

Title of Intervention: A Counseling Intervention to Reduce Sugar Intake

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To reduce sugar consumption

Population: Twelve-year-old children with high risk for dental caries

Setting: Stockholm, Sweden; community-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: A counseling method was designed to reduce sugar consumption. All children were assessed for lactobacillus count. When children failed to reduce the lactobacillus count, the whole group discussed unfavorable eating and drinking habits. Those who had reduced lactobacillus count were considered successful. They were praised and encouraged to maintain the low sugar consumption.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Counselors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting place for counseling sessions
- Budget: Not mentioned
- Intervention: Counselor
- Evaluation: Dentocult assessment

Evaluation:

- Design: One group, pre/posttest
- Methods and Measures:
 - Oral examination to measure patients' lactobacillus count in saliva
 - Oral examination to assess the number of filled and decayed surfaces

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: A higher tendency towards reduction of the salivary lactobacillus count was found in children who attended group counseling compared with the control group. The caries increment was considerably smaller in the intervention group than in control group.

Maintenance: Not mentioned

Lessons Learned: Establishing supportive relationships within this high caries risk group can help decrease the lactobacillus count in their saliva.

Citation(s):

Wikner S. An attempt to motivate improved sugar discipline in a 12-year-old high caries-risk group. Community Dent Oral Epidemiol. Feb 1986;14(1):5-7.