Introducing ‘Impressions’

Welcome to the inaugural edition of Impressions! While impressions are routine in dental procedures, I invite you to use your imagination and creativity about its relevance for you regarding oral health. Does it represent impressions that record a journey of activities, allow you to impress on others your ideas and thoughts, or will it provide you with impressions from the work of national and state partners? We hope to provide you with information that will pertain to all of these functions with our quarterly newsletter.

From the latest research to events and anecdotal stories, we will keep you abreast of oral health activities and progress in Delaware, as well as innovations from around the globe that can be used here at home.

We welcome your submissions and comments and hope that you will share this with your colleagues as we continue to expand our network of oral health champions to make Delaware the First State for optimal oral health.

Gregory B. McClure, DMD, MPH
Dental Director
Division of Public Health

Oral Health and Dental Services receives HRSA grant

The Bureau of Oral Health and Dental Services was awarded a Health Resources and Services Administration (HRSA) Oral Health Workforce Activities grant in the amount of $481,826 for each of the next three years. The grant will address:

- Training dental professionals to improve access to dental care for people with disabilities.
- Integration of oral health into primary care in Federally Qualified Health Centers (FQHCs).
- Expansion of oral health outreach and disease prevention in schools and communities. This grant will also help support initiatives in the Oral Health Plan and focus areas of the Delaware Oral Health Coalition (DOHC).
The Delaware Oral Health Coalition (DOHC) is pleased to announce the DOHC 2015 Annual Meeting on Friday, Sept. 18, 2015, from 8:30 a.m.-3:00 p.m. at Dover Downs Conference Center. All are welcome to join us in our collective efforts to advance the goals and objectives of the Delaware Oral Health Plan and to align with other state and national health improvement initiatives so that together, we can achieve optimal oral health for all Delawareans.

At this free event, participants will come together to:

- Learn about the state of oral health in Delaware in 2015
- Share progress made to date by DOHC/Action Groups – accomplishments and challenges
- Recommend implementation strategies for advancing the goals and objectives of the DOHC Oral Health Plan
- Learn more about the Delaware Health Care Innovation Model/Project and identify how the DOHC can align with this and other state and national health improvement initiatives

Following last year’s event, the DOHC established action groups around each of the DOHC goals:

- Improve access to oral health care and disease prevention for vulnerable adults
- Improve access to oral health care and disease prevention for children
- Increase the oral health literacy of all Delaware residents
- Increase partnerships and collaborations to build and maintain a coordinated advocacy initiative to improve oral health systems in Delaware

This year’s event promises to build upon the progress made to date and the information shared at the DOHC Forum in May. There, state and nationally recognized issue experts highlighted innovative activities that are being implemented in other states to improve oral health and identified how these strategies might inform Delaware’s oral health improvement efforts. Moving ahead, the DOHC would like to harness the interest and momentum generated during the past year to propel it forward on the path to optimal oral health for all Delawareans.

We thank all who have contributed to the DOHC, past and present, and encourage you to participate on Sept. 18. Your input is invaluable. To RSVP, call 302-744-4554 or email dhss_dph_dental@state.de.us.

Help vulnerable constituents locate oral health services

The Delaware Dental Resource Guide, published by DPH’s Bureau of Oral Health and Dental Services (BOHDS), helps individuals and families locate and access dental resources.

The providers and programs listed in the guide participate in Medicaid and provide low-cost or special dental services for adults and children. State service centers, Federally Qualified Health Centers (FQHCs), and other dental clinics in New Castle, Kent, and Sussex counties provide affordable care to all populations, including the homeless, and children and adults living in poverty.
2015 Oral Health and Tobacco Slogan Contest Winners

Earlier this year, the Division of Public Health’s Bureau of Oral Health and Dental Services held its annual Oral Health and Tobacco Slogan Contest, open to Delaware students ages 13 and younger. Contestents were tasked with describing the danger of tobacco use and its effects on oral health. The top 10 entries received tickets to the a Wilmington Blue Rocks game.

The winning entries were:

**First place** (received five Skybox tickets including dinner and throwing the “first” pitch)
“Smelly breath, yellow stains - Is all tobacco gains.”
– Dakota Morrett, age 9

**Second place** (received five general admission tickets)
“What does it cost? A lung or two!”
– Gabriella Ballas, age 9

**Third place** (received four general admission tickets)
“Tobacco free is the life for me.”
– Emmanuel Abiona, age 10

**Fourth place** (received four general admission tickets)
“Fight it don’t light it.”
– Alexis Chasteen, age 10

**Fifth-10th place** (received general admission tickets)
“Smoking makes you a butt of a joke!”
– Jaden Henry, age 10

“If you Smoke, It’s A Joke”
– Tyler Merritt, age 9

“Don’t Smoke; You don’t want to Croke”
– Isaac Segovia, age 8

“Be smoke free just like me”
– Nikajah Teachey, age 11

“Be clean; say no to nicotine”
– Hannah Dawichi, age 11

“Without Tobacco, breathe easy”
– Elise Hensley, age 10
The Tooth Troop prevents dental disease in Delaware’s children from birth to age 5 by emphasizing improved oral health access and awareness among vulnerable, underserved populations throughout the state. The Tooth Troop engages early childhood programs by visiting schools and other organizations, and empowers caregivers to prevent early childhood caries (decay) through education and access to dental care.

For more information, contact the Office of Oral Health and Dental Services at 302-744-4554 or dhss_dph_dental@state.de.us.

What is the Tooth Troop?

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Did You Know?

- Limit consumption of soda and sugary drinks.
- When brushing is not possible, rinse your mouth out with water after drinking soda to “wash” away sugar and dilute the acid.
- Drink fluoridated water and use fluoride toothpaste. Visit the “My Water’s Flouride” page on the CDC’s website to learn more about the fluoride levels in your drinking water.

Also remember to brush and floss daily and visit your dentist every six months.

Sip All Day, Get Decay!

It’s no secret there is a strong correlation between increased soda consumption and tooth decay, as well as other health complications such as diabetes and obesity.

According to a consumer study, in recent years there has been a tremendous increase in the consumption of soft drinks, sports drinks and juice drinks. Sugars in soda provide “food” for cavity-causing bacteria to form acid that attacks tooth enamel.

Every sip of soda results in 20 minutes of acid attack. Limiting your daily intake of soda and other sugary drinks will reduce your risk of developing tooth decay, and improve or maintain your overall health.

Here are a few tips you can start today!

- Limit consumption of soda and sugary drinks.
- When brushing is not possible, rinse your mouth out with water after drinking soda to “wash” away sugar and dilute the acid.
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Did You Know?

- Americans spend over $2 billion a year on dental products such as mouthwash, toothpaste, and dental floss.
- Dental floss was first made in 1882 from silk and most people fib about regularly flossing.
- There are more bacteria in your mouth than people on earth.
- Some dentists recommend toothbrushes be kept at least six feet from the toilet to avoid airborne particles that result from flushing the toilet.
- Your tongue is as unique as your fingerprint. No two people have the same tongue print.

Source: pediatricdentistryofglenfalls.com
As kids head back to school, NOW is the perfect time to protect their smile!

Call to schedule a dental appointment today.

A healthy smile should last a lifetime!

Looking for a dentist? Call 2-1-1

Follow this oral hygiene checklist

- Visit the dentist regularly for cleanings and oral exams starting at age 1
- Brush your teeth after meals or at least twice each day
- Drink plenty of water
- Eat a well-balanced diet
- Limit between-meal snacks
- Floss daily