Since 2010, the Chicago Community Oral Health Forum (CCOHF) and the Wrigley Company Foundation have collaborated to bring oral health education and health promotion in the Chicago Public Schools (CPS). The local reach of program has been tremendous. The Wrigley Company Foundation and CCOHF would like to share in the success with other mid-sized cities with significant need for oral health education and promotion programming in a public school setting to students, teachers and parents.

CCOHF contracted with MDR, an educational development and marketing company with a track record of working with successfully with primary and secondary school teachers. The resulting product is, a web-based series of modules based on a standardized curriculum developed by CCOHF, aligned with national standards and reformatted as an easy to use web-based resource. This pilot phase of expansion reaches 5 cities: Chicago, Detroit, Philadelphia, Richmond and San Antonio. By June 2014, we anticipate reaching the following numbers of students with this health education and promotion program:

Chicago: 11,898

Detroit: 4,820

Philadelphia: 3,333

Richmond: 2,023

San Antonio: 3,887

The teacher-friendly materials are found on totaltoothtruth.com and are geared to students in the 3-5 grades. The modules utilize the hands-on portions of the CCOHF oral health education curriculum. In addition to the digitized curriculum, the program offers teachers an opportunity to have a guest speaker in their classroom to deliver an additional interactive presentation, question and answer, or an oral health education lesson and activity.

**Overview of In-person Presentation Process**

1. 1. Teachers in the pilot city will review and carry out one or more of the four digitized lesson plans and/or view the virtual field trip video with students in their 3-5th grade classroom (s). The lesson plans are aligned to national standards, and presented in a visually-appealing and are easily accessible to encourage usage in the classroom. The lesson plans are created as downloadable PDFs.

2. Through the Totaltoothtruth.com website, teacher/other school staff request an in-person guest speaker for additional instruction, question/answer interactive session.

3. The days/times of presentation will be determined by the availability of the students and the presenting professional from dental school or school of dental hygiene school. Prior to the scheduled presentation, the Oral Health Care Kits will be sent to school or presenter by MDR (while supplies last).

4. The presentation will support and expand on one or more of the lessons outlined below. At the conclusion of the presentation, evaluation forms will be collected and returned to CCOHF. All students in class will receive an Oral Health Care Kits.

**Outline of Content for Teachers (Based on CCOHF Curriculum)**

**Lesson One: Why We Need Teeth  
Topics covered:** Why we have teeth (we use teeth to smile, eat, talk), life cycle of teeth (first we grow baby teeth, then we lose them and grow adult teeth, adult teeth are not replaced), function of different teeth in your mouth (molars, canines, front teeth), the parts of a tooth (crown and root), the four kinds of elements found in a tooth (enamel, dentin, cementum, pulp) and the function of each, the gums and bones and nerves that support the teeth.

**Activity ideas:** Kids will practice talking with putting their tongue to their teeth, look at their own teeth in a mirror, look at/create a tooth chart to show normal tooth growth and dental development, create a cross-section chart of the parts of the tooth and the function of each, compare human tooth types to those of animals (e.g., dog, whale, shark) and why human teeth are structured the way they are.

**Lesson Two: Understanding Cavities (dental caries)**  
**Topics covered:** What is a cavity, why we don’t want cavities, what causes cavities (plaque), how to prevent cavities, why cavities can become painful, can you always feel symptoms of a cavity? (no, you need to see a dentist to identify cavities), how does a dentist find a cavity and how does he/she fix the problem?   
**Activity ideas:** Egg experiment to show how acid dissolves the shell similarly to how acid can dissolve the enamel on a tooth, discussion/comparison of good bacteria vs. bad bacteria in the body; prepare informational posters/PSAs about cavities

**Lesson Three: Taking Care of Our Teeth and Gums**  
**Topics covered:** Why we brush/floss, what brushing and flossing do, how often to brush/floss, how to properly brush and floss, how brushing and flossing protects both gums and teeth,   
**Activity ideas:** “Chocolate cookie test” (perhaps with freeze dried fruit or crackers as a healthier alternative), brushing/flossing demonstration, have kids build a model to show proper brushing/flossing, sorting chart to show foods that are good/bad for our teeth, kids make a reminder note to hang on the bathroom mirror that shows the key steps to proper brushing and flossing.

**Lesson Four: The Importance of Healthy Eating**  
**Topics covered:** The relationship between eating healthy and taking care of our teeth, the importance of drinking water, learn about the function of teeth in the digestion process, how quickly do foods start to work on our teeth once it enters the mouth?  
**Activity ideas:** Sorting chart to show foods that are good/bad for our teeth, science experiment/project that looks at the damaging effects of sugar and/or the strengthening effects of calcium, tips to minimize the effects of more acidic foods (example, eat oranges and other citrus fruits along with a larger meal).

**Lesson Five: Visiting the Dentist (This lesson will release with the launch of the virtual field trip)  
Topics covered:** Why we go to the dentist or oral health professional, how often to go to the dentist, what happens at the dentist, how X-rays work and what they tell the dentist  
**Activity ideas:** Kids will watch the video, look at dental X-rays online, share their experiences of going to the dentist and/or fears and expectations.

For additional information, please contact me:

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