

Title of Intervention: The Good Teeth Program

Intervention Strategies: Group Education, Supportive Relationships

Purpose of the Intervention: To raise the priority of dental health within the context of child development

Population: 3-5 year old pre-school children and their parents

Setting: Schools in three Midland counties; school-based

Partners: None mentioned

Intervention Description: Participants were assigned to one of four groups. Group one received a basic six-week education program, in-school reinforcement over six months and home-visits for six months. Group two received the basic six-week program and in-school reinforcement over six months. Group three received only the basic six-week program. Group four received no intervention.

- Group Education: 'The Good Teeth Program' educated children about good oral health practices and good nutrition. Games, puzzles and other activities were provided for staff use in reinforcing core activities.
- Supportive Relationships: A 'Take-Home Book' was developed and contained drawings, matching and counting activities, as well as songs and stories. This was for use by the parents and children at home.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Teaching staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Activities, puzzles, games, Take-Home Book, songs, stories, other educational materials
- Evaluation: Clinical assessment tools, Snack Choice Test

Evaluation:

- Design: Experimental
- Methods and Measures:
 - Self-reports to assess snacking behavior and knowledge levels
 - Parent interview to determine impact of intervention
 - Oral examination to measure children's levels of oral debris

Outcomes:

- Short Term Impact: Parents' knowledge about the causes and prevention of dental caries increased.
- Long Term Impact: Children in group one had an improvement in levels of oral debris. Parents in the intervention groups reported that fewer sweets were eaten.

Maintenance: In-school reinforcement meant encouraging staff to continue using ideas as they felt appropriate after the completion of the main program.

Lessons Learned: The findings indicate the positive potential of an oral health education program used by teachers to introduce dietary change in their pupils and subsequent improvements in the dietary knowledge of the children's parents.

Citation(s):

Domestos Health Education Award 1984. The Good Teeth Programme. Br Dent J. Mar 9 1985;158(5):186.

Croucher RE, Rodgers AI, Franklin AJ, Craft MH. Results and issues arising from an evaluation of community dental health education: the case of the 'Good Teeth Programme.' *Community Dent Health*. 1985;2:89-97.