

**Title of Intervention:** The Fall Asleep Pacifier (FAP)

**Intervention Strategies:** Environments and Policies, Campaigns and Promotions, Supportive Relationships

**Purpose of the Intervention:** To reduce the caries incidence rate in children

**Population:** 1-year-old high-risk children and their parents

**Setting:** Dental clinics in the city and surrounding areas of Lohja, Finland; health care facility-based

**Partners:** Lohja District Health Center

**Intervention Description:**

- Environments and Policies: Mothers of children who were 16 months old received a package of fluoride tablets to be given to the child each evening and a slow-release pacifier called the Fall-Asleep Pacifier (FAP). Toothbrushes were also offered to parents for free.
- Campaigns and Promotions: Mothers also received leaflets about dental health for 1-2 year olds.
- Supportive Relationships: Mothers received dental health counseling.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Oral health care providers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Fluoride tablets, FAP pacifiers, printed questionnaires, leaflets, postage
- Evaluation: Printed questionnaires

**Evaluation:**

- Design: Cohort study, post-test only
- Methods and Measures:
  - Oral examination to measure bacteria counts and caries rates
  - Questionnaire to measure the sugar intake, thumb sucking and breast feeding habits

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Participants who received the pacifiers experienced fewer caries and decay than those who did not receive the pacifiers.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Aaltonen AS, Suhonen JT, Tenovuori J, Inkilä-Saari I. Efficacy of a slow-release device containing fluoride, xylitol and sorbitol in preventing infant caries. *Acta Odontol Scand.* Dec 2000;58(6):285-292.