

The Link Between Nutrition and Dental Caries

Rising Strong

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Abstract

Target Population: Parents within the Rising Strong program with kids under the age of 18.

Needs Assessment:

-Education on caries development process

-Education on foods involved in the development of caries

-Knowledge on beneficial food options that help with caries prevention.

Program Planning: Utilization of the logic model to distinguish inputs/resources, activities, output, and outcomes/impacts. **Implementation**

Evaluation: A qualitative/quantitative survey to be used in a posttest design manner.

Community Partner

Rising Strong is a holistic, family-centered drug treatment and housing program supporting families in staying together while they begin to recover from addiction, heal from trauma and rebuild their lives

Program Goals

The aim of the Partnership is to improve the oral health of families residing at Rising Strong. We work to achieve this goal through oral health education, increased access to care, provision of preventive dental fluoride treatment, dental sealants, oral cancer screening, along with establishing a dental home and helping patients learn how to navigate a dental appointment.

Future Goals

The future goal of the partnership is to build on the capacity to provide oral health education to families residing at Rising Strong, with continued regular interventions focused on nutrition and oral health, across the lifespan, educate the families on oral health. We wanted to educate the families on the link between nutrition and dental caries. By teaching them how caries develop and foods that contribute to caries, our hope was for the parents to be conscious of the foods they were providing to their families.

Reflection of the Partnership

This ongoing partnership of the EWU dental hygiene students with Rising Strong has made a difference in the oral care management and education of those involved in this program. This community program targets children and families who often have limited access to oral health care and preventative measures. We are proud to provide education on caries and nutrition help motivate positive health habits, while allowing positive family time.

Civic Engagement

This partnership provided an opportunity to collaborate with community partners to identify and prioritize the need in a local community. Through this project, we were able to engage in service-learning, and know our community. This was an opportunity to tailor health education messages about oral health and nutrition.

