

Title of Intervention: A Child Caries Prevention Program

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To prevent caries in a population of children at high risk

Population: Children of South Asian mothers

Setting: Community-based setting; home-based

Partners: The University of Washington, University of British Columbia, Progressive Intercultural Services Society (PICSS)

Intervention Description:

- Individual Education: Parents received a pamphlet and viewed a video called "Preventing Tooth Decay for Infants and Toddlers."
- Supportive Relationships: Parents also received one counseling session and two brief follow-up telephone calls in which various questions regarding the family's dental health, dental access and prevention options.

Theory: Stages of Change Theory

Resources Required:

- Staff/Volunteers: Counselors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Place to hold counseling sessions
- Budget: Not mentioned
- Intervention: Pamphlets, "Preventing Tooth Decay for Infants and Toddlers" video
- Evaluation: Cotton gauze, front surface mirrors, a dental light, explorers, interview protocol

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Visual examination to assess caries to verify cavitations of the enamel
 - Parent interviews to assess parenting practices

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Children in the counseling group had fewer caries than those in the traditional health education group.

Maintenance: To promote maintaining the behavior change, parents in the intervention group were called four times during the maintenance stage. Two reminder postcards were also sent.

Lessons Learned: Results of this study suggest that counseling has an effect on children's health that is greater than traditional health education. Motivational interviewing, a brief form of counseling, presents promise in working with the parents of young children to prevent child caries, especially children at high risk of developing the disease.

Citation(s):

Weinstein P, Harrison R, Benton T. Motivating parents to prevent caries in their young children: one-year findings. J Am Dent Assoc. Jun 2004;135(6):731-738.