellness, and guidance. *Kansas Pre-K – 12 Coordinated School Health Policy Guidelines* demonstrates strategies to accomplish this integration.

In addition, oral health can be incorporated into health curricula for all students as well as integrated into other curricula such as science, reading, math, and language arts. *Health Education Guidelines for Classroom Teachers* offers age-appropriate topics and strategies to enrich other subjects.

Oral health education in schools may be offered by teachers licensed by KSDE, dental professionals, health educators, and medical professionals. The classroom licensed teacher must approve the instructional materials and methods and have an ongoing, open communication with the individuals providing oral health instruction. Several oral health curricula are available to educators to ensure that the content is based on evidence based practices and classroom activities that stimulate learning. Each has its own distinct features. Some address topics for all ages of students – pre-k to 12<sup>th</sup> grade. Others include materials in Spanish as well as English. A few are available online as free downloadable materials; others have a price per copy. A list of current curricula and resources can be found in *Early Childhood and School Curricula and Resources*.

Oral health education subjects for students:

- ✓ Definition of oral health terms
- ✓ Purpose of healthy teeth
- ✓ Names and purposes of types of teeth
- ✓ Causes of dental caries (tooth decay)
- ✓ Links of oral disease to other diseases and poor quality of life
- ✓ Causes and treatment of adolescent gingivitis and periodontitis
- ✓ Evidence-based practices for eliminating or reducing caries
- ✓ Techniques of oral hygiene – toothbrushing, flossing, antibacterial and fluoride mouth rinses
- ✓ Purpose and sources of fluoride
- ✓ Nutrition and eating habits that strengthen and weaken teeth
- ✓ Oral health safety techniques and equipment
- ✓ Purpose of sealants
- ✓ Purpose and care of braces
- ✓ Effect of tobacco products on oral health
- ✓ Effects of specific prescription medicine on teeth
- ✓ Effects of illegal drugs on teeth
- ✓ Effects of oral piercing on teeth and gums

## KANSAS PRE-K – 12 COORDINATED SCHOOL HEALTH POLICY GUIDELINES ORAL HEALTH

In 2002 Surgeon General David Satcher issued *Oral Health in America*, citing a lack of awareness of the general public about the importance of oral health, the significant disparity of race, age, and income, and link between oral health and overall health and wellbeing. In 2003, Surgeon General Richard Carmona published *The National Call to Action to Promote Oral Health*, in which he encouraged community partnerships to ensure optimum oral health for all residents. The following set of guidelines presents strategies administrators, nurses, and classroom teachers can use to be active partners in their communities to keep children and adolescents free of dental decay.

**These school-based strategies are designed to support Kansas growth toward Healthy People 2010 oral health goals for children.** These goals include: Reduce the proportion of children and adolescents who have dental caries experience in their primary or permanent teeth. Reduce the proportion of children, adolescents, and adults with untreated dental decay. Increase the proportion of children and adults who use the oral health care system each year. Increase the proportion of low-income children and adolescents who received any preventive dental service during the past year. Increase the proportion of school-based health centers with an oral health component. Increase the proportion of children and adolescents aged 6 to 19 years whose intake of meals and snacks at school contributes to good overall dietary quality. Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems in the following areas: unintentional injury; violence; suicide; tobacco use and addiction; alcohol and other drug use; unintended pregnancy, HIV/AIDS, and STD infection; unhealthy dietary patterns; inadequate physical activity; and environmental health. Reduce tobacco use by adolescents. Reduce the initiation of tobacco use among children and adolescents. Increase the average age of first use of tobacco products by adolescents and young adults. Increase tobacco use cessation attempts by adolescent smokers.

### INTEGRATING ORAL HEALTH INTO THE EIGHT COMPONENTS OF KANSAS COORDINATED SCHOOL HEALTH

**Health Education  
Healthy School Environment  
Counseling, Psychological & Guidance  
Family & Community Involvement**

**Health Services  
Physical Education  
Worksite Wellness for Staff  
Nutrition services**

<b>CATEGORY</b>	<b>BASIC</b> <b>(Essential Oral Health Needs)</b>	<b>ADVANCED</b> <b>(More healthful than BASIC)</b>	<b>EXEMPLARY</b> <b>(More healthful than ADVANCED)</b>
<b>SCHOOL SYSTEM GENERAL</b>	<p>School policies and procedures include oral health education and strategies.</p> <p>All Pre-K – 12 students have the opportunity to be free of pain and infection resulting from oral disease.</p>	<p>The Advanced level incorporates all guidelines for the Basic level plus the more healthful guidelines listed in this column.</p> <p>All school administrators, educators, nutrition, food service, and health staff have the opportunity to learn about ways to prevent decay and other oral diseases in children and adults.</p>	<p>The Exemplary level incorporates all guidelines for the Basic and Advanced level plus the more healthful guidelines listed in this column.</p> <p>Each school in the system has an oral health plan designed to keep children cavity free and to intervene early in dental disease.</p>
<b>Health Education</b>	<p>All students in Pre–K – 12 have the opportunity to learn about ways to maintain oral health. Health education curricula on personal hygiene, effects of nutrition and soft drinks, smoking and drugs include segments on oral health.</p>	<p>All students in Pre–K – 12 have the opportunity to learn about dental professions as a career.</p>	<p>Oral health content is integrated into science, math, language, and literacy.</p>
<b>Health Services</b>	<p>School staff take immediate, appropriate action in response to dental and oral emergencies.</p> <p>All students and their families have information about available dental services that meet their needs.</p> <p>All students have the opportunity to be released from class to receive oral health preventive and restorative services.</p> <p>Schools comply with Kansas laws requiring dental screenings of children.</p>	<p>Schools establish a system of oral screening of children, which includes documentation of oral health status, and referral to appropriate dental professionals.</p> <p>Schools establish fluoride varnish services for children and adolescents who qualify for Medicaid, HealthWave, and the free or reduced lunch program.</p> <p>Schools have lists of dentists who will provide restorative care for children with identified decay.</p>	<p>Schools establish dental hygiene clinics to provide preventive services to children who qualify for Medicaid, HealthWave, and the free or reduced lunch program.</p>
<b>Healthy School Environment</b>	<p>Playgrounds are designed to protect children from mouth and dental injuries.</p>		

## HEALTH EDUCATION GUIDELINES FOR CLASSROOM TEACHERS

<b>CATEGORY</b>	<b>BASIC</b> (Essential Oral Health Needs)	<b>ADVANCED</b> (More healthful than BASIC)	<b>EXEMPLARY</b> (More healthful than ADVANCED)
<b>Pre-Kindergarten</b>	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> <li>• Purpose of teeth</li> <li>• Proper toothbrushing techniques</li> <li>• Importance of using fluoridated toothpaste</li> <li>• Which foods combine with bacteria to cause decay.\ Effects of soft drinks on teeth</li> </ul>	<p>Incorporate this topic into the curriculum:</p> <ul style="list-style-type: none"> <li>• How fluoride protects teeth</li> <li>• How to brush teeth using “modified toothbrushing protocol”</li> </ul> <p>Ensure daily toothbrushing using “modified toothbrushing protocol”</p>	<p>Use “disclosing tablets” to demonstrate plaque</p> <p>Establish a dental office in play area</p>
<b>Primary</b>	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> <li>• Purpose of teeth</li> <li>• Purpose of healthy teeth</li> <li>• Names of permanent teeth</li> <li>• Proper toothbrushing and flossing techniques</li> <li>• Importance of using fluoridated toothpaste and rinse</li> <li>• Names of</li> <li>• “teeth healthy” foods</li> <li>• Effect of sugar-laden foods and beverages</li> </ul>	<p>Incorporate this topic into the curriculum:</p> <ul style="list-style-type: none"> <li>• How fluoride protects teeth</li> </ul> <p>Integrate oral health education into:</p> <ul style="list-style-type: none"> <li>• Reading</li> <li>• Vocabulary</li> </ul>	<p>Integrate oral health education into:</p> <ul style="list-style-type: none"> <li>• Reading</li> <li>• Vocabulary</li> <li>• Science</li> <li>• Creative arts</li> </ul>

<p><b>Elementary</b></p>	<p><b>Incorporate these topics into the curriculum:</b></p> <ul style="list-style-type: none"> <li>• Names of teeth and purpose of teeth</li> <li>• Proper toothbrushing and flossing techniques</li> <li>• Purpose of sealants</li> <li>• Purpose of braces</li> <li>• Effects of tobacco/drugs on teeth</li> <li>• Effects of soft drinks and sports drinks on teeth</li> </ul>	<p><b>Organize a class oral health fair</b></p> <p><b>Include dental professions in studies of careers</b></p>	<p><b>Organize a class oral health fair, featuring each element of the school curriculum, such as:</b></p> <ul style="list-style-type: none"> <li>• Creative writing</li> <li>• Reading</li> <li>• Math</li> <li>• Science</li> <li>• Social studies</li> </ul>
<p><b>MIDDLE SCHOOL</b></p>	<p><b>Incorporate these topics into the curriculum:</b></p> <ul style="list-style-type: none"> <li>• Care of permanent teeth and braces</li> <li>• Effects of tobacco and spit tobacco on teeth and mouth</li> <li>• Effects of methamphetamine on teeth</li> <li>• Effects of oral piercing on teeth, gums, oral cavity, and infections</li> <li>• Effects of soft drinks, sports drinks, sugar and starches on teeth</li> </ul>	<p><b>Incorporate these topics into the curriculum:</b></p> <ul style="list-style-type: none"> <li>• Role of oral health on overall health</li> <li>• Contributions of oral disease on other disease of the body</li> </ul> <p><b>Organize a class oral health science project</b></p>	<p><b>Create opportunities for students to teach oral health in Pre-K and primary classrooms</b></p> <p><b>Create opportunities for students to shadow dental professionals</b></p>
<p><b>HIGH SCHOOL</b></p>	<p><b>Incorporate these topics into the curriculum:</b></p> <ul style="list-style-type: none"> <li>• Care of permanent teeth and braces</li> <li>• Effects of tobacco and spit tobacco on teeth and mouth</li> <li>• Effects of methamphetamine on teeth</li> <li>• Effects of oral piercing on teeth, gums, oral cavity, and infections</li> <li>• Effects of soft drinks, sports drinks, sugar and starches on teeth</li> </ul>	<p><b>Incorporate oral health content as selections for science projects</b></p> <p><b>Use oral health content as examples in chemistry and biology classes</b></p>	<p><b>Create opportunities for students to teach oral health in Pre-K and primary classrooms</b></p> <p><b>Create opportunities for students to work in dental offices</b></p>

## **EARLY CHILDHOOD & SCHOOL ORAL HEALTH CURRICULA AND RESOURCES**

**Promoting Children's Oral Health: A Curriculum for Health Professionals and Child Care Providers.** California Childcare Health Program, Oakland, California, 2005, downloadable printed materials, pp. 76, [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org).

Designed for dental health educators. Audience includes early childhood educators, parents, family consultants, home visitors. Topics include: Oral development, oral habits, oral hygiene, fluoride, healthy eating, injury control, resources and tools. The materials provide lesson plans, information for lectures and workshop activities. The goal is to help early childhood professionals and families care for young children's oral health.

**Open Wide and Trek Inside. National Institute of Health Curriculum Supplement, Grades 1 and 2.** National Institute of Dental and Craniofacial Research, 2006, downloadable printed materials, pp. 176.  
<http://science-education.nih.gov/supplements/nih2/oral-health/default.htm>

This material comes in three formats: a printed publication, one copy available for free through NIH's website; a CD-ROM version, also available through NIH; and printable, downloadable copies through the website above. The supplement is designed for elementary teachers and oral health educators. The lesson plans focus on the scientific principles and oral health literacy. To quote the introduction to the materials on the website: *The unit consists of lesson plans, which are accessed through the Teacher's Guide section of the Web site and the multimedia student activities, which are accessed through the Student Activities page. The Web-based activities for students are only one part of the curriculum unit. The Lesson Plans provide the framework for both the hands-on classroom activities and the Web-based multimedia activities that make up this curriculum supplement. Together, the classroom and multimedia activities enable students to gain a deeper understanding of the science behind this important topic, and how it relates to human health.*

**Oral Health Supplemental Curriculum Resource. Lessons and Activities for Preschool, Kindergarten, 2<sup>nd</sup> grade, and 7<sup>th</sup> grade.** South Carolina Healthy Schools, 2003, pp. 220. Available for download at [www.oralhealthkansas.org](http://www.oralhealthkansas.org)

Designed for classroom teachers and oral health educators. The curriculum is written to link to South Carolina's health and safety curriculum standards. Lesson plans are presented in tables, which are organized into factual information, materials, and lessons. The curriculum also contains activities for children, handouts for parents, and educational resources. Lessons and activities are age-appropriate for the target audience.

**Smile Smarts! An Oral Health Curriculum for Preschool – Grade 8. American Dental Association. 2007, pp. 53, downloadable from the ADA website:**  
<http://www.ada.org/public/education/teachers/smilesmarts/index.asp>

Designed for K-6 classroom teachers, school nurses, and dental health educators. The materials are organized into four sections: Shining Smiles for Preschool to 1<sup>st</sup> grade; A Lifetime of Healthy Smiles for grades 2<sup>nd</sup> – 3<sup>rd</sup>; Teeth to Treasure for grades 4<sup>th</sup> – 6<sup>th</sup>; Watch Your Mouth for grades 7<sup>th</sup> – 8<sup>th</sup>. Each section contains flexible, modular lesson plans, support materials, hands-on classroom demonstrations, student activity sheets, and suggestions for further oral health activities.

**Dental Health Education: Lesson Planning & Implementation, 2<sup>nd</sup> edition. Lori Gagliari, RDA, RDH, Med. Pearson Education. Appleton & Lange, Stamford, Connecticut, 2007. pp. 209, paperback, 3-hole punch paper, \$35 on**  
[www.amazon.com](http://www.amazon.com).

Designed for K-6 classroom teachers, school nurses, dental health educators. Content includes: Planning for presenting lesson plans; Dental health lesson plans – fluoride, plaque control, toothbrushing, flossing, nutrition, safety, tobacco, dental visits, and children needing special care; Community outreach programs; Integrating oral health into the academic curriculum. The book also includes handouts for parents in English and Spanish, educational classroom activities for children, bibliography, and glossary.

**Look Mom... No Cavities. A Dental Health Education Adventure Kit. PDC Press, Inc. pp. 70, 3-ring notebook. Education Curriculum Program Kit, \$89.95, plus supplemental materials for additional fees. To order:**  
<http://www.lookmom.com/eprogram.html>

Designed for classroom teachers. The notebook is divided into 6 sections: cavity prevention, tooth decay, teeth and bacteria, oral health habits, nutrition, career development. Each module includes background information, lessons, activity sheets, and extension activities and projects. The lookmom.com website offers additional materials to expand the lesson plans. Each section contains content for age groups: 5 – 8 and 9 – 18.

**K-12 Oral Health Education Curriculum. PowerPoint Presentations. Missouri Department of Health and Senior Services, 2007, downloadable from the website:**  
<http://www.dhss.mo.gov/oralhealth/OralHealthEducation.html>

The Department of Health and Senior Services has developed a set of eight different PowerPoint presentations to address oral health issues pertinent to each age group. The colorful graphics and comprehensive content are designed to be used by classroom teachers and dental health educators. They are useful to introduce students to issues related to their own oral health as well as to stimulate discussion about ways to prevent oral disease.