



ORAL HEALTH EDUCATION TOOL

Part 1: Oral Health Knowledge



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.

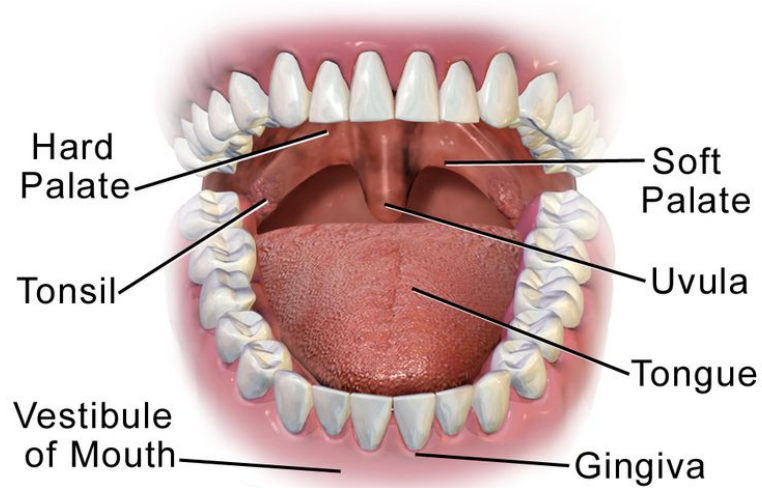
In phase 4, all images collected in the four booklets were assessed for copyright with funding through the University of Alberta Open Educational Resources Awards program. Openly licensed images were identified and the ones that did not have patient's or copyright consent were recreated and professionally 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.

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

Mouth (Oral Cavity):



Mouth

Tooth Structure:

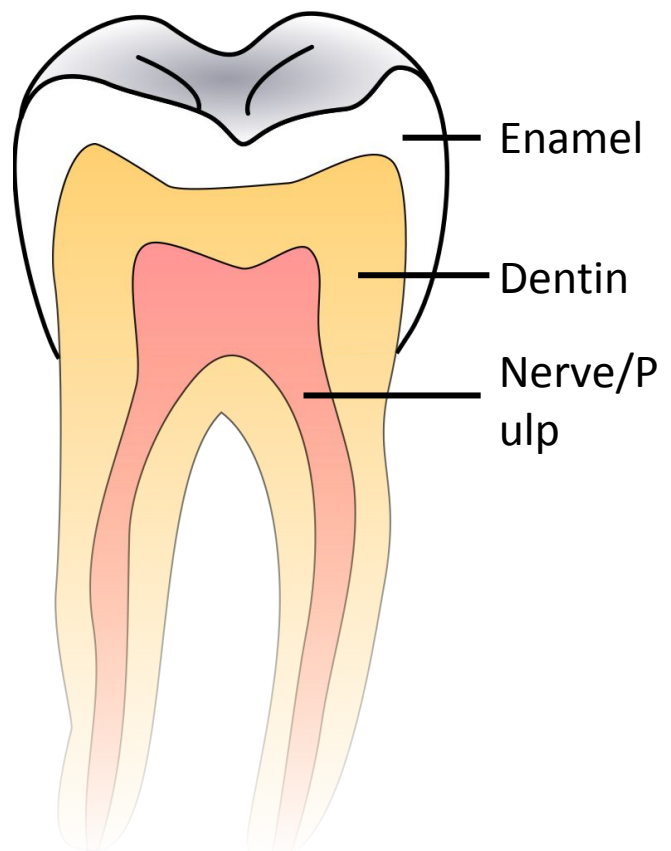
Each tooth has 2 parts:

Crown

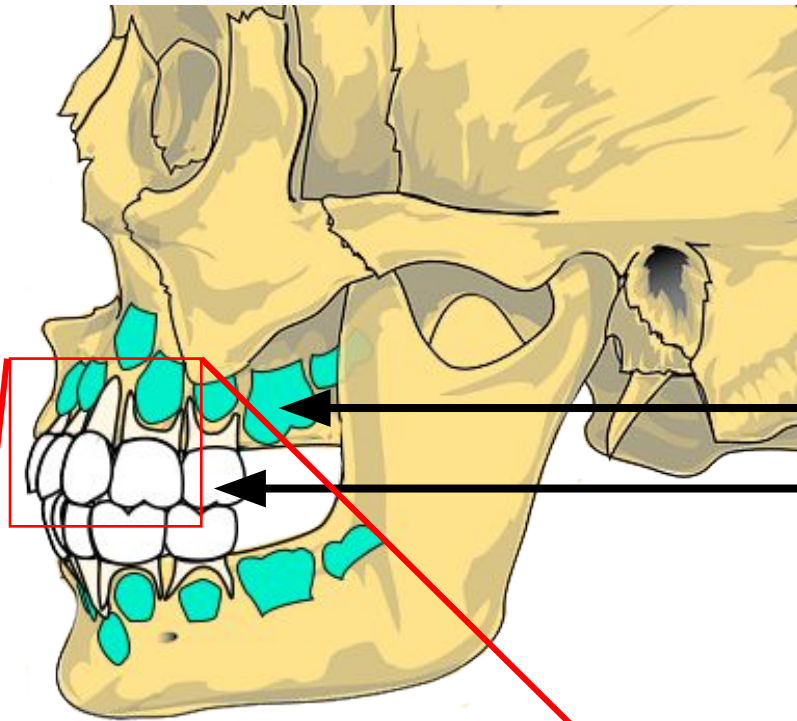
- Visible part in the mouth
- Covered with **enamel**

Root

- In the jaw (normally not visible)
- Within a bony socket



Baby Teeth



Each person has two sets of teeth:

Adult teeth

Baby teeth

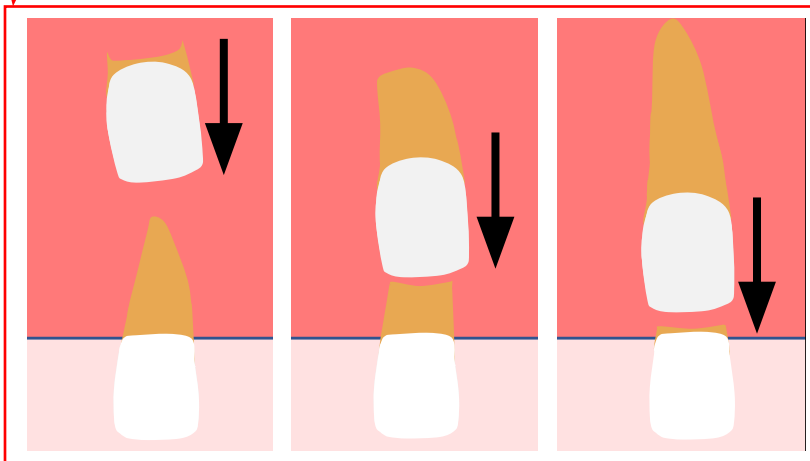
Roots of baby teeth dissolve



Tooth becomes **loose**



Tooth falls out





First baby tooth comes in between 6 months to one year



First baby tooth starts to fall out at age 6 years and continues until age 12

With strong healthy teeth, your child:



Eats better



Grows better



Is healthier in
general



Healthy baby teeth



Straight, nice adult teeth

Keep baby teeth until they fall
out naturally!

Healthy teeth help your child:



Do better at school

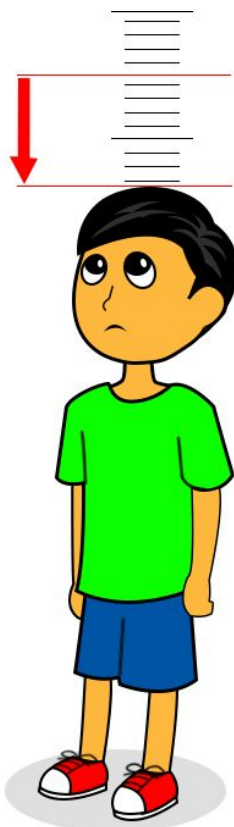


Have fresh breath



Find more friends

Baby teeth can get rotten...



Poor nutrition

Poor growth



Abscesses and pain



Putting the child to sleep to fix the teeth



Poor appearance & bad breath



No friends



Low self esteem

It takes as little as 6 months for a cavity to get really BAD...



How to prevent dental decay in children?

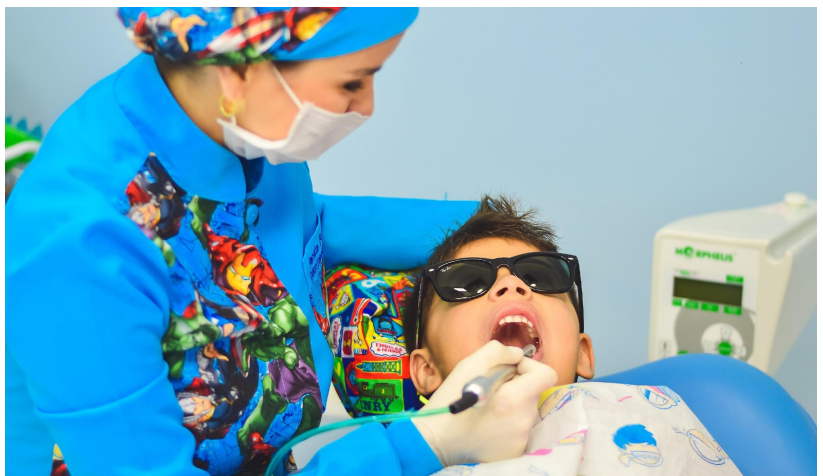
1) Healthy eating



2) Good oral hygiene



3) Regular dental visits



1. "Dentistry logo" by Time 3000 licensed under [CC BY SA 4.0](#). Image obtained from:
2. "Exfoliation of baby tooth due to adult tooth" by Andrew Hoang licensed under [CC BY 4.0](#).
3. "Baby teeth in human infant" by Chrisbwah licensed under [CC BY SA 4.0](#).
4. "Deciduous teeth" by David Shankbone licensed under [CC BY SA 4.0](#).
5. "Children at school" by Lucelia Ribeiro licensed under [CC BY 4.0](#).
6. "Caries on primary dentition" by Andrew Hoang licensed under [CC BY 4.0](#).
7. "Decreased growth" by Andrew Hoang licensed under [CC BY 4.0](#).
8. "Cellulitis" by Dr. Maryam Amin licensed under [CC BY 4.0](#).
9. "Child undergoing surgery" by Dr. Maryam Amin licensed under [CC BY 4.0](#).
10. "Early childhood caries" by Dr. Maryam Amin licensed under [CC BY 4.0](#).
11. "Early childhood caries" by Dr. Maryam Amin licensed under [CC BY 4.0](#).
12. "Early childhood caries" by Dr. Maryam Amin 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.

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