

Title of Intervention: A School Oral Health Intervention about Sugar Intake

Intervention Strategies: Group Education

Purpose of the Intervention: To increase knowledge of the effects of sugar intake on oral health

Population: 9 – 11 year old children

Setting: 16 schools in lower social class areas of Greater Manchester, England; school-based

Partners: None mentioned

Intervention Description:

- Group Education: Intervention schools received oral health education. The program was based on the Manpower Services Community Program. The session used the sugar clock, a clock face on which a red half hour indicates the duration of one acid attack.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Sugar clocks, picture boards
- Evaluation: Printed questionnaires

Evaluation:

- Design: Group randomized controlled trial
- Methods and Measures:
 - Questionnaire to assess participants' knowledge of the importance of limiting the frequency of sugar intake

Outcomes:

- Short Term Impact: Participants' knowledge increased.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Blank sugar clocks on which the children themselves color in the red areas may prove valuable in explaining the effects of different patterns of sugar consumption.

Citation(s):

Fuller SS, Harding M. The use of the sugar clock in dental health education. Br Dent J. Jun 8 1991;170(11):414-416.