



# ORAL HEALTH EDUCATION TOOL

## Part 2: Diet



Oral diseases continue to disproportionately affect immigrant communities. There is a clear need for a culturally appropriate tool to enhance oral health literacy of recent immigrants. The objectives of this collaborative initiative were to develop an oral health educational tool and ensure its cultural appropriateness for newcomers. These educational booklets are the final product of a community-based CIHR funded project (FRN: 126751) conducted in four phases:

Phase 1 was tool development. A group of dentists, researchers, and students came together to develop an educational tool to be delivered to the frontline community health workers. The tool was developed based on the results of our previous studies investigating the informational needs of the preselected community leaders who were enthusiastic about promoting children's oral health in general and oral health needs of the newcomer families in particular.

Phase 2 was the dissemination event developed and executed at the request of and in consultation with Multicultural Health Brokers Cooperation (MCHB), Edmonton Multicultural Coalition (EMC), as well as the community leaders who participated in our research program to develop an oral health educational tool to be used in their health promotion programs. These individuals had the potential to provide a myriad of services and expertise to newcomers, reach out to newcomer parents, raise their awareness of oral health and preventive care, and facilitate their children's access to dental care. The half-day event was held at a centrally located area in Edmonton. At the event, the developed oral health educational tool was presented to 30 community collaborators in five small groups of six individuals. The presentations were followed up by six focus groups facilitated by two research assistants (one with dentistry background and one community member). Participants' perspectives on deliverability and acceptability of the educational tool and ways to make the tool a better fit for their community were explored. Focus groups were recorded, transcribed verbatim, and coded by two researchers independently. Identified barriers and facilitating factors were categorized based on the key elements of RE-AIM framework.

In phase 3, further adjustments were made to the booklets based on the input received from the community leaders. The tool was modified and presented again to eight leaders from different communities in a follow up focus group. The community collaborators approved the literacy level and cultural appropriateness of the content.

In phase 4, all images collected in the four booklets were assessed for copyright with funding through the University of Alberta Open Educational Resources Awards program. Openly licensed images were identified and the ones that did not have patient's or copyright consent were recreated and professionally designed and added to the collection. The booklets were then reviewed by the copyright office and uploaded to the University of Alberta institutional repository to encourage reuse.



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Reuse of this work is encouraged and appreciated with attribution of Dr. Maryam Amin and Andrew Hoang under the same license. All images used in these booklets are available for others to adapt and share, and can be accessed at [bit.ly/uofaoralhealth](https://bit.ly/uofaoralhealth).

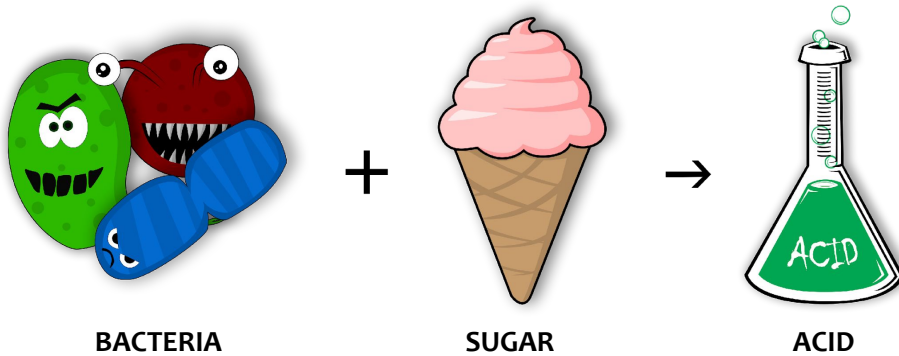
---

For more information or to explore collaboration opportunities for using this work for community dental education, please feel welcome to contact Dr. Maryam Amin at [sharifzd@ualberta.ca](mailto:sharifzd@ualberta.ca)

# Diet



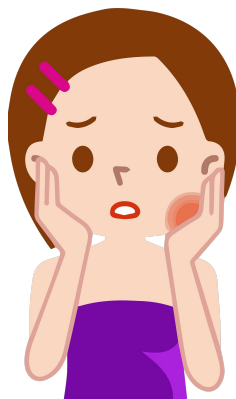
# Poor diet can cause cavities and make your child's teeth bad



Bugs like sugary foods to make acid



Acid attacks teeth and causes cavities



Cavities can cause pain for your child

# Healthy foods for teeth:



**Low Risk** for Tooth Decay

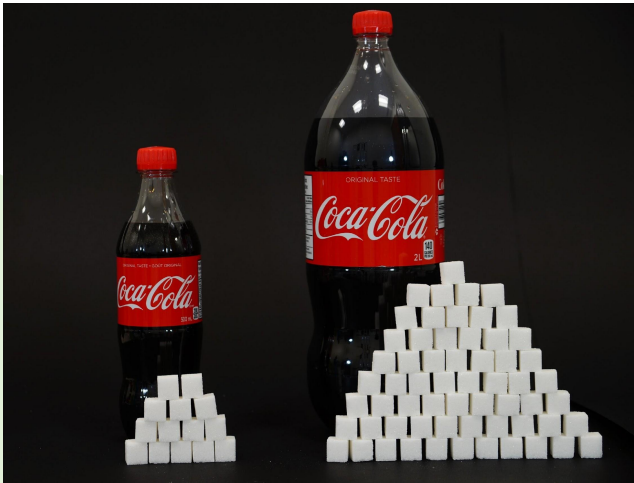
# Unhealthy foods for teeth:



**High Risk** for Tooth Decay

# Unhealthy foods for teeth:

Sodas and candies have too much sugar!



## Coca Cola

500ml bottle: 55g sugar total

2L bottle: 220g sugar total



## Skittles

191g bag: 138g sugar total



## Fruit juice

200ml box: 24g sugar total



## Sports drink (Powerade)

710ml bottle: 40g sugar total

# Healthy foods for teeth:

Fruits and vegetables have less sugar



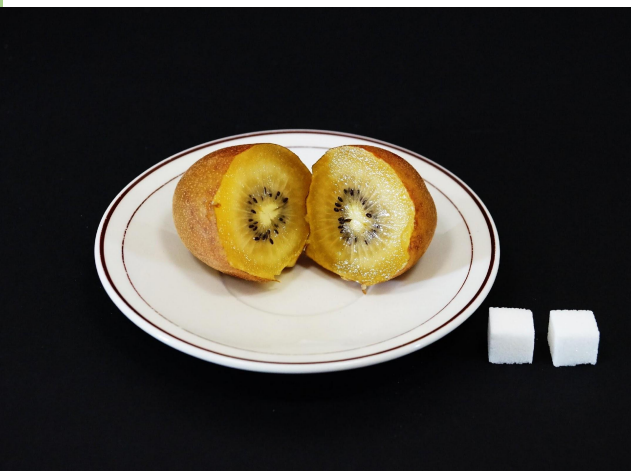
Strawberries

½ cup: 5g sugar total



Corn

1 cup: 4g sugar total



Kiwi

1 fruit: 8g sugar total

Less sugar



Less acid



Less cavities





**Sticky sweets are bad  
for your child's teeth**

# Bugs can be passed from you to your child...



Kissing on the  
mouth



Pre-chewing food



Sharing utensils  
(cutlery)

**Breast-feeding** is the best practice...

**BUT MAKE SURE**



**Don't**

**Breastfeed on demand, like anytime they cry for older babies.**



**Do**

**Clean the baby's mouth every time you feed them with damp washcloth.**

# Wrong bottle feeding:



**Don't** let your baby sleep with the bottle



**Don't** let your child walk around with the bottle



**Don't** add sugar to the formula or other baby drinks

# Wrong dietary habits:



**Don't** let your child walk around with a sippy cup



**Don't** dip your baby's pacifier in sugary substances

# Healthy feeding habits:



Teach your child to drink milk and water from a cup by 1 year



Clean the teeth after bottle-feeding

1. "Children eating school meals" by U.S. Department of Agriculture licensed under CC BY 4.0.
2. "Protein rich foods" by Smastronardo licensed under CC BY SA 4.0.
3. "Candy colors" by Stefano Mortellaro licensed under CC BY 4.0.
4. "Candy in Damascus" by Elisa Azzali licensed under CC BY 4.0.
5. "Process of tooth decay" by Andrew Hoang licensed under CC BY 4.0.
6. "Healthy snacks available" by Eeeemmanuel licensed under CC BY 4.0.
7. "Sugar content of Coca-Cola" by Andrew Hoang licensed under CC BY 4.0.
8. "Sugar content of Skittles" by Andrew Hoang licensed under CC BY 4.0.
9. "Sugar content of fruit juice" by Andrew Hoang licensed under CC BY 4.0.
10. "Sugar content of Powerade" by Andrew Hoang licensed under CC BY 4.0.
11. "Sugar content of strawberries" by Andrew Hoang licensed under CC BY 4.0.
12. "Sugar content of corn" by Andrew Hoang licensed under CC BY 4.0.
13. "Sugar content of kiwi" by Andrew Hoang licensed under CC BY 4.0.
14. "Pre-chewing food" by Andrew Hoang licensed under CC BY 4.0.
15. "Wiping baby's mouth with washcloth" by Andrew Hoang licensed under CC BY 4.0.
16. "Baby sleeping with bottle" by Elizabeth licensed under CC BY 4.0.



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Reuse of this work is encouraged and appreciated with attribution of Dr. Maryam Amin and Andrew Hoang under the same license. All images used in these booklets are available for others to adapt and share, and can be accessed at [bit.ly/uofaoralhealth](https://bit.ly/uofaoralhealth).

---

For more information or to explore collaboration opportunities for using this work for community dental education, please feel welcome to contact Dr. Maryam Amin at [sharifzd@ualberta.ca](mailto:sharifzd@ualberta.ca)

17. "Sugar" by Andrew Hoang licensed under [CC BY 4.0](#).
18. "Sippy cup" by pudgeefee licensed under [CC BY ND 4.0](#).
19. "No sugar with pacifiers" by Andrew Hoang licensed under [CC BY 4.0](#).
20. "First time with a sippy cup" by Kris Gabbard licensed under [CC BY 4.0](#).
21. "Glass of milk" by Push Doctor licensed under [CC BY 4.0](#).
22. "Brush baby teeth" by Spider.Dog licensed under [CC BY 4.0](#).



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](#). Reuse of this work is encouraged and appreciated with attribution of Dr. Maryam Amin and Andrew Hoang under the same license. All images used in these booklets are available for others to adapt and share, and can be accessed at [bit.ly/uofaoralhealth](http://bit.ly/uofaoralhealth).

---

For more information or to explore collaboration opportunities for using this work for community dental education, please feel welcome to contact Dr. Maryam Amin at [sharifzd@ualberta.ca](mailto:sharifzd@ualberta.ca)