

# Bright Smiles Begin Before Birth: Updates on Oral Health for Moms and Babies

Illinois Chapter of the American Academy of  
Pediatrics  
DentaQuest Foundation

## Objectives



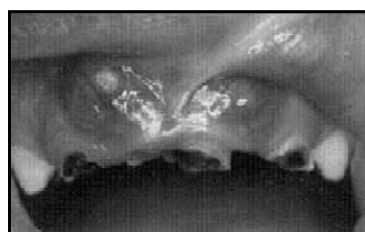
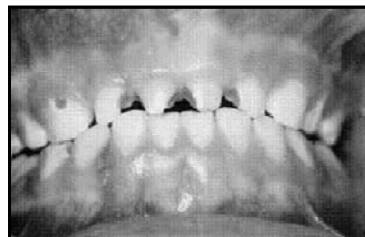
Participants will be able to:

- Describe the role of oral health in overall health in pregnant women and children
- Identify at least one resource available for additional education for WIC clients
- Describe the oral health benefits available under Illinois Medicaid
- Explain two programs that can be accessed to integrate oral health into WIC programs

## Caries Epidemiology & Prevalence

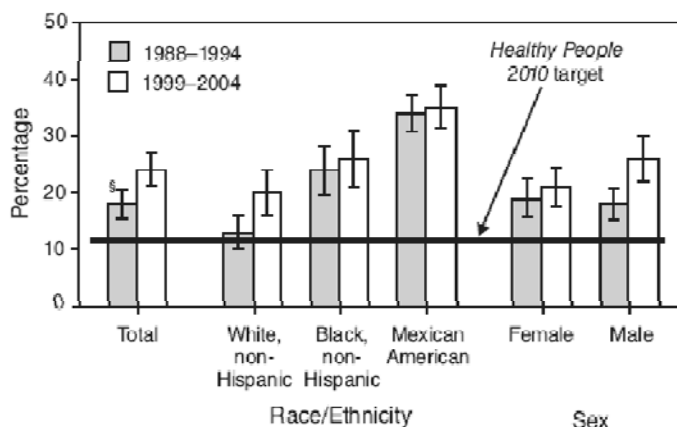


- Most common chronic disease affecting US children
  - 16 % of US children experience untreated dental disease
- 5 times more common than asthma.
- 7 times more common than hay fever.



Oral Health and Learning – National Maternal Child Oral Health Resource Center

## Percentage of Children Aged 2-4 Years Who Ever Had Caries in Primary Teeth, by Race/Ethnicity and Sex



National Health and Nutrition Examination Survey, United States, 1988-1994 and 1999-2004

## Illinois Caries Prevalence



- 55% of the 3rd-graders have had dental caries experience (includes treated and 30% untreated cavities).
  - 3% needed to see a dentist urgently due to pain, abscess, or swelling.
- Only 33% of children enrolled in Medicaid/SCHIP utilize oral healthcare services .
- The number of Medicaid children who utilize services is highest among 4-5 year olds, & lowest among aged 0 to 3 years

*Illinois Department of Public Health; 2008-2009*

## Pregnant Women



- Hormonal changes cause changes in response to plaque in mouth
- Gingivitis – 25-75% of pregnant women
  - Tender or bleeding gums
- Periodontitis– 15% of pregnant women
  - Few early symptoms, can lead to tooth loss
  - Associated with Pre-term birth
- Increase risk of Caries

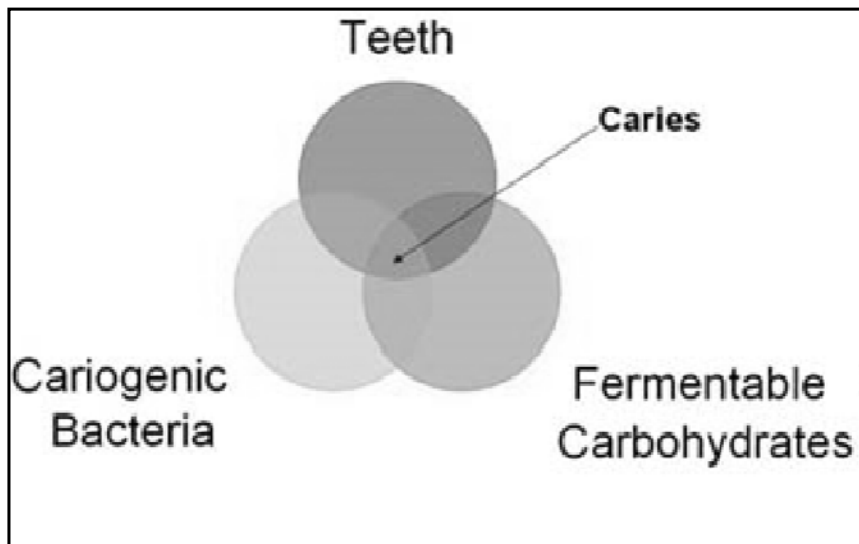
## Link between Mom and Baby



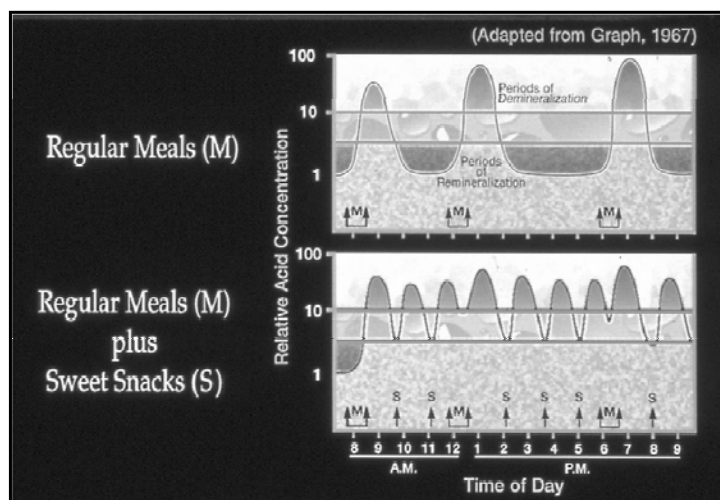
- Caries in children are caused by bacteria
- Vertically transmitted from caregiver to infant
  - Sharing utensils, “cleaning” pacifier with mouth etc.



- Window of infectivity is *first two years of life*



## Risk Factor: Frequent exposure



## Prevention Strategies: Pregnant Women



- Emphasis on self-care
  - Regular tooth brushing and flossing
  - Good diet
  - Drink TAP water
  - Their oral health can effect their baby
- Refer to the dentist
  - Yes! It is safe and recommended!
  - Only 26-34% of pregnant women visit the dentist

## **Medicaid Dental Benefit: Pregnant women and adults**



- Pregnant women are eligible for a minimum of:
  - An exam
  - Cleaning
  - Treatment of Periodontitis
  - PLUS all adult dental services
- Additional coverage will depend on Managed Care plan
- Contact DentaQuest at 888/286-2447 or a managed care plan for referral

## **Prevention Strategies: Infants and Young Children**



- Emphasize self-care for mother & family
  - Brushing, flossing and dental visit
- Begin tooth brushing as soon as teeth erupt
- Refer to dental home at age 1
- Drink Tap water or use nursery water with fluoride
- Do not put child to bed with anything but water in the bottle

## **Medicaid Dental Benefit: Infants and Children**



- Dental Exam every 6 months
- Extractions
- Fluoride varnish
- Root canals
- X-Rays
- Crowns
- Cleanings
- Fillings
- Sealants

## **Resources for WIC: Brochures and Handouts**



- Bright Smiles from Birth – [illinoisaap.org](http://illinoisaap.org)
  - One page printable handouts in English and Spanish on infant and child oral health
- National Maternal and Child Oral Health Resource Center – [www.mchoralhealth.org](http://www.mchoralhealth.org)
  - Brochures and handouts for pregnant women and child oral health

## Resources for WIC: Brochures and Handouts



- National Institute of Dental and Craniofacial Research
  - Free brochures on infant and child oral health
- 2min2x.org – National Education Campaign
  - Videos, handouts, games and more
- Access at [illinoisaap.org](http://illinoisaap.org)

## Resources for WIC: IDPH Flip Chart





## Resources for WIC: WICHEALTH.ORG



The screenshot shows the WICHEALTH.ORG website interface. At the top left is the logo 'wichealth.org'. Below it is a photo of a smiling woman. To the right of the photo is a navigation bar with 'My wichealth', 'Privacy Policy', and 'Disclaimer'. The main content area features a header 'Two Minutes Twice a Day for a Healthy Smile' and a paragraph of text: 'As a parent, you do a lot to keep your family healthy, like offering them healthy foods. Nutritious foods help your family grow healthy and strong, and protect your children's developing teeth. Good dental health habits will help protect your family's teeth, improve overall health, and help keep you smiling for life.' Below this is a survey question: 'Will you please share with me which of the following statements sounds most like your family?' with two radio button options: 'My family and I brush our teeth for 2 minutes, twice a day' and 'My family and I brush our teeth, but it's not always twice a day or for 2 minutes.' The background of the website includes a city skyline and the word 'Illinois'.

## Resources for WIC: WICHEALTH.ORG



- Other Modules:
  - Baby's First Cup
  - Fun and Healthy Drinks for Kids

## Join Bright Smiles Begin Before Birth



- Integration of oral health messages
  - Referral to WIChealth.org
- Additional education and assistance available
- Toothbrushes for client referral
- Other education materials

## Join to Today!



Invite ICAAP to regional meeting to learn more:

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To join visit:

[www.surveymonkey.com/s/oralhealthwic](http://www.surveymonkey.com/s/oralhealthwic)