CLASS OBJECTIVE:
Upon completion of this class, participants will be able make healthy food choices for themselves and their family to help reduce the incidence of dental decay.

AGENDA
• Why Do I Need to Know?
• Function of Teeth
• Dental Decay Process
• Dental Disease Prevention
• Food Guide Pyramid
• Nutrition Fact Label
• Eating Healthy
• Alternatives to Sweets

Media
PARENT ORAL HEALTH AND NUTRITION EDUCATION (POHNE)
Department of Health Services
Office of Oral Health

Content / Process
1. Introduce yourself, give a brief background of your experience with oral health and nutrition
2. Short explanation of CCDDPP
   • Statewide school-based program that has been in operation for more than 20 years
   • Serves low-income children who are at a higher risk for dental decay. 80% of dental decay is concentrated in 25% of the population – low-income, minority children.
   • More than 320,000 children were served in 2001-2002
   • The program provides oral health education, brushing and flossing instruction, fluoride supplementation, and dental sealants
3. Overview of topic
   We will be talking about oral health and nutrition and how they are related
4. Let audience know it is OK to ask questions throughout presentation.
5. Some topics mentioned such as dental sealants and fluoride, will only be touched upon due to the time constraints of this class. I will be happy to answer more in depth questions after the presentation.

Next slide

• Read class objective
  • Has anyone ever had a cavity and a filling?
  • Has any of your children ever complained of dental pain?
  • Has anyone eaten 5 fruits and/or vegetables today?
    Yesterday?

Next slide

• We are going to talk about the following topics:
Read bullets

???Any questions so far????

Next slide
1. I want to thank all of you for being here today and proving what we already know (**hit key to make text show up).

2. The relationship between dental disease and nutrition is interesting. Most likely, the information you have about these subjects has come from TV or brochures at your doctors or dentists office. I am here to provide you with more detailed information on both subjects so that you will be able to make healthy food choices for your family and eliminate dental disease in your family.

3. I am going to tell and show you how you can incorporate more fruits and vegetables into your diet to make your body healthier.

**Next slide**

- Behavior changes are made in small steps. The benefits of changing have to be worth the effort. What I would like you to do is to think about what you put into your body and consider small changes that will add up to a healthier lifestyle.

**Hit key and read bullets**

Who drinks whole milk? (“Think your Drink” handout)

- In one 8 oz glass,
  - Whole milk contains 8 g of fat, 12 g of sugar and 160 calories
  - 2% milk contains 5 g of fat, 12 g of sugar and 130 calories
  - 1% milk contains 2.5 g of fat, 12 g of sugar and 110 calories
  - Non-fat milk: 0 g of fat, 12 g of sugar and 90 calories

Would you like to Supersize your meal?

- Regular size soda (12 oz) contains 40 g sugar & 150 calories
- Supersize soda (42 oz) contains 226 g sugar & 410 calories
- Small French Fries have 10 g fat; Supersized has 22g fat

- Many fast food places offer foods that are lower in fat and calories such as salads and certain chicken sandwiches.

“Better Fast Food Choices” handout outlining meal choices from a few popular restaurants that are slightly more healthy

Why should you care about nutrition and oral health?

**Next slide**
1. We want to discuss oral health and nutrition because:
   • Read bullets (on 3rd bullet elaborate with the following points)
   • Decay affects your children’s health and their ability to learn
   • Decay has negative long term socio-economic effects
   • Self esteem issues
   • Parents have lost work days, children - lost school days

   ➔ Next slide

   • Most people don’t realize how wide spread dental disease is and that it affects people of all ages, children, adults and senior citizens.
   - Does any one have asthma or know someone who does? (Statistic according to the Surgeon's General Report)
   - Does anyone have a parent with false teeth – some or all teeth missing?
   - Do you know that dental disease is almost 100% preventable??
   - If you choose, you can keep all of your teeth your entire life.
   - If you have already lost one or two teeth, it is possible for you to hold onto the teeth you still have and teach your children how they can have a healthy smile throughout their lifetime.

   ➔ Next slide

   • What are our teeth used for? Why do we need them?
   - For Chewing/eating: You need your teeth to eat with and ensure that you get the proper nutrition. Your teeth are used for tearing and grinding. Chewing is the first step of digestion.
     - For talking: = Have audience say the word “tooth” and feel how the sound “th” is formed using the back of your front teeth. If you don’t have your front teeth you would pronounce “tooth” like “toof.”
   - For smiling: When you are happy you smile and others smile with you. When you greet someone you smile and say hello. When you laugh, you show your teeth to the world.

   ➔ Next slide
Are you born with the bacteria/germs that causes decay?

• The answer is no. New studies show that the bacteria that causes decay is passed from a caregiver to a child. It can be passed by kissing, sharing a toothbrush, testing your child’s food, by using the same fork or cup, by “cleaning off” a pacifier that has fallen on the ground - putting it in your mouth and then in the baby’s.
• If you have experienced dental decay (if you have had a cavity) then you carry the bacteria and can pass it to someone else. 
• If your husband, wife, girlfriend, etc. has gum disease (bacteria that causes red puffy gums / bone disease), they can pass it to you in the same manner as stated above. If you don’t take care of your teeth and gums, you may develop decay and/or gum disease.
• Bacteria has been passed to you **Hit key for “bacteria”. You eat some food, any food **Hit key for foods. Then the bacteria begin to feed on the food particles in your mouth. Bacteria digest the food and produce acid as a waste product. **Hit key for acid. **Hit key for tooth. The acid is deposited on tooth surfaces **Hit key for acid If you do not stop the acid process **Hit key for unhealthy tooth, a cavity forms **Hit key for picture of decay. The acid that is deposited on your teeth causes demineralization which is when important nutrients (vitamins and minerals your body needs to function) such as calcium, are removed from a tooth. This process happens fairly quickly with repeated exposure.

Use the “Dental Decay Process” handout if desired

If you were to drop a small amount of acid on a table top every day and not wipe it off – what do you think would happen?

• The cavities that you see in this picture are advanced.

Cavities do not begin as big holes.

1. When demineralization begins, a dull white area appears on the tooth. This can occur at the gumline or in between teeth where it can not be seen. At this stage, demineralization can be stopped with the help of fluoride and good oral hygiene.
2. If the demineralization process continues, then the enamel (the outer layer of a tooth) is eaten away and a hole forms.
3. These pictures (upper right) are of early childhood cavities – caused by putting a baby to bed with a bottle containing something other than water.
4. If the decay process is allowed to continue, meaning that you do not see a dentist and have the cavity treated, the whole tooth will be affected by the bacteria.
5. The tooth eventually becomes painful and it becomes hard to
DENTAL DISEASE PREVENTION

- Brush your teeth and tongue
- Floss
- Use fluoride — toothpaste, mouthrinse, water, supplements
- Limit snacking
- Don’t share toothbrushes, utensils, cups, etc.
- Visit your dentist once a year.
- Dental sealants

6. The last two pictures are of decay also — On the left, is smooth surface decay. The lower right (left side) is a large cavity and (on the right) a smaller cavity.

So how can we prevent decay? Wait for answers, then —

Next slide

Read bullet points

- How many people have visited a dentist in the last year?
- Who has a child with a dental sealant?
- For those of you with children younger than 9, do you supervise their brushing?
- “Limit snacking” Can anyone tell me why?

Explain about the frequency of “sugar hits” and that limiting the number of times that the bacteria have a chance to feast and create acid will help prevent cavities.

Next slide

The U.S.D.A. food guide pyramid.

1. The base of the pyramid states we need 6-11 servings of carbohydrates each day. Carbohydrates are the simplest of food compounds consisting of only hydrogen, oxygen and carbon. They break down very easily in the body to supply energy. Examples: bread, rice, pasta, grains, oats, tortillas

2. The second layer of the pyramid is made up of fruits and vegetables. These are the main source of nutrients (vitamins and minerals) that your body needs to grow and be healthy. Vitamins A, B, C, E, & K, as well as many other nutrients, all come from these two categories. Examples: orange, broccoli

3. The third layer is made up of dairy and protein (meat). Dairy products provide the body with calcium (Ca) and vitamin D. Ca and vit. D contribute to strong teeth, bones and hair. Vit D helps with calcium and phosphorus processing, bone formation and calcium absorption. Ca gets absorbed into the bones to

eat, concentrate, learn or work. Your overall health is affected, as the bacteria moves from your mouth into your body’s system through the bloodstream.
One Serving Equals

- 1 cup (8 oz) milk or yogurt
- ½ cup 100% juice
- 2 slices of cheese
- 1 slice of bread
- 2 eggs
- ½ cup nuts
- 1 whole medium fruit
- ½ cup canned fruit
- 1 medium tortilla
- 1 cup cereal
- ½ cup rice
- ½ cup pasta

Deck of cards size of meat – chicken, beef, fish

make them strong. It is the principal skeletal mineral in bone & teeth. Examples: Milk, cheese, yogurt

4. The meat/protein portion of the pyramid supplies the body with protein needed to rebuild muscle, produce hormones and essential amino acids. Ex: Chicken, beef, fish, nuts, eggs

5. Fats, oils and sweets are on top. Naturally occurring fat is essential for the body. Vit’s A, D, E, K are fat soluble meaning body need fat in order to dissolve and become absorbed by the body. Fats provide energy, insulate against temperature extremes, & protect organs from shock. They also help the body use carbohydrates and protein efficiently. Ex: some fat from cheese and milk, fish oils.

- Sugars and fat added to food for flavor should be eaten only occasionally. These fats contribute to obesity, poor heart and dental health. Being over a normal healthy weight also makes the rest of your organs and muscles work harder. Ex: lard, sugar of any kind, oil.

Note Height/ Weight chart handout available.

➡Next slide

The U.S.D.A. has serving size recommendations. These guidelines help ensure that your body receives proper nutrition, but discourages a person from over eating.

- people do not realize what a serving equals. For example:
  - 1 slice of bread equals 1 serving. So if you make a sandwich, you will need to eat half a slice.
  - ½ cup nuts will be one serving from the meat/protein category. It can be any type of nuts – walnuts, almonds, pistachios, cashew, peanuts, etc.
  - 1 medium apple, orange, pear or banana will provide one serving from the fruits category.

Can anyone tell me how many servings of fruit & vegetables you should have each day? (answer = 5)

Many people think, a piece of meat the size of a deck of cards will not fill them up. You can use foods from all categories to help you obtain that full feeling. Eat more vegetables with dinner. Add cheese to your food, eat more rice or whole grain bread, have a glass of milk with dinner – all of these will contribute to the full feeling.

- Do not make a habit of eating until you are miserable. Try to eat
until you are satisfied, to the point that you are not hungry any more. Eating several small meals each day is better than overeating at one meal.

Next slide

Use Nutrition Fact Label Handout

2. Read text (**Hit key to have each line of text show)

??Any Questions???

Next slide

How many of you had a fruit for breakfast?
Did anyone have a sandwich (or a taco) for lunch? If yes – what was on the sandwich??? Use the contents of the sandwich to demonstrate how many servings of each category they received in just one meal.

Who packs their children's lunch?? What do you pack – main course, sides and snacks?

Praise parents for the parts of their diet which is healthy

Give ideas on how they can incorporate more fruits and vegetables into their own diet and that of their children

• Including fruit or vegetables in the lunches, for snacks
• Use vegetables in casseroles (puree if necessary) & soups
• Try a different vegetable or fruit with dinner each night
• Make smoothies using 100% fruit juice, yogurt, and fresh or frozen fruit
• Drink milk, 100% juice or water with meals
• Sodas, coffee and tea stain and discolor teeth, water and milk do not.

We are going to talk about healthy versus unhealthy snacks now.
Most people snack during the day. We all need to keep our blood sugar levels up so that we can think, work and play. So what can we choose to snack on that is healthy, filling and will help to maintain a good blood sugar level? Nuts, granola, smoothie, fruit

1. Low sugar – sugary foods cause our blood sugar level to peak (demonstrate on chalk board the blood sugar cycle). Sugar gives us instant energy, but what goes up, must come down. Sugar also creates an acidic environment in the mouth – a playground for bacteria.

2. Low fat – consuming fat makes you tired and consuming too much fat is linked to obesity. Think about how do you feel after you eat a donut compared to a bowl of fruit.

3. High nutrient level – snacks are one way that we can provide our bodies with some of the nutrients that it needs to function throughout the day. Choose foods that contribute to a healthy body, as well as stop your hunger.

4. Sticky snacks such as fruit roll-ups, raisins, chips and cookies stick in the grooves of our teeth and are hard to remove. Many of these snacks are also loaded with sugar.

5. Tell audience to run their tongue over their back teeth to feel all of the grooves – which help grind food.

This is one toothbrush bristle next to a groove in a tooth.

• All food and drinks that you eat can get down into the grooves in your teeth and camp out there. Once down there, it cannot be removed with a toothbrush. This becomes a feeding place for bacteria.

• That is why we recommend dental sealants and fluoride.

• Sealants create a barrier to the food and bacteria

• Fluoride helps to make the teeth stronger and more resistant to decay by adding fluoride into the tooth

• Remember *It is not just sticky foods that get caught down in these grooves of your teeth, it is all food and drinks.

Next slide
**HEALTHY FOODS CONTRIBUTE TO GOOD ORAL HEALTH AND GOOD OVERALL HEALTH**

- Vitamin C = Healthy Gums
- Calcium = Strong Teeth and Bones
- Vitamin K = Less Bruising
- Potassium = Healthy Cells
- Vitamin A = Good Eye Sight

**Disease Prevention**

- Vitamin C helps keep your gums healthy. When you have a vitamin C deficiency, your gums will get red and puffy and it will look like you have gum disease. Example: Oranges, kiwi
- Calcium contributes to strong teeth and bones. Enamel, the outer layer of your teeth, is the hardest substance in your body. Teeth are the only part of the human body that will not burn in a fire. (Milk)
- Vitamin K comes from green leafy vegetables and contributes to blood clotting and reduces bruising. (broccoli, spinach)

Does anyone know which is a better source of potassium – Bananas or Kiwi??? The answer is kiwi, but bananas are also a great source. Kiwi also have more vitamin C than an orange!
- Carrots are a good source of vitamin A – which contributes to healthy eye site and helps the body get rid of dead cells on your skin’s surface.

**ALTERNATIVES TO REWARDING YOUR CHILD WITH SWEETS**

- HUGS
- KIND WORDS
  - I LOVE YOU
  - GOOD JOB
  - WELL DONE!
- KISSES

Many parents reward their children with sweets. If you child gets an A on their math test what can you do to praise them?

What can you give to reward them with besides a cookie that does not cost anything???

Who can tell me one way they can show a child they are proud of them without sweets?

If a child falls down and cuts their knee, is it better to give them a lollipop or a hug???

- There are many ways that we can let our children know how we
What We Have Covered
• The dental disease process
• How you can prevent decay
• The food guide pyramid
• Serving sizes
• Choosing healthy foods
• Alternatives to sweets

Any Questions???
1. Fluoride
2. Dental Sealants
3. Food choices

WHAT HAVE YOU LEARNED???

NAME SOMETHING THAT WILL HELP PREVENT CAVITIES
• Brushing your teeth and tongue at least twice each day
• Use fluoride – water, toothpaste, mouthrinse or supplements
• Visit your dentist once each year
• Floss daily
• Eat healthy foods & limit frequent snacking
• Don’t share toothbrushes, cups, forks, etc.
• Dental sealants

feel about them without using food. If you are in the habit of using food as a reward, use fruit or vegetables instead of ice cream or chips.
  • Use stickers or pencils

•???Does anyone have any questions about anything I have talked about so far?
  ➜ Next slide

• We have talked about (Read bullet points)
  1. That dental disease can be passed from person to person
  2. Dental disease process and it’s prevention
  3. The food guide pyramid and using it as a reference for proper nutrition
  4. Serving sizes – watching what you eat is as important as how much you eat
  5. Healthy food and snack choices
  6. Hugs and kisses instead of sweets
• Does anyone have any questions???
  ➜ Next slide

Now we are going to find out what you have absorbed.
  ➜ Next slide

= Audience Participation
• Have title of slide up and ask for answers. After several or all are named, add the text with the answers
  Praise participation
  ➜ Next slide
NAME A HEALTHY FOOD

- Oranges
- Apples
- Pears
- Watermelon
- Nuts
- Lettuce
- Cheese
- Beans
- Tortillas
- Sala
- Cherries
- Rice
- Peas
- Fish
- Broccoli
- Strawberries
- Potatoes
- Corn
- Spinach
- Avocado
- Chayote
- Celery
- Tomatoes
- Eggs
- Yogurt
- Grapes
- Spaghetti
- Bread
- Biscuits
- Oatmeal
- Carrots
- Lettuce
- Beef
- Water
- Pork
- Bell peppers
- Onions
- 100% Fruit or Vegetable Juice
- Papaya
- Blueberries
- Wheat
- Turkey
- Pineapple
- Radish
- Tomatoes
- Asparagus
- Guava
- Mango
- Cauliflower
- Milk
- Chicken
- 100% Fruit Juice
- California Children’s Dental Disease Prevention Program

= Audience Participation

- Have title of slide up there and ask for answers. After several are named, add the text with the answers.
  - Praise participation
  - ➔ Next slide

• Thank you all for taking the time to attend.
• We know your children are very important to you.
• Please feel free to contact me at any time with additional questions, comments, or concerns.
• I enjoyed being here with all of you today.
Legend:

- Audience Participation
- Question the Audience
- Praise Parents
- Idea / suggestion
- Handout available

1,2,3… Talking Points
  - Talking Point
  ➔ Next slide

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