

Title of Intervention: The Dental Health Education Program (DHE)

Intervention Strategies: Group Education

Purpose of the Intervention: To improve dental health in unskilled workers

Population: Unskilled workers aged 18-64 employed in a factory

Setting: Factories in Denmark; worksite-based

Partners: Worksites, local oral health care providers

Intervention Description:

- Group Education: A dentist taught small peer groups. The oral health education program involved active involvement of the participants. The participants and the dentist collaborated to plan the content of each session. The program did not include clinical dental treatments. The sessions were repeated five times with monthly intervals.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dentist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Place for group discussions
- Budget: Not mentioned
- Intervention: Not mentioned
- Evaluation: Mobile clinic, dental evaluation materials, printed questionnaires

Evaluation:

- Design: Experimental
- Methods and Measures:
 - Questionnaire to measure participants' knowledge, attitudes and behavior
 - Clinical records measured plaque and gingivitis

Outcomes:

- Short Term Impact: Knowledge increased significantly in all variables in the intervention group. Attitudes in the intervention group improved.
- Long Term Impact: Plaque scores significantly decreased in both groups, but more so in the intervention group. Gingivitis scores decreased significantly in the intervention group. There was an improvement in both groups for dental behaviors.

Maintenance: Not mentioned

Lessons Learned: Programs that have a participant involvement component seemed to work better for people with low socioeconomic status.

Citation(s):

Schou, L. (1985). "Active-involvement principle in dental health education." Community Dent Oral Epidemiol 13(3): 128-32.