



# Community-driven opportunities for Healthcare and Oral Health Collaborations

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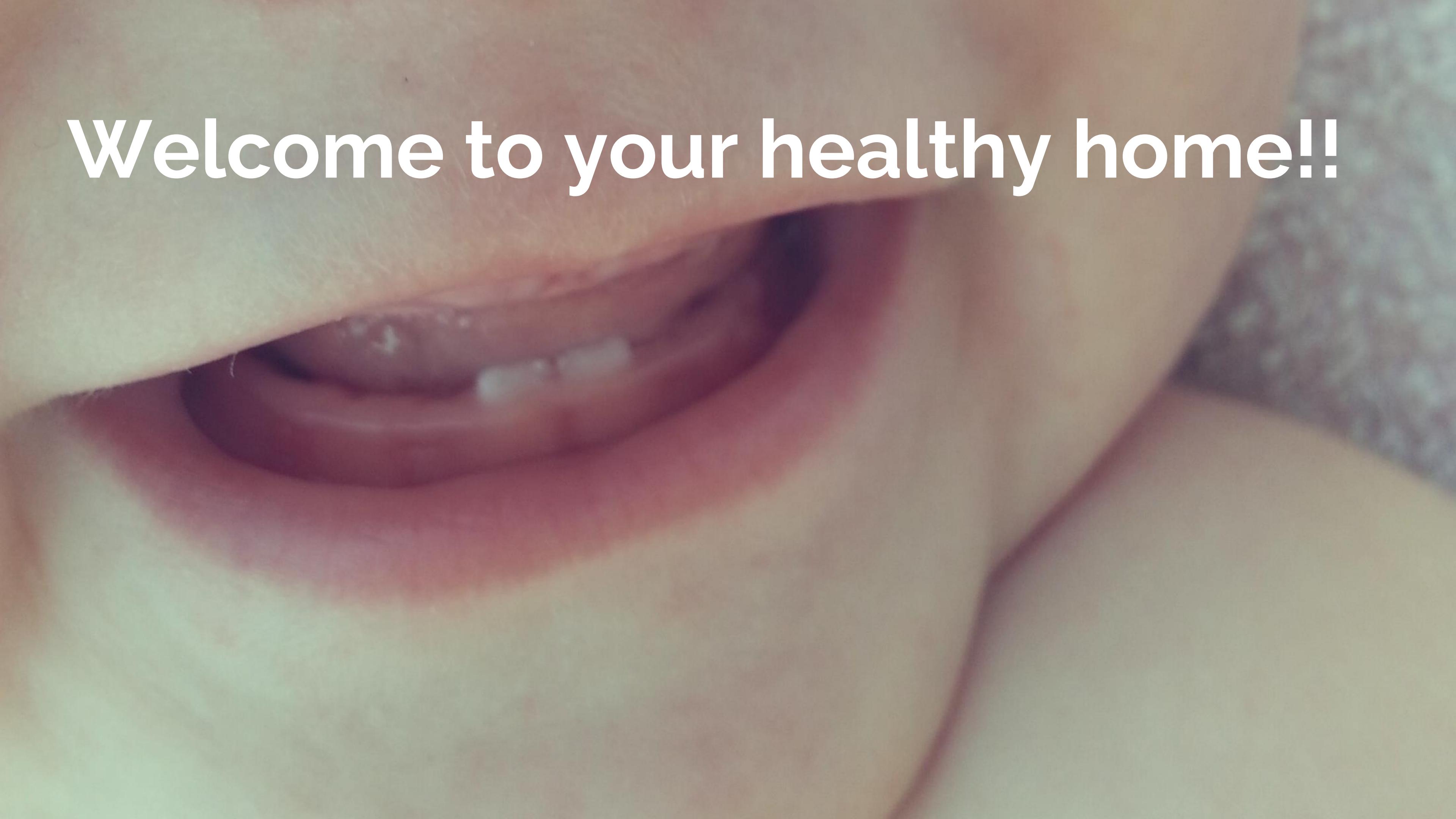
# Disclosure

I do **NOT** have any relevant financial relationships with any commercial interests.

My presentation will contain **NO** reference to an investigational and/or off-label use of a product.

Establishing the foundation  
for wholesome oral health  
begins during pregnancy  
and continues the day your  
baby is born!





Welcome to your healthy home!!

# Objectives:

- **Illustrate the critical importance of oral health during the first 1,000 days of life and its impact on long-term oral health outcomes**
- **Explore effective community-based strategies to promote oral health among pregnant individuals and infants, emphasizing culturally responsive approaches**
- **Discuss the role of interdisciplinary collaboration in integrating oral health education and services into community health programs to enhance access and equity**

# First 1000 days of Life

- Defined as Pregnancy through 2<sup>nd</sup> birthday
- “Golden Period” for interventions and actions to prevent:
  - Obesity
  - Diabetes
  - Cardiovascular Disease
  - Early childhood caries/dental caries

Abanto, Jenny et. Al.: Impact of the first thousand days of life on dental caries through the life course: a transdisciplinary approach. Braz. Oral Res. 2022; 36:e113.

# First 1000 days of Life

- The most critical time to effectively prevent early childhood caries is during pregnancy and the first six months of life
  - Pregnancy: 280 days
  - First six months: 180 days
  - Total: 460 days
  - Age 1 Dental Visit: 640 days – 820 days

Abanto, Jenny et. Al.: Impact of the first thousand days of life on dental caries through the life course: a transdisciplinary approach. *Braz. Oral Res.* 2022; 36:e113.

# WHAT IS PREVENTION?

- **Primary Prevention:** Intervening before health effects occur
- **Secondary Prevention:** Screening to identify disease in the earliest stages, before the onset of signs and symptoms
- **Tertiary Prevention:** Managing disease post diagnosis to slow or stop disease progression

# AGE ONE DENTAL VISIT

- **Secondary Prevention:** Screening to identify disease in the earliest stages, before the onset of signs and symptoms
- **Tertiary Prevention:** Managing disease post diagnosis to slow or stop disease progression

A woman with curly hair is holding a baby in a striped onesie. In the background, a dental professional wearing a mask and gloves is examining a patient's teeth. The scene is set in a dental office.

Oral health IS overall  
health and there is no way  
to separate one from the  
other...



# What is Dental Caries?

*A bacterial disease that can lead to tooth decay and cavities*

# How does dental caries cause cavities?



## Cavity causing bacteria grow

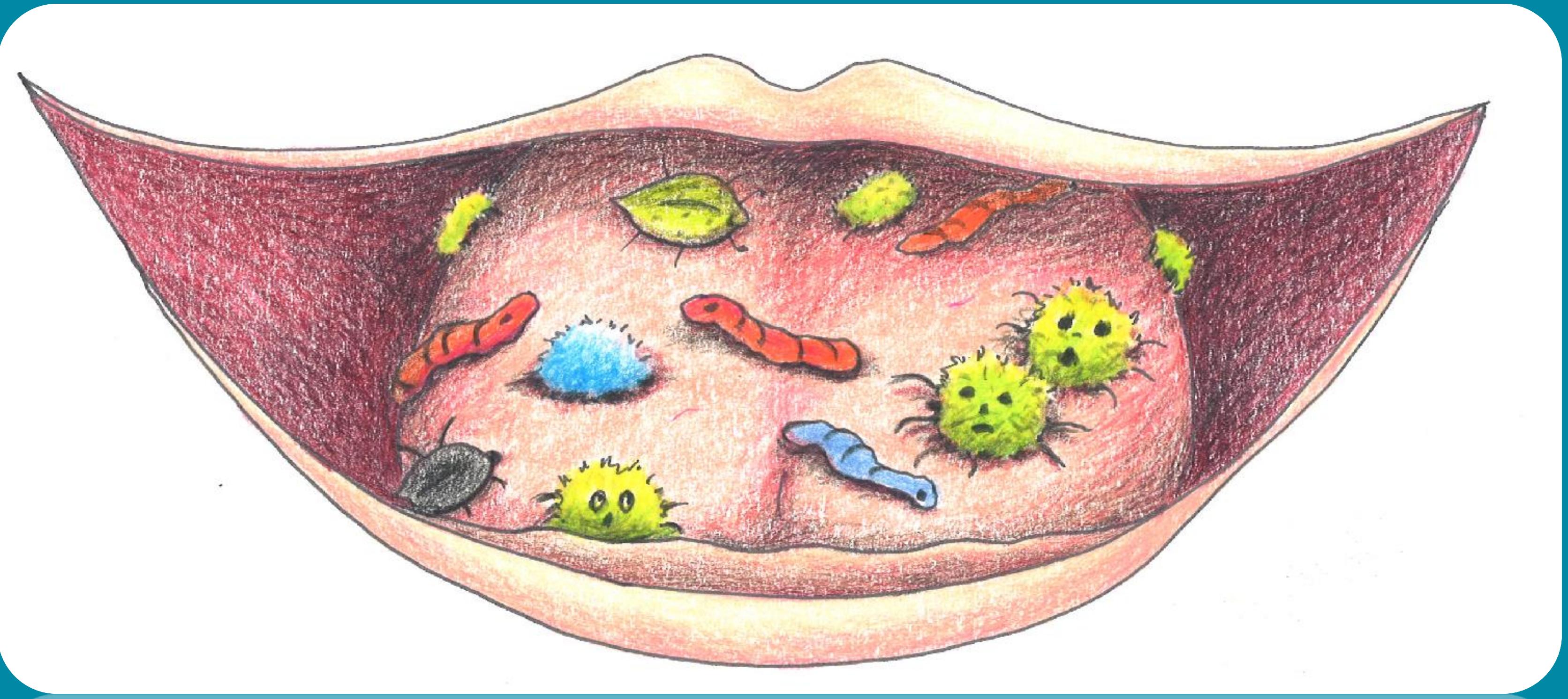
- Sugars and acids in foods help them to grow
- Plaque is not removed effectively every day
- When your mouth is acidic, enamel breaks down

## Cavities are an advanced symptom!

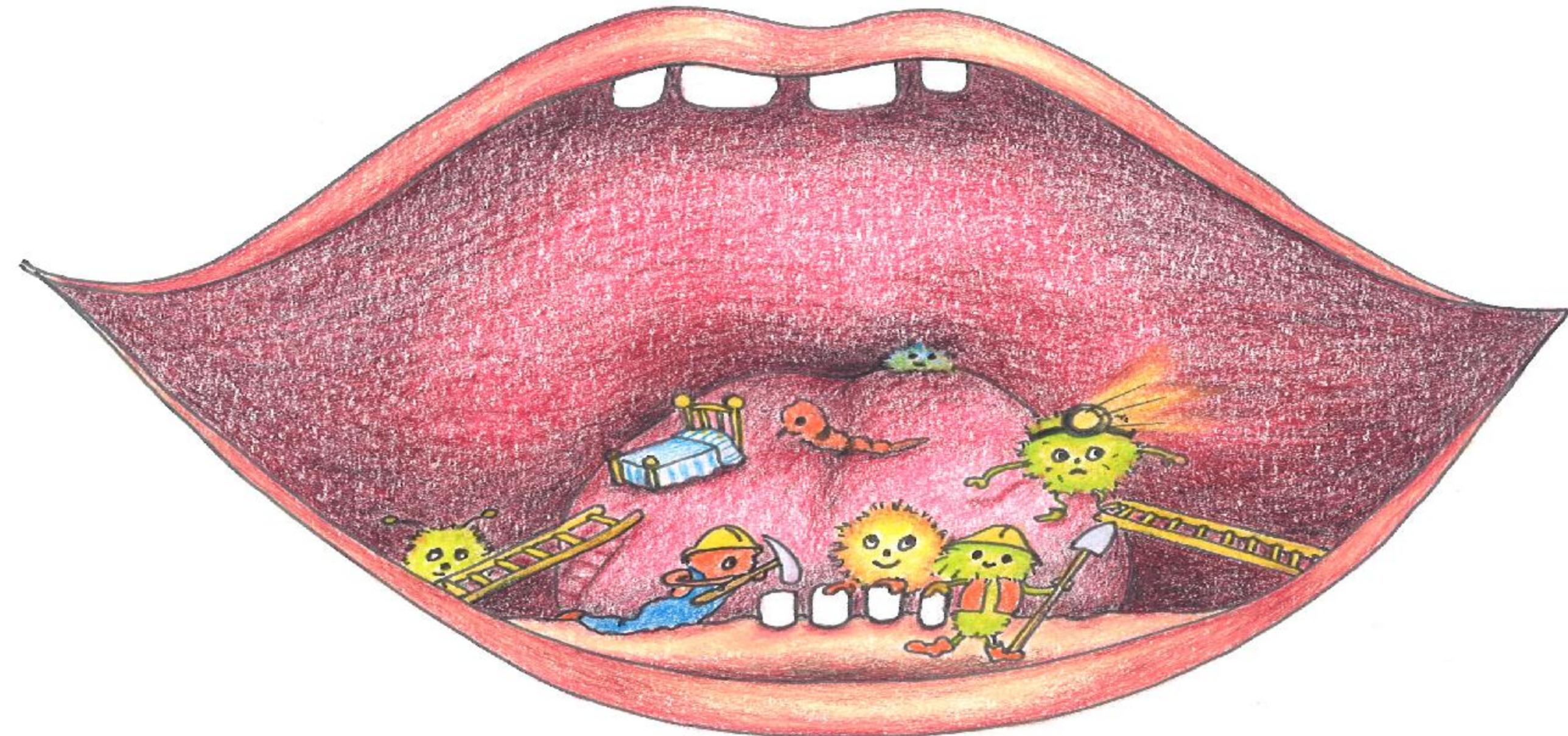
- What is causing the growth of the bacteria????

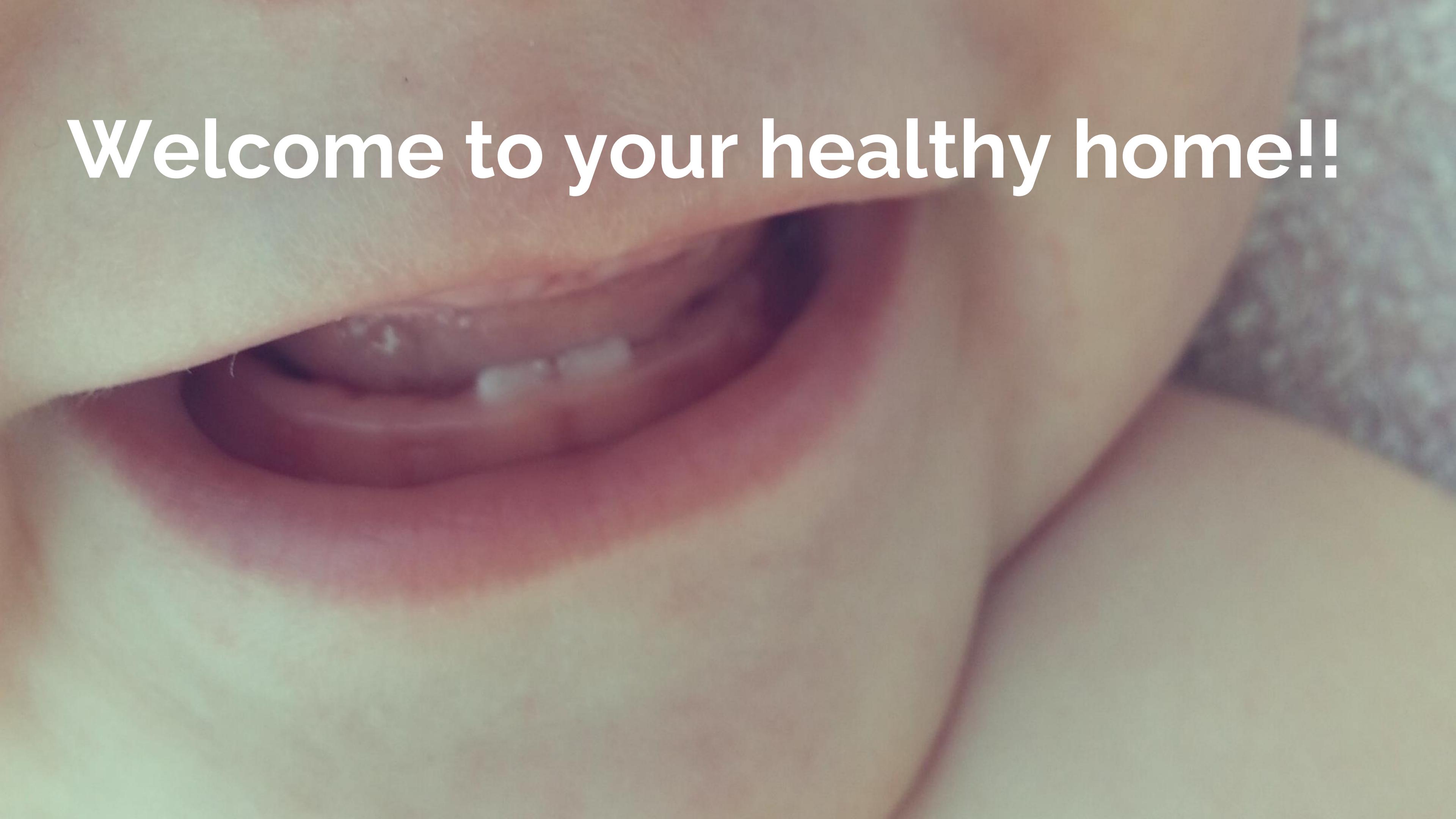
# How do we “get” the bacteria that cause dental caries??

## Pregnancy Oral Health



## Pregnancy Oral Health





Welcome to your healthy home!!

A close-up, black and white photograph of a pregnant woman's belly. Her hands are gently placed on her abdomen, one on the left side and one on the right. The skin texture of the belly is visible, and the hands have light-colored nail polish.

# Pregnancy Oral Health

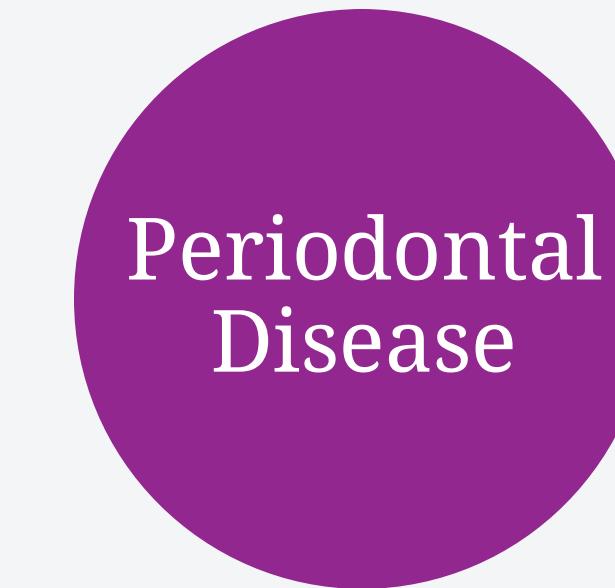


# DOES MATERNAL ORAL HEALTH EFFECT PREGNACY HEALTH?



## BACTERIAL INFECTION

Dental restorations and extractions are safe to perform during pregnancy



## INFLAMMATORY PATHWAYS

Periodontal therapy is safe and recommended during pregnancy



## BACTERIAL TRANSFER

Dental hygiene visits are safe and recommended during pregnancy

Prenatal Oral Health Care and Early Childhood Caries Prevention: A Systematic Review and Meta-Analysis

*Caries Res* (2019) 53 (4): 411–421.

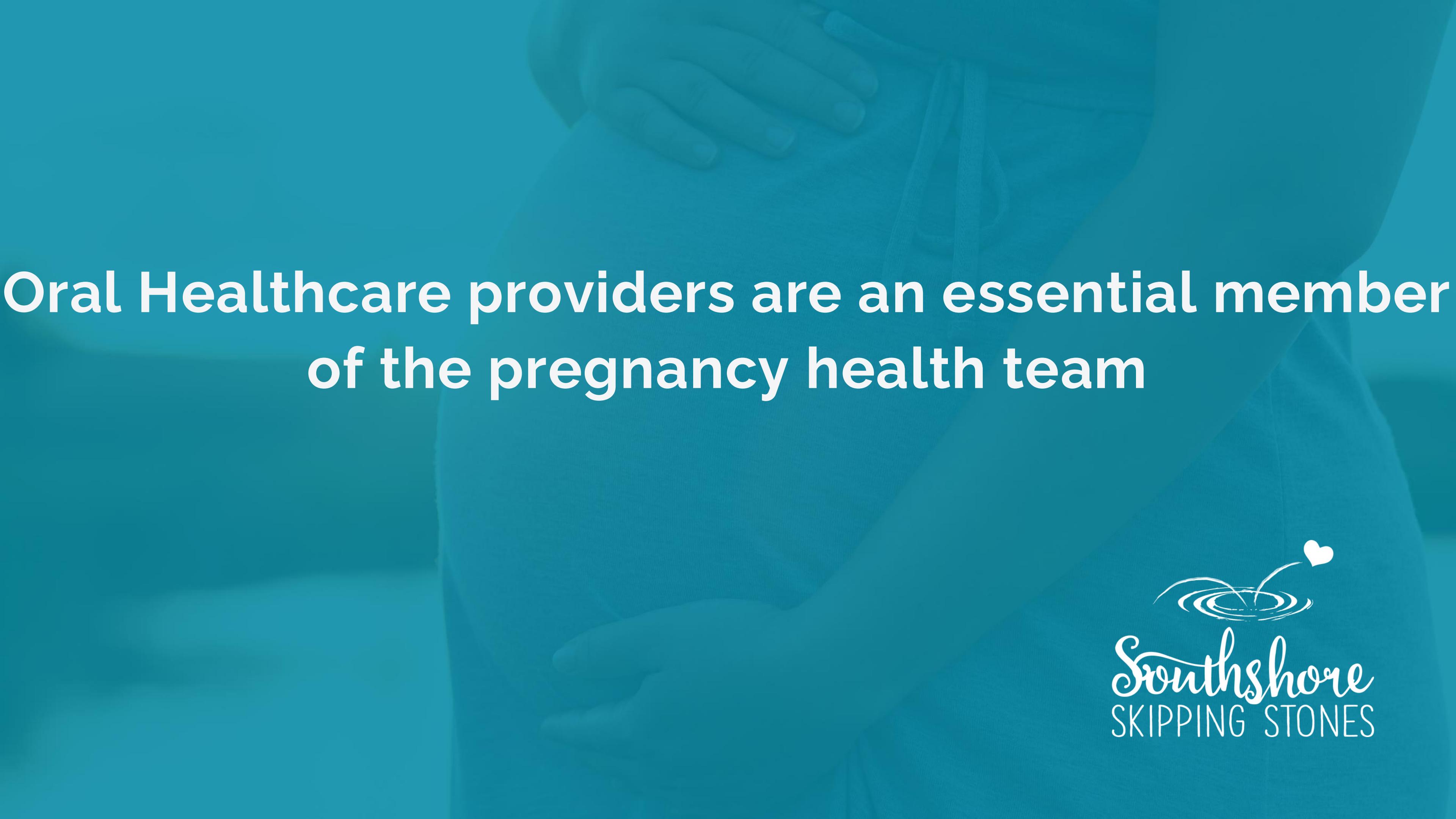
Vander Haar, Emilie et.al., *Fusobacterium nucleatum* and adverse pregnancy outcomes; epidemiological and mechanistic evidence. *Fusobacterium* 50(2018): 55-59.

AAPD Policy of ECC: Classifications, Consequences, and preventive strategies 2018/2019.

Daalderop LA, Wieland BV, Tomsin K, et al. Periodontal Disease and Pregnancy Outcomes: Overview of Systematic Reviews. *JDR Clinical & Translational Research* 2017

Vivares – Builes, Annie et. al., Gaps in Knowledge about the Association between Maternal Periodontal Status and Adverse Obstetric outcomes. An umbrella Review. *J Evid Base Dent Pract* 2018: 1-27.

Smith, Daniel. Caries vaccines for the 21<sup>st</sup> Century. *Journal of Dental Education* 67(10): 1130-1139.



Oral Healthcare providers are an essential member  
of the pregnancy health team



# NATIONAL MATERNAL AND CHILD ORAL HEALTH RESOURCE CENTER

Oral Health Care During Pregnancy Expert Workgroup. 2012. Oral Health Care During Pregnancy: A National Consensus Statement. Washington, DC: National Maternal and Child Oral Health Resource Center

- American College of Obstetricians and Gynecologists
- American Dental Association
- National Maternal and Child Oral Health Resource Center

<https://www.mchoralhealth.org/PDFs/OralHealthPregnancyConsensus.pdf>



Establishing the foundation  
for wholesome oral health  
begins during pregnancy  
and continues the day your  
baby is born!



# PRE-TEETH INFANT ORAL HEALTH

**Wipe baby's mouth out with a wet, clean infant wash cloth after feedings**

- Cavity causing bacteria can live in your baby's mouth even before they have teeth
- The cavity causing bacteria are not healthy bacteria so they can change the environment in your baby's mouth and not allow as many healthy bacteria to grow
- Bacteria exist in a baby's mouth the same way they exist in your mouth.
- By wiping your baby's cheeks, tongue, and gums you clean away excess milk, formula, as well as unwanted bacteria daily
- This also allows your baby to get used to having their mouth cleaned every day when they are just days old. When you transition to tooth brushing it won't be as new to them!



# First year of life...

- Establishment of oral flora
- Establishment of oral hygiene practices
- Establishment of feeding practices:
  - Breastfeeding/formula feeding
  - Introduction of solid foods (at six months for healthy infants)
  - Introduction of open cup/sippy cup
  - Introduction of water (at six months for healthy infants)
  - Introduction of juice/milk
- Eruption of the first tooth/teeth

AAPD Best Practices Recommendations: Periodicity of Examination, Preventive Dental Services, Anticipatory Guidance,/Counseling and Oral Treatment for Infants, Children, and Adolescents.

# FIRST FOODS FIRST CUP



“A PARENT  
FEEDING A BABY IS  
TRAINING HIM OR  
HER HOW FOOD  
SHOULD TASTE...”



# INTRODUCTION OF SOLID FOODS, OPEN CUP, AND WATER

SIX MONTHS

At the direction of  
the Pediatrician,  
begin introducing  
solid foods;  
continue breast  
feeding and/or  
formula feeding

SIX MONTHS

Introduce open  
cup at mealtime  
with water only

SIX MONTHS

Water is  
introduced as  
the first liquid  
besides  
breastmilk  
and/or formula

NOT AT SIX MONTHS

Juice  
Sippy Cup  
Foods with added  
sugars



# FIRST CUP

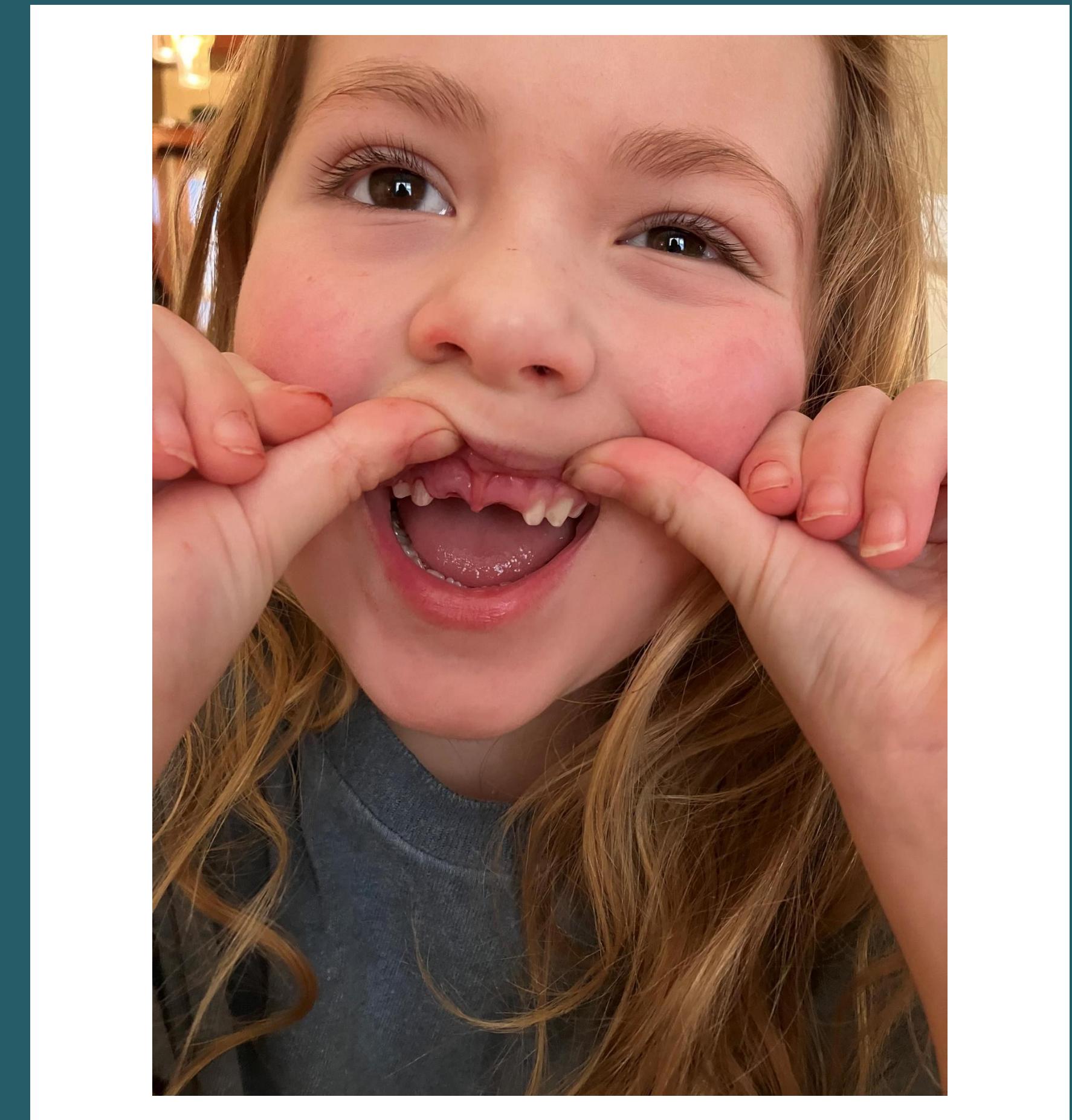
**Six months: Introduction of open cup  
(at mealtime)**

- The goal is to get to an open cup, right?





 **Southshore**  
SKIPPING STONES





HOW MUCH ADDED SUGAR IS RECOMMENDED FOR A:

12 MONTH OLD  
18 MONTH OLD  
24 MONTH OLD



# EVERY BITE COUNTS: NO ADDED SUGARS FOR KIDS 24 MONTHS OR YOUNGER!

What is added sugar?

- Additional sugars added to processed, packaged food and drinks while they are being made or at your table.
- Added sugar is easier to spot on nutrition labels. You also can find added sugar by reading the ingredients. It comes in many forms, including brown sugar, corn sweetener, corn syrup, high-fructose corn syrup, honey dextrose, fruit juice concentrates, invert sugar, malt sugar, molasses, raw sugar, turbinado and ingredients ending in “-ose.”

Why avoid added sugars?

- Eating and drinking too much added sugar puts kids at risk for obesity, tooth decay, heart disease, high cholesterol, high blood pressure, type 2 diabetes and fatty liver disease, among other health problems, according to the American Academy of Pediatrics (AAP).

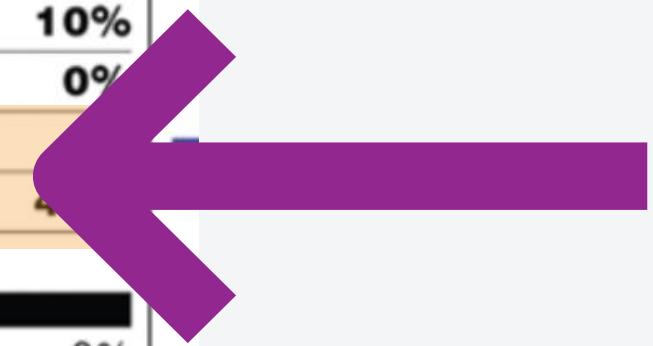
Dietary Guidelines Advisory Committee. 2020. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

# EVERY BITE COUNTS:

No added sugars for kids  
24 months or younger!



<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
<hr/>	
Amount per serving	
<b>Calories</b>	<b>110</b>
<hr/>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	
<hr/>	
<b>Protein</b> 0g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# NO JUICE FOR ANYONE UNDER 12 MONTHS SAYS AAP!

## BIRTH TO 1 YEAR OLD

- NO JUICE UNLESS PRESCRIBED BY PEDIATRICIAN

## 1 - 3 YEARS OLD

- 4 ounces daily maximum to be taken with a snack or meal
  - Never put juice in a sippy cup or bottle

## 4 - 6 YEARS OLD

- 4 - 6 ounces daily maximum to be taken with a snack or meal
  - Never put juice in a sippy cup or bottle

## 7 - 18 YEARS OLD

- Limited to 8 ounces or 1 cup of the recommended 2 - 2.5 cups of fruit servings per day

## Suggested Daily Water & Milk Intake for Infants & Young Children

	6-12 months	12-24 months	2-5 years
<b>Water</b>	4-8 oz/day 0.5-1 cup/day	8-32 oz/day 1-4 cups/day	8-40oz/day 1-5 cups/day
<b>Milk*</b>	None	16-24 oz/day 2-3 cups/day	16-20oz/day 2-2.5 cups/day

*\*Children ages 12-24 months are advised to drink whole milk and children 2 and older nonfat (skim) or low-fat (1%) milk.*

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Recommended-Drinks-for-Young-Children-Ages-0-5.aspx>

# The Pediatric Dentist's Guide to Food and Drink Choices for School and Daycare

DR. TAMMY BUTTON, PEDIATRIC  
DENTIST/HOUSEHOLD LUNCH AND  
SNACK PREPARER



# First 1000 days of Life

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Division of  
**Maternal &  
Child Health**

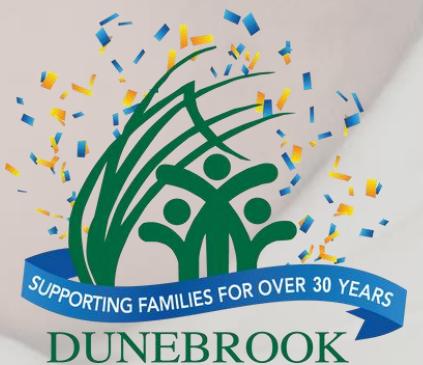


# WHAT IS HEALTHY FAMILIES?





- Nationally accredited home visitation program that nurtures the parent-child relationship to promote child well-being and prevent adverse childhood experiences (ACEs)
- Healthy Families serves families prenatally or with a child less than 90 days old
- Children may remain in the program until age 5



# Indiana Department of Health Division of Maternal & Child Health

## Title V Block Grant

- **Goal 1:** Promote optimal dental health for expectant mothers and children from birth to 5 years.
  - **Objective 1:** Deliver oral health education and oral health kits at prescribed intervals to 100% of expectant mothers and children participating in Healthy Families LaPorte County.
  - **Objective 2:** 95% of participating families self-report increased understanding of proper oral health during pregnancy and childhood, promote and practice healthy oral hygiene within the family and gain increased comfort with and access to a dentist.



# Healthy Families and Southshore Skipping Stones: Pregnancy oral health, infant oral health, and Childhood oral health video series

This video series has been made possible through  
funding from Indiana's Title V Maternal and Child  
Health (MCH) Block Grant Program and  
collaborations between Dunebrook, Healthy Families  
of La Porte County, and Southshore Skipping Stones.



## Section One:

### Growing a healthy mouth: getting *ready* for teeth



#### Early Childhood Caries/Cavities Prevention

**Summary:** Learn about the disease that causes childhood cavities, Early Childhood Caries, and how you can begin to prevent it during pregnancy, even before your baby has any teeth, and with each new baby tooth that pops into their mouth.

**When to watch this video:** During pregnancy and before your baby turns two years old!



#### Pregnancy Oral Health

**Summary:** Oral health is an important part of pregnancy health! Learn how to protect your teeth and gums during pregnancy and why visiting the dentist during pregnancy can help not only the health of your pregnancy, but your baby's oral health.

**When to watch this video:** During pregnancy or when you are thinking about becoming pregnant.

## Section Two:

# How to feed your baby and NOT the cavity causing bacteria: nutrition for optimal oral health and overall health



### First Six Months Nutrition and Oral Health

**Summary:** Even though during their first six months a baby receives only breastmilk and/or formula, they are beginning to develop their sense of taste. Learn about the importance of taste development and its connection to your baby's health including oral health.

**When to watch this video:** During pregnancy during your baby's first six months.



### Introducing an Open Cup Around Six Months with Solid Foods

**Summary:** The why and how of introducing an open cup to your baby at six months and the amazing importance of allowing your baby to develop a taste for plain water.

**When to watch this video:** During pregnancy and during your baby's first six months.

# Teaching Baby to drink from an open cup

1 Bring TWO small cups to the dinner table, filled with 1-2 oz of water, breastmilk, or formula



4 Hold out the other cup and OFFER it to baby

WAIT for them to grab the cup 5

6 It's okay to help the cup get to their lips, but don't push

2 One cup for you, one cup for your baby, both SMALL

3 Bring your small cup to your lips and take a sip

If they're not interested?

Just keep bringing the cups out at every meal together and keep drinking

They'll get CURIOUS!



# The "Straw Cups, NOT Sippies" Kit

Learning to sip, not suck, strengthens the lips, tongue, and cheek muscles

Healthier for your teeth and gums

The mouth position when using a Sippy Cup can delay swallowing skills

Tongue and lips don't line up well with Sippy Cups, which can affect making M, P, B, D, and T sounds later on



# Join Dunebrook every First Friday for MILK & COOKIES

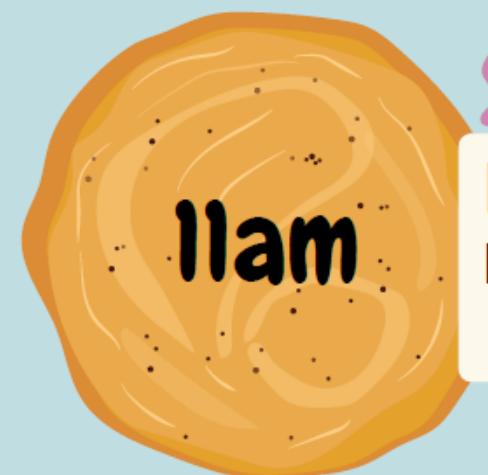
judgement-free, low-key playdate &  
breastfeeding peer-support group



10am

**Shortbreads**

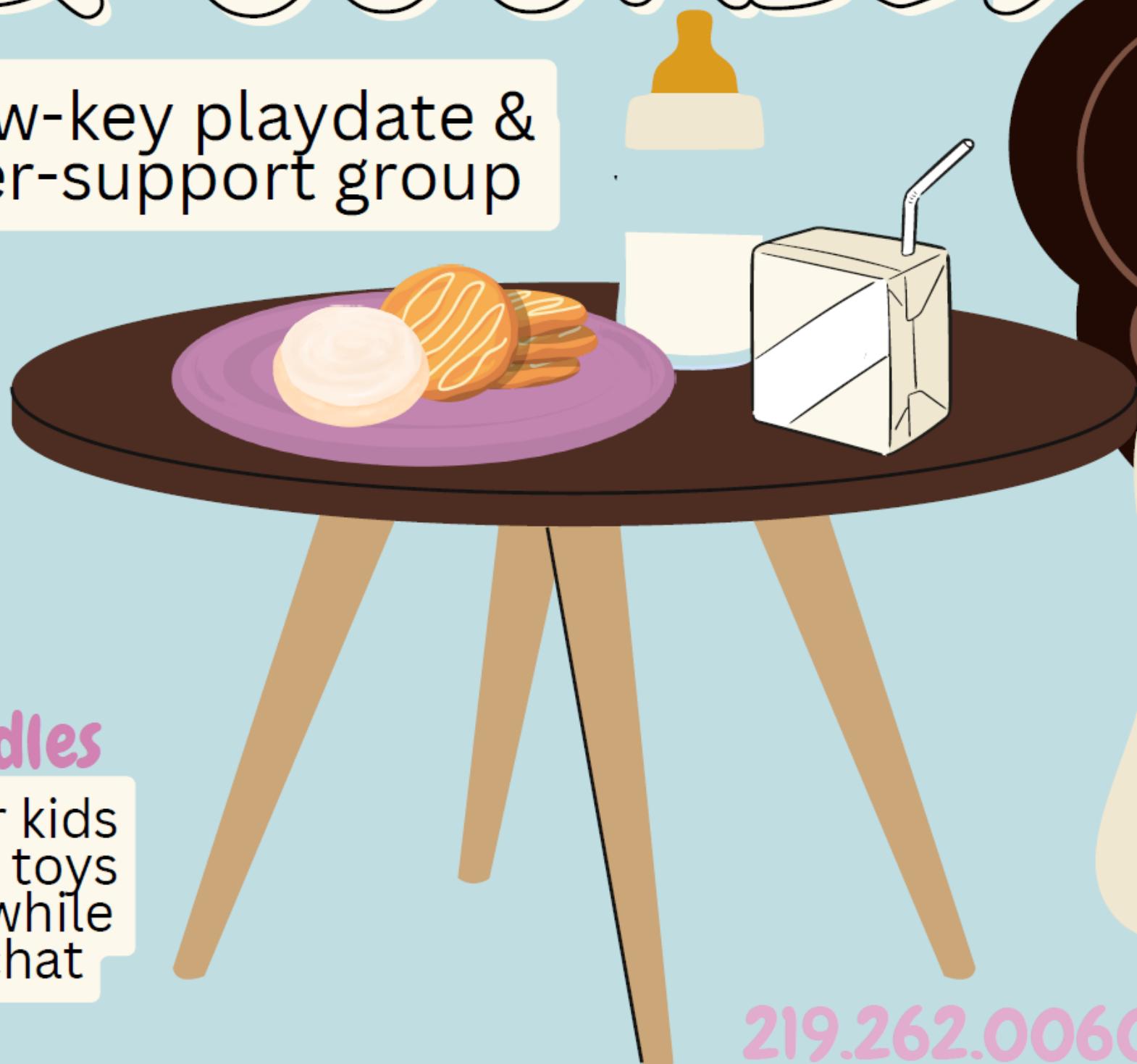
quiet chat and  
floor time for  
our little babies



11am

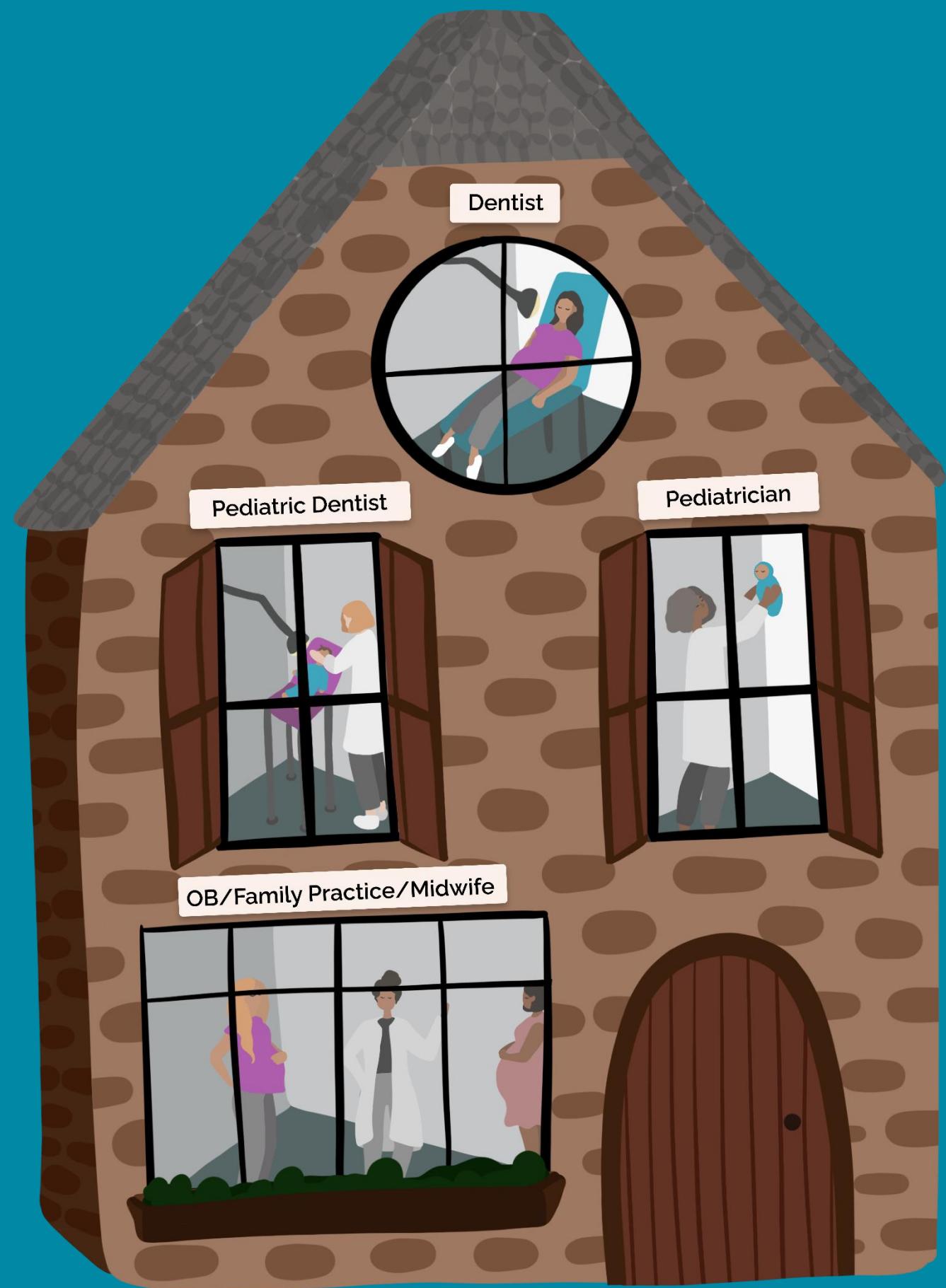
**Snickerdoodles**

let the bigger kids  
run wild with toys  
and snacks while  
the moms chat



219.262.0060









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