

Summary of Patient Education Resources

This resource includes a compilation of various types of patient education materials (print, online, and video) on oral health topics such as child and adolescent oral health, substance abuse, and general oral health and hygiene for a variety of populations. Many materials are available in languages other than English.

Pediatrics

[American Academy of Pediatrics](#)

The Oral Health Practice Tools webpage offers a variety of downloadable materials for children and families on general oral health topics, including educational resources about fluoride, flyers, and posters. Available in English and Spanish.

[American Dental Association](#)

Mouth Healthy Kids is a website featuring pediatric oral health information on a variety of topics, including baby bottle tooth decay, thumb sucking, sealants, and more. Includes printable activity sheets, games, and videos. Some videos are available in Spanish.

[Autism Speaks](#)

This informational video describes how to care for the teeth of children with autism. It covers topics such as types of toothbrushes, types of toothpaste, flossing, and overall self-help for the child. Available in English.

[Bright Futures](#)

Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents is available for the cost of shipping and handling. The Bright Futures Activity Book for children and caregivers is available for free download. Available in English and Spanish.

[Campaign for Dental Health](#)

This website shares information on fluoride and preventing children's tooth decay. It includes downloadable resources for parents, families, and health professionals. Available in English and Spanish.

[Cavity Free Kids](#)

This website shares general information about oral health for young children and families, and is designed to be used in educational settings (Head Start, childcare, preschool) and home visiting programs, and for families to use at home. It includes a library of lessons, activities, handouts, stories, and songs for children. Available in English.

[Cavity Free at Three](#)

The Children's Oral Health brochure and *Prenatal Oral Health* brochure cover general oral health topics including hygiene and nutrition, as well as actions parents/caregivers can take and actions a medical or dental clinician can take to protect oral health. Available in English, Arabic, Burmese, Chinese, French, Spanish, German, Hindi, Russian, Somali, and Vietnamese.

[Minnesota Head Start](#)

Tooth Time: A Guide to Caring for Your Child's Teeth and Mouth contains oral health education messages for birth through the teen years. This resource includes oral hygiene and nutrition information, a checklist for oral healthcare for 3–5 year olds, and information on oral health for children ages 5–18. Available in English.

[Minnesota Oral Health Project](#)

This website shares downloadable printouts of general oral health messages that can be used as posters or handouts. Available in English.

[National Maternal and Child Oral Health Resource Center](#)

This website features a variety of oral health resources for children and caregivers. Available in English, some in Spanish and other languages.

[Partnership for Healthy Mouths Healthy Lives](#)

This interactive website features the 2 x 2 campaign—promoting brushing for two minutes twice a day. It focuses on oral hygiene and oral health for children. Includes videos, graphics, and an oral health resource directory. Available in English and Spanish.

[Special Olympics](#)

A Caregiver's Guide to Good Oral Health for Persons with Special Needs is a booklet designed for the caregivers/parents of children with special needs. It addresses how to provide proper oral healthcare for a special needs child. Available in English.

[University of Washington Dental School](#)

This webpage provides fact sheets for children with multiple disorders and diseases such as ADHD, depression, and HIV. Each fact sheet is specific to a disease/disorder and identifies tips for promoting oral health for children with that disease/disorder. Available in English.

[Washington Dental Service Foundation](#)

Kids Health is a website that provides tips on caring for baby teeth, guidance about oral health check-ups, information on nutrition, and an instructional video for clinicians on the application of fluoride varnish. Brochures on prenatal oral health, taking care of baby teeth, and *6 Things You Might Not Know About Kids' Oral Health* can be ordered [here](#). Available in English, Spanish, Russian, Chinese, Cambodian, and Vietnamese.

Adolescents

[All About Orthodontia](#)

This website is geared toward parents, their young children, and teens. On the teen portion of the site, the main article discusses braces: what they are and caring for them. At the bottom of the page are several links to other articles on taking care of braces, gum disease, and other oral problems. Available in English and Spanish.

[American Academy of Periodontology](#)

Gum Disease in Children is a webpage geared toward parents and teens and is available in over 50 languages including Spanish, German, Arabic, Vietnamese, and others. There are several articles on gum disease in different age and gender populations, which focus on risk factors, prevention, and treatment. The page can be translated into many languages via Google Translate.

[American Dental Association](#)

The Importance of Using Mouth Guards is an article geared toward parents and teens explaining the reasons to use a mouth guard, how to choose one, and how to care for it. Available in English.

[Oral Health Foundation](#)

The Teens' Teeth webpage is geared toward parents and teens and contains multiple links for oral health information. Available in English, Spanish, French, and Arabic.

[Cleveland Clinic](#)

The Mouth Jewelry, Oral Piercings and Your Health webpage is geared toward teens. It focuses on oral piercings, management of them, and the complications they can cause for oral health. Available in English.

[DeCareDental](#)

Tackling Teen Dental Health: A Message for Parents is an article geared toward parents and teens. It addresses eating disorders, teeth whitening, and mouth guards and offers tips for healthy teeth. Available in English.

[Delta Dental](#)

The Kids and Teens webpage has multiple links concerning oral health for children and teens. The topics range from candy and cavities, directed to children, to oral piercing and teeth whitening, directed to teens. Available in English.

[Delta Dental](#)

Your Teen's Dental Health is a brochure geared toward parents and teens. It touches on oral piercings, soda, mouth guards, and eating disorders, among other topics. It also describes how to properly care for your mouth and provides a link back to the Delta Dental website. Available in English.

[Nationwide Children's Hospital](#)

Mouthguards in Sports: A Necessary Piece of Equipment is a webpage geared toward parents and teens, and explains types of mouth injuries and how to prevent them: by using a mouth guard. It goes on to give descriptions of types of mouth guards and provides a resource for treating sports-related dental injuries. Available in English.

Diabetes

[American Dental Association](#)

The Diabetes and Your Smile webpage explains what diabetes does to the body and how it can affect oral health, as well as ways for people with diabetes to care for their mouth. Available in English.

[American Diabetes Association](#)

The Oral Health and Hygiene webpage is geared toward people with diabetes. It explains the connection between diabetes and oral health, and includes information about gum disease and plaque, brushing and flossing techniques, and warning signs of oral disease. Available in English and can be translated into Spanish.

[Mayo Clinic](#)

This webpage explains gum disease and how to maintain good oral health. It is geared toward people with diabetes. Available in English.

[National Institute of Dental and Craniofacial Research](#)

The Diabetes: Dental Tips webpage contains quick self-care tips for people with diabetes to maintain good oral health. Available in English or Spanish.

[National Institute for Health](#)

This webpage, geared toward people with diabetes, provides several links that discuss diabetes concerns, tips, and dental care. Two of these links are available in Spanish; all are available in English.

[National Institute for Health](#)

The *Prevent Diabetes Problems: Keep Your Mouth Healthy* pamphlet is geared toward people with diabetes and describes how diabetes affects oral health. It also includes information about how to maintain good oral health. Available in English.

[The Mighty Mouth](#)

The Washington Dental Service Foundation has developed multiple consumer resources on diabetes and oral health. The Mighty Mouth website promotes the value of oral health and motivates healthy behaviors. On the [How Good Oral Health Helps Manage Diabetes](#) page of this site is a link to the 90-second video “Diabetes and Your Oral Health,” which describes how oral health and diabetes are connected and provides tips on promoting good oral health and getting regular care.

In addition, 30-second and 15-second testimonial videos reinforce the importance of oral health for people with diabetes.

The *Living with Diabetes* brochure, developed by the Washington Dental Service Foundation in collaboration with the American Diabetes Association-Washington Chapter, describes the link between oral health and diabetes and provides tips for people with diabetes on managing oral health.

Older adults

[Oral Health America](#)

This website provides tips on oral care for older adults and resources for accessing dental care.

General oral health and hygiene for multiple populations

[American Dental Association](#)

The Mouth Healthy website explores healthy oral health habits for pregnant women, children, teens, adults, and older adults. Available in English and Spanish.

[California Dental Association](#)

This webpage provides oral health fact sheets for all ages on a variety of oral health topics including periodontal disease, early childhood caries, oral piercings, dentures, dry mouth, grills, oral cancer, and more. Available in English, Spanish, Chinese, Russian, Hmong, and Vietnamese.

[Delta Dental](#)

These downloadable oral health fliers are available on a variety of topics including children’s oral health, disease detection, and general oral health. Available in English.

[HealthReach](#)

This website provides a variety of oral health resources for pregnant women, parents, and caregivers on a variety of topics. Documents include *Tips for Good Oral Health During Pregnancy*, *Oral Health Tips for Parents and Caregivers*, *Foods for Healthy Teeth*, and more. Some available in English, Amharic, Arabic, Burmese, Cambodian, Chinese, Dari, Farsi, French, Haitian Creole, Hmong, Karen, Kinyarwanda, Korean, Pashto, Portuguese, Russian, Somali, Spanish, and Vietnamese.

[Centers for Medicare and Medicaid Services](#)

The Insure Kids Now website provides access to social media tools; newsletter templates for children, pregnant women, and caregivers; and fact sheets for children with special needs. Available in English and Spanish.

[Missouri Department of Health and Senior Services](#)

This website links to a variety of patient literature, including education materials for adults and children. Available in English, some in Spanish.

[North Carolina Department of Health and Human Services](#)

Free downloadable oral health education materials (brochures, handouts, and posters) are available on this website on a variety of oral health education topics including oral hygiene, fluoride, nutrition, tooth anatomy and development, dental plaque, and more. Available in English, some in Spanish.

[Oral Health Nursing Education and Practice \(OHNEP\)](#)

OHNEP's *Oral Health Patient Facts* are one-page oral health literacy sheets for patients, produced by the American College of Physicians. These downloadable handouts cover several topics including diabetes, older adults, and HPV. Available in English and Spanish.

[Washington Dental Service Foundation](#)

The Foundation has developed multiple consumer tools and brochures on oral health that are targeted to pregnant women, parents with young children, people with diabetes, older adults, and adults of all ages. Available in English; some in Spanish, Russian, Vietnamese, and Cambodian.

Fluoride information

[Campaign for Dental Health](#)

This website shares information on fluoride and preventing tooth decay for people of all ages. It includes downloadable resources for parents, families, and health professionals. Available in English and Spanish.

[Child Health and Disability Prevention Program](#)

The Frequently Asked Questions about Fluoride webpage provides simple answers clinic staff can use in response to common questions about fluoride varnish. Geared toward clinicians with a pediatric patient population. Available in English.

[American Academy of Pediatrics](#)

Healthy Children contains a webpage: FAQ: Fluoride and Children that highlights the importance of fluoride for children. It is structured in a question and answer format. Available in English and Spanish and also in audio.

[Missouri Oral Health Coalition](#)

The coalition has produced a number of brief videos on fluoride varnish. One is designed to demonstrate fluoride varnish application for clinicians. Others are informational videos for parents and guardians about what fluoride varnish is, how it works, and post-application instructions. The parent/guardian video is available in English, Spanish, Russian, French, Hmong, Somali, Karen, and Oromo.

[Nationwide Children's Hospitals](#)

This webpage explains the importance of fluoride for healthy teeth. It explains what fluoride is, what it does to the body, the controversy surrounding its use, and overexposure. There are additional resources at the bottom of the page geared toward children, adolescents, and parents. Available in English.

Substance abuse and oral health

[American Dental Association](#)

Meth Mouth: How Methamphetamine Use Affects Dental Health explains what methamphetamine is and how it affects the different parts of the body, particularly the mouth. The webpage also provides images showing what a person's teeth and gums look like when they use the drug and provides a resource for those looking for help to battle their addiction. Available in English.

[Mayo Clinic](#)

The Chewing Tobacco: Not a safe product webpage gives a short overview of the different types of smokeless tobacco and their long-term effects on the body, including addiction, cancer, and gum disease. The page also provides a resource and telephone number for those who would like help quitting. Available in English.

[Thompson and Siebel Foundation](#)

This audio-visual interactive webpage explores and answers questions about what methamphetamine does to a person's teeth. Multiple additional links provide the audio video to explain its effects on other organ systems and societal dangers. The page also includes personal testimonies from previous users. Available in English.

About the Oral Health Integration in Primary Care Project

Organized, Evidence-Based Care Supplement: Oral Health Integration joins the Safety Net Medical Home Initiative Implementation Guide Series.

The goal of the Oral Health Integration in Primary Care Project was to prepare primary care teams to address oral health and to improve referrals to dentistry through the development and testing of a framework and toolset. The project was administered by Qualis Health and built upon the learnings from 19 field-testing sites in Washington, Oregon, Kansas, Missouri, and Massachusetts, who received implementation support from their primary care association. [Organized, Evidence-Based Care Supplement: Oral Health Integration](#) built upon the Oral Health Delivery Framework published in *Oral Health: An Essential Component of Primary Care*, and was informed by the field-testing sites' work, experiences, and feedback. Field-testing sites in Kansas, Massachusetts, and Oregon also received technical assistance from their state's primary care association.

The Oral Health Integration in Primary Care Project was sponsored by the National Interprofessional Initiative on Oral Health, a consortium of funders and health professionals who share a vision that dental disease can be eradicated, and funded by the DentaQuest Foundation, the REACH Healthcare Foundation, and the Washington Dental Service Foundation.

For more information about the project sponsors and funders, refer to:

- National Interprofessional Initiative on Oral Health: www.niioh.org.
- DentaQuest Foundation: www.dentaquestfoundation.org.
- REACH Healthcare Foundation: www.reachhealth.org.
- Washington Dental Service Foundation: www.deltadentalwa.com/foundation.



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For more information about the Safety Net Medical Home Initiative, refer to www.safetynetmedicalhome.org.