



COordinated Oral Health Promotion
(CO-OP) Chicago

Partners

UIC College of Dentistry
Infant Welfare Society of Chicago

The Problem

- ◆ Dental cavities are very common in older children. 63% of 3rd-graders in the Chicago area have had at least one cavity.
- ◆ Cavities can be prevented!
- ◆ We know very little about how parents care for the teeth of children under the age of three years old.

Our Goal

CO-OP Chicago is a research study that will test an oral health community health worker intervention in families with children under the age of three years old. Before starting the intervention, we asked families how they care for their children's teeth. This information helped us to decide how to measure if community health workers actually help families.



What We Did

We surveyed 151 families in the pediatric dental clinic waiting rooms at the UIC College of Dentistry and the Infant Welfare Society of Chicago. Families had to have a child under the age of three with at least one tooth. The average child age was 18.7 months old. Parents were mainly Hispanic (83%); 10% were Black and 9% were White. Twenty-three percent of parents had more than high school education, 42% had a high school education/GED, and 35% had less than a high school education. Twenty-five families let us into their homes. We looked at their brushing equipment. We watched and video-recorded them brush their children's teeth.

How often are child's teeth brushed by parent report (N=151)	Parent report (N=151)	Observed in Home (N=25)
Never	9%	
Sometimes, but not every day	7%	
Once a day	26%	
Twice a day	49%	
More than twice a day	9%	
Other oral health risk factors (N=146)		
Does not drink water with fluoride	94%	
Child has never been to dentist	45%	
Child has had a cavity already	21%	
	Duration of tooth brushing:	
	30 seconds or less	9%
	30-60 seconds	26%
	1-2 minutes	36%
	More than 2 minutes	25%
	Amount of toothpaste:	
	Pea sized	33%
	Smear	56%
	Toothpaste has fluoride	50%
		84%

What We Learned

- Approximately 80% of children brush at least once daily by caregiver report.
- The self-reported brushing frequency rates are higher than we expected. This is about the same as 2014 national data for children ages 3-4 years old.
- Child brushing frequency in 0-3 year olds was comparable to 3-5 year olds in NHANES data.
- Those with private insurance and more chaotic homes brush less often.
- All parents helped their children brush their teeth.
- About half of caregivers thought they did not use toothpaste with fluoride or did not know. But most did use toothpaste with fluoride.
- How often and how long children brush differs by child age. How much toothpaste is used was the same for all ages.

The Changes That Resulted from this Information

We made major decisions for the CO-OP research study using these results:

- ◆ Parent report of tooth brushing frequency will be one of our primary study outcomes.
- ◆ We will watch how teeth are brushed and what is used to brush teeth in homes.
- ◆ We will not video-record tooth brushing.

