

**Title of Intervention:** Tooth Brushing Education Programs for First Graders

**Intervention Strategies:** Group Education, Individual Education

**Purpose of the Intervention:** To improve tooth brushing skills

**Population:** First grade students who were at high risk for dental diseases

**Setting:** Public and private elementary schools in the former city of North York, Ontario Canada; school-based

**Partners:** North York Community Dental Services (CDS)

**Intervention Description:** The two methods assessed were a classroom-based dental education lesson and an individual lesson.

- Group Education: In the classroom-based education lesson, health educators provided oral health education sessions. Each student in the class received follow-up group sessions. The content of these sessions included proper brushing, nutrition and injury prevention.
- Individual Education: The first visit consisted of participatory education followed by tooth brushing instruction. The second visit included only tooth brushing instruction.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Oral health educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom
- Budget: Not mentioned
- Intervention: Tooth brushing instructions, lessons on nutrition, injury prevention and oral hygiene objectives
- Evaluation: Interviewers, checklist

**Evaluation:**

- Design: Two groups
- Methods and Measures:
  - Interview to assess participants' tooth brushing skills

**Outcomes:**

- Short Term Impact: Not reported
- Long Term Impact: Competency in tooth brushing significantly improved for both groups but was greater in participants of the classroom-based intervention.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Hawkins RJ, Zanetti DL, Main PA, et al. Toothbrushing competency among high-risk grade one students: an evaluation of two methods of dental health education. J Public Health Dent. Fall 2001;61(4):197-202.