

A close-up photograph of a woman with brown hair tied back, smiling warmly as she holds a sleeping newborn baby. The baby is wrapped in a white cloth with colorful patterns. The background is softly blurred, showing what appears to be a hospital or clinical setting.

Community-driven opportunities for Healthcare and Oral Health Collaborations

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President, Southshore Skipping Stones**

Disclosure

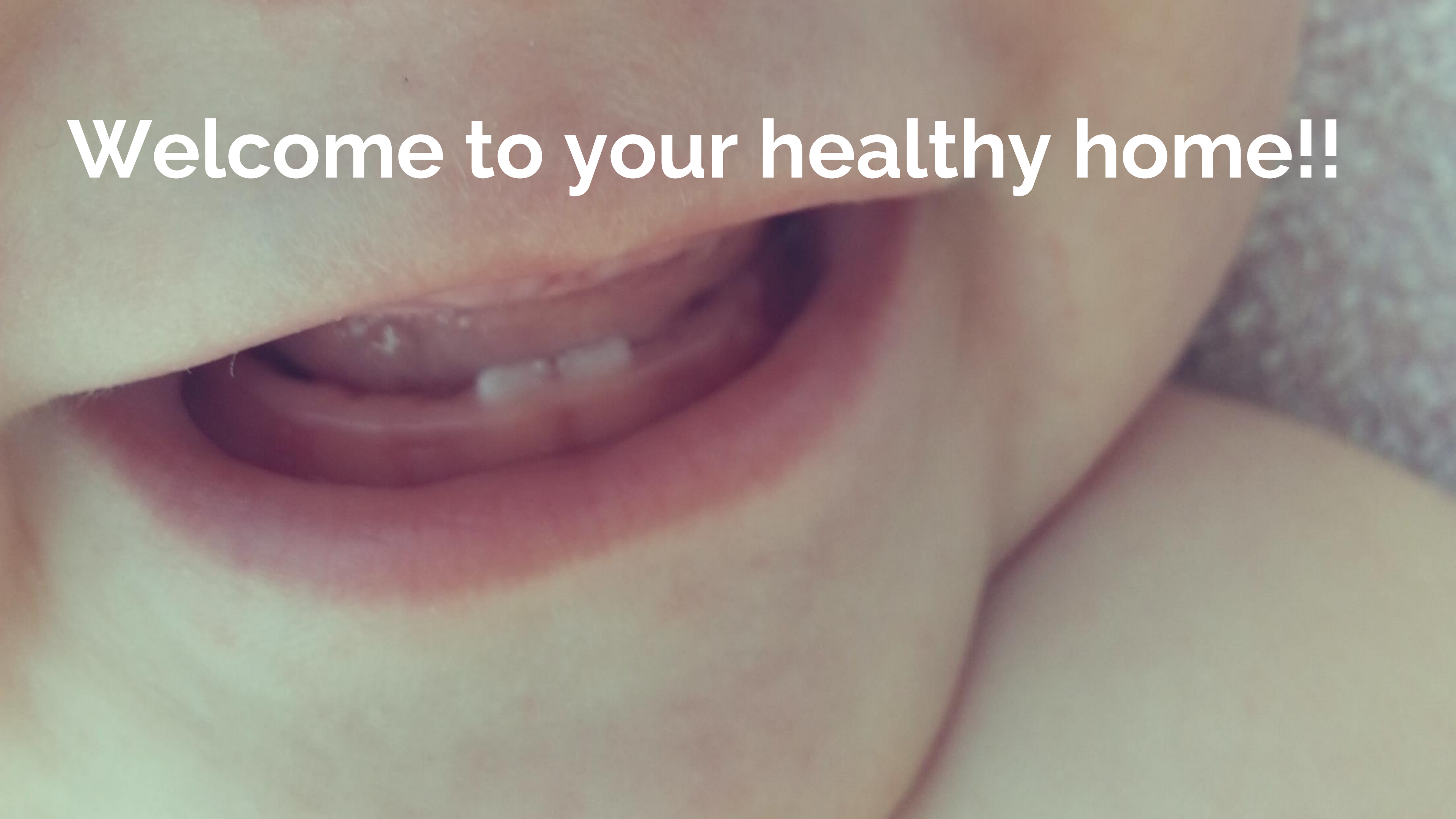
I do **NOT** have any relevant financial relationships with any commercial interests.

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 2nd 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
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 - Age 1 Dental Visit: 640 days – 820 days


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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



**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

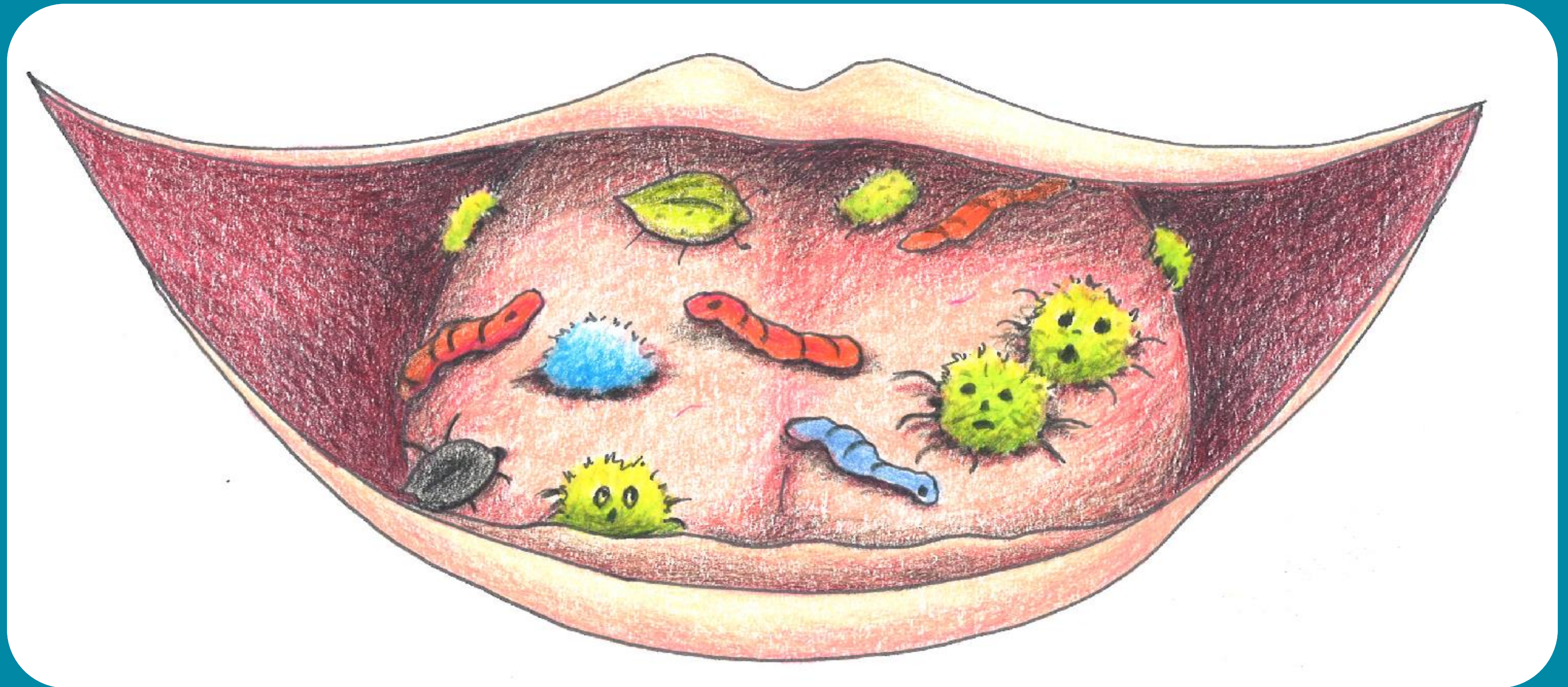
- Sugars and acids in foods help them to grow
- Plaque is not removed effectively every day
- When your mouth is acidic, enamel breaks down

Cavities are an advanced symptom!

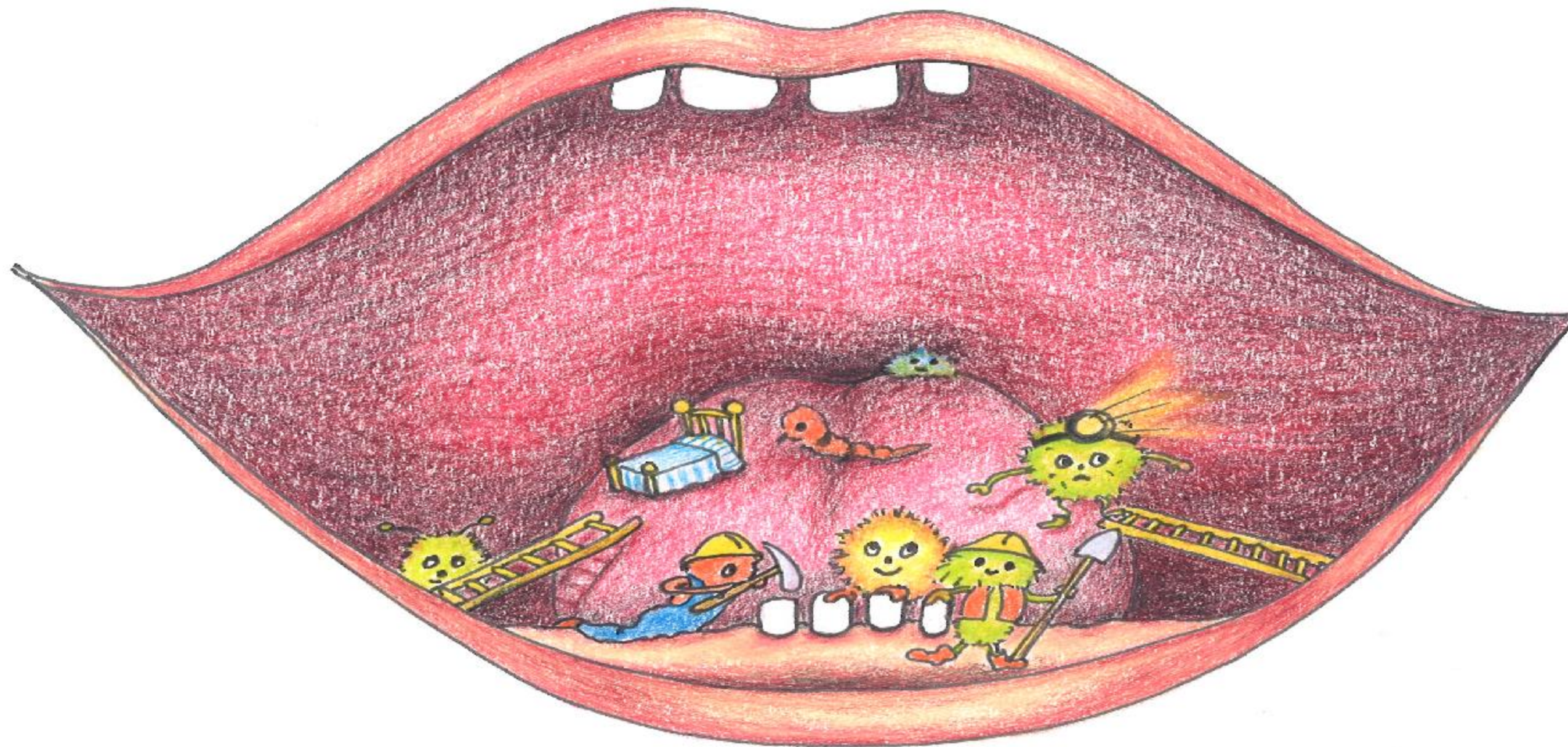
- What is causing the growth of the bacteria?????

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

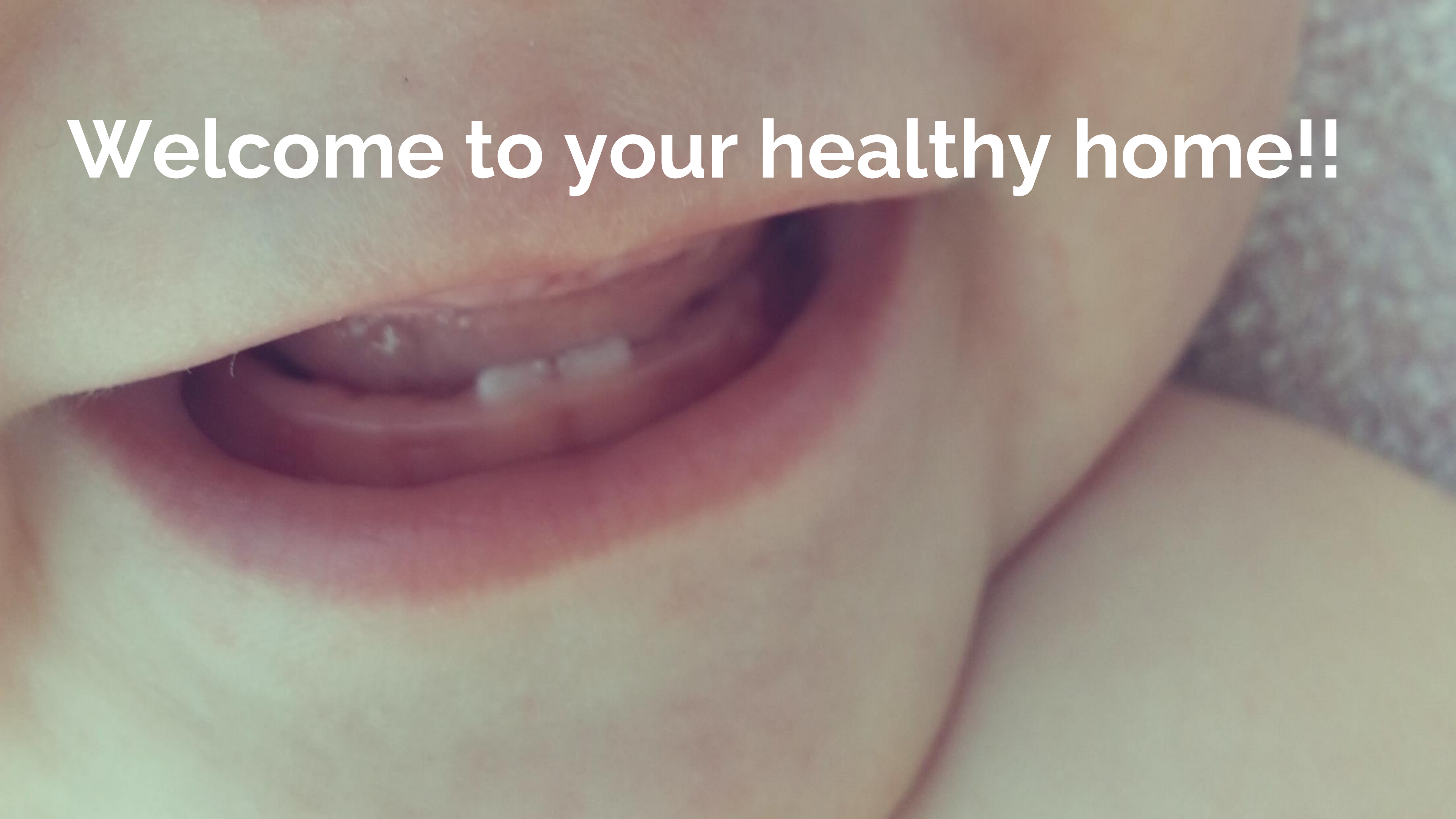
Pregnancy Oral Health



Pregnancy Oral Health



Welcome to your healthy home!!



A close-up, sepia-toned photograph of a pregnant woman's belly. Two hands are gently touching the skin: one hand is at the top, fingers spread, and the other is lower down, with fingers slightly curled. The lighting is soft, highlighting the texture of the skin.

Pregnancy Oral Health

The logo for Southshore Skipping Stones. It features a stylized graphic of a stone skipping across water, represented by concentric circles and a curved line. To the right of the graphic is a small heart icon, followed by the word "Southshore" in a large, elegant script font, and "SKIPPING STONES" in a smaller, all-caps sans-serif font below it.

Southshore
SKIPPING STONES

DOES MATERNAL ORAL HEALTH EFFECT PREGNANCY HEALTH?



Dental
Caries

BACTERIAL INFECTION

Dental restorations
and extractions are
safe to perform
during pregnancy

Periodontal
Disease

INFLAMMATORY PATHWAYS

Periodontal
therapy is safe and
recommended
during pregnancy

ECC

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 21st 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...

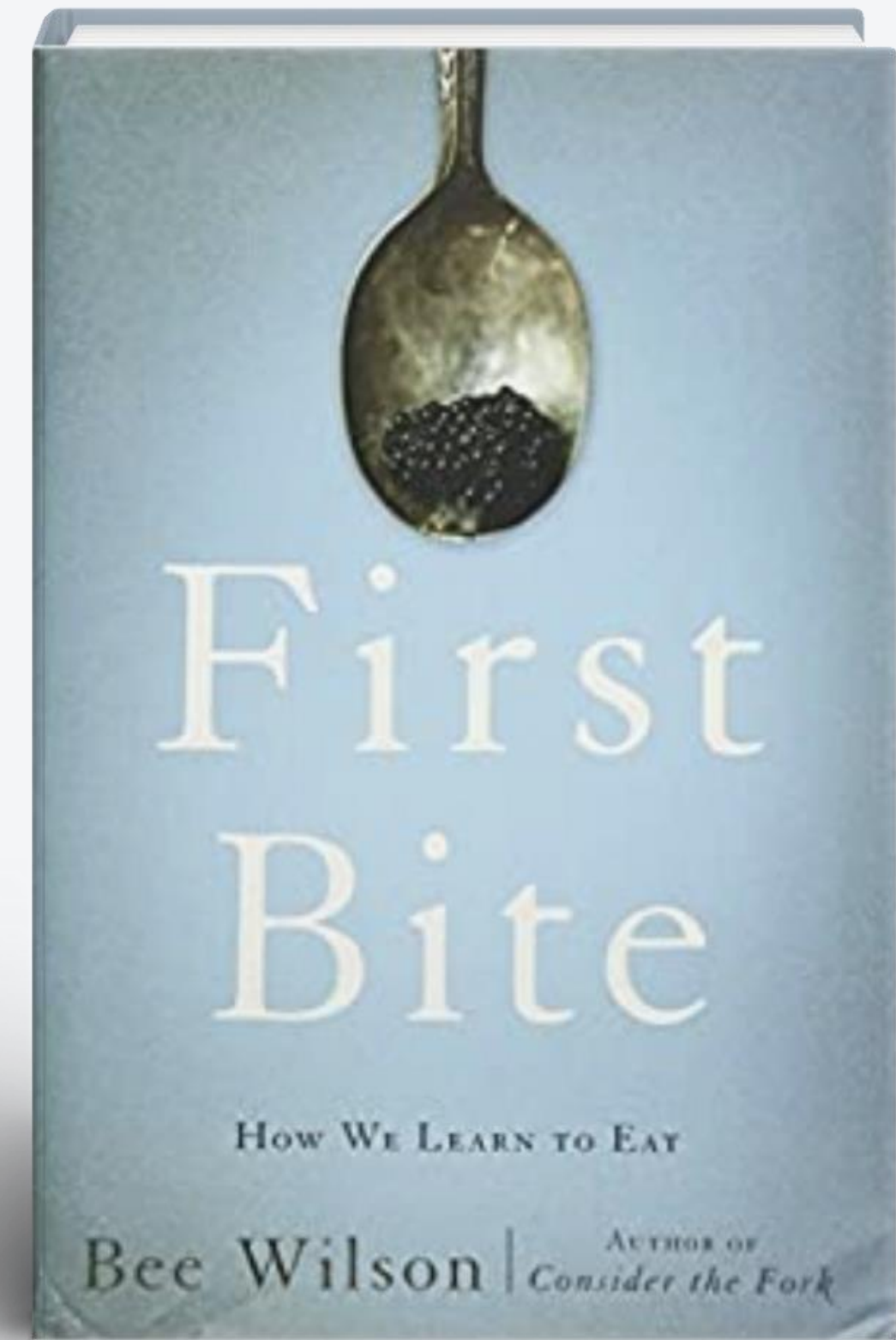
- Establishment of oral flora
- Establishment of oral hygiene practices
- Establishment of feeding practices:
 - Breastfeeding/formula feeding
 - Introduction of solid foods (at six months for healthy infants)
 - Introduction of open cup/sippy cup
 - Introduction of water (at six months for healthy infants)
 - 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?









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!



Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 27g **10%**

Dietary Fiber 0g **0%**

Total Sugars 25g

Includes 23g Added Sugars **46%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 40mg **0%**

* 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
Water	4-8 oz/day 0.5-1 cup/day	8-32 oz/day 1-4 cups/day	8-40oz/day 1-5 cups/day
Milk*	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



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**Indiana
Department
of
Health**

Division of
**Maternal &
Child Health**



Healthy Families
Indiana™
LaPorte County



Southshore
SKIPPING STONES

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**



A background image of a smiling woman with long brown hair holding a baby. The image is semi-transparent, allowing text to be overlaid. The woman is wearing a light blue top, and the baby is wearing a pink and white striped shirt.

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.

From **BUMP**
to **BIG KID!**

Born to Be Cavity Free!



Pregnancy

1



Newborn

2

First
Tooth



3



4



Six Months



One
Year

5



Baby Teeth
to Big Kid Teeth

6



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!



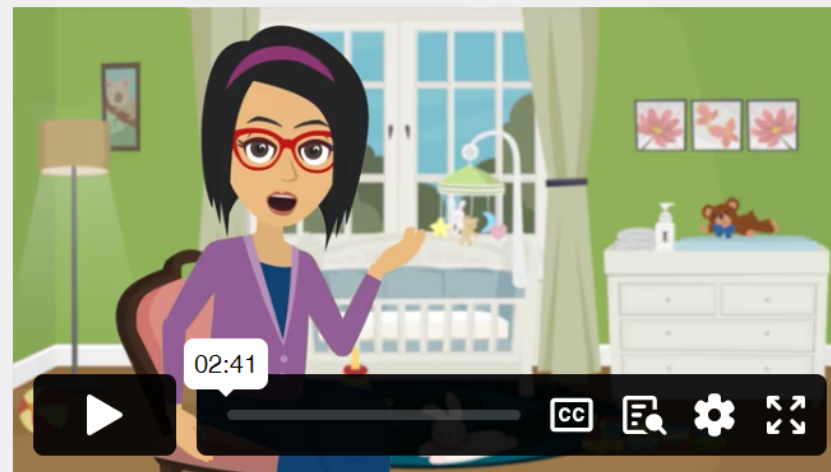
Pregnancy Oral Health

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

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

Bring your small cup to your lips and take a sip

3



4 Hold out the other cup and OFFER it to baby

5 WAIT for them to grab the cup

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

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

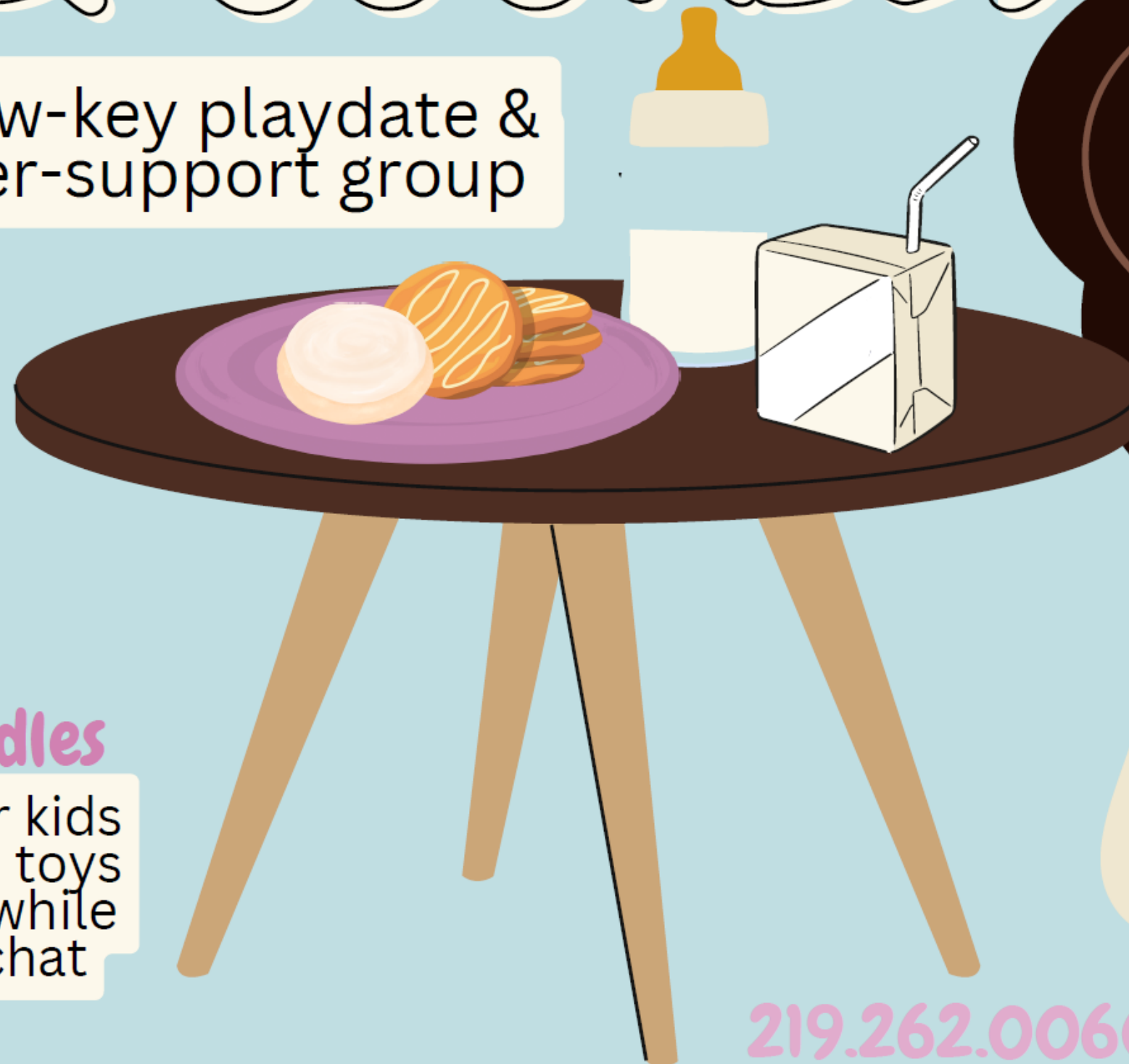
Shortbreads

quiet chat and
floor time for
our little babies

11am

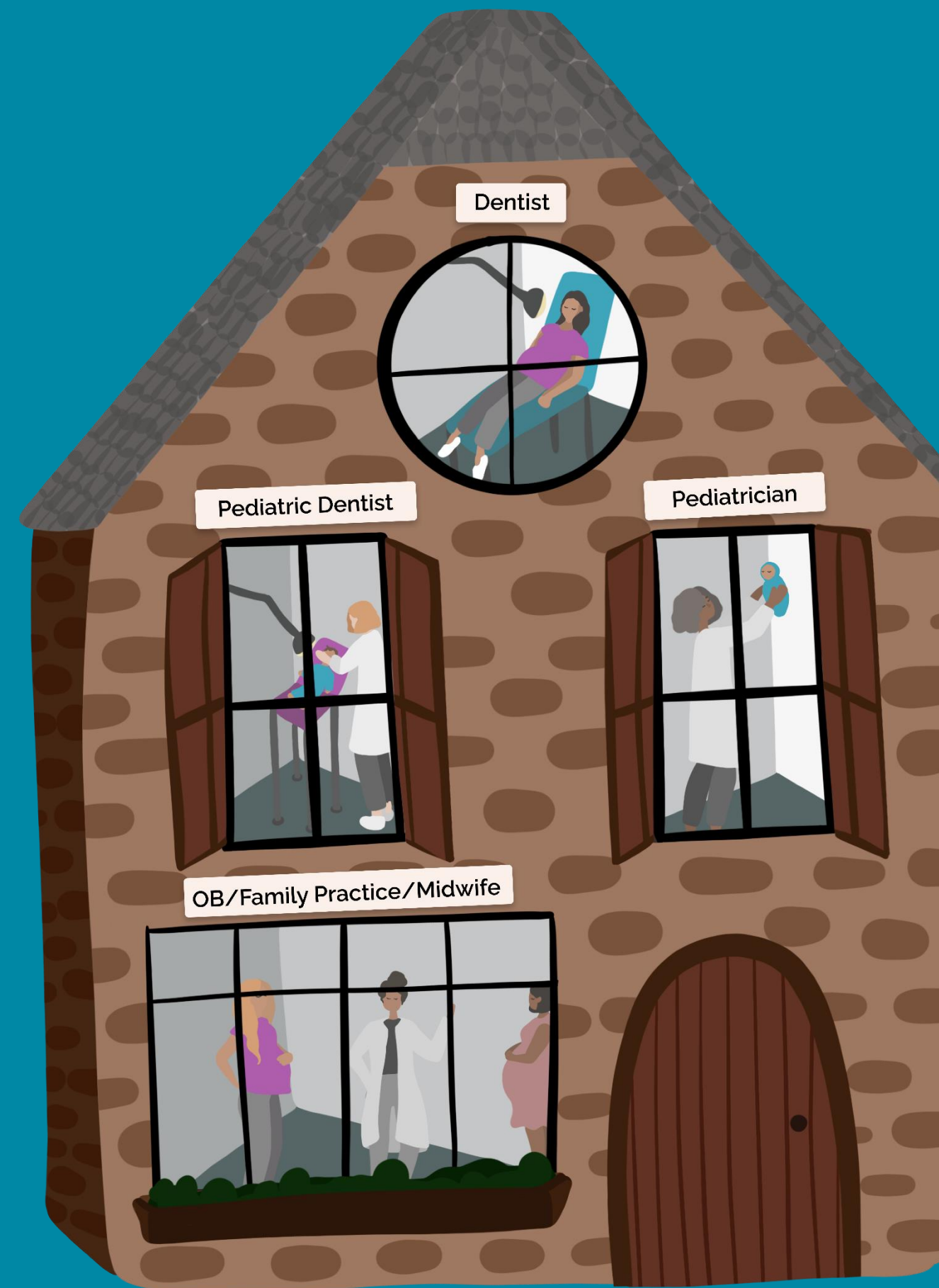
Snickerdoodles

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



219.262.0060





Dentist



Pediatric Dentist



Pediatrician



OB/Family Practice/Midwife





Dentist

Pediatric Dentist

Pediatrician

OB/Family Practice/Midwife

Community Health Workers
Promotoras
Home Visitors



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