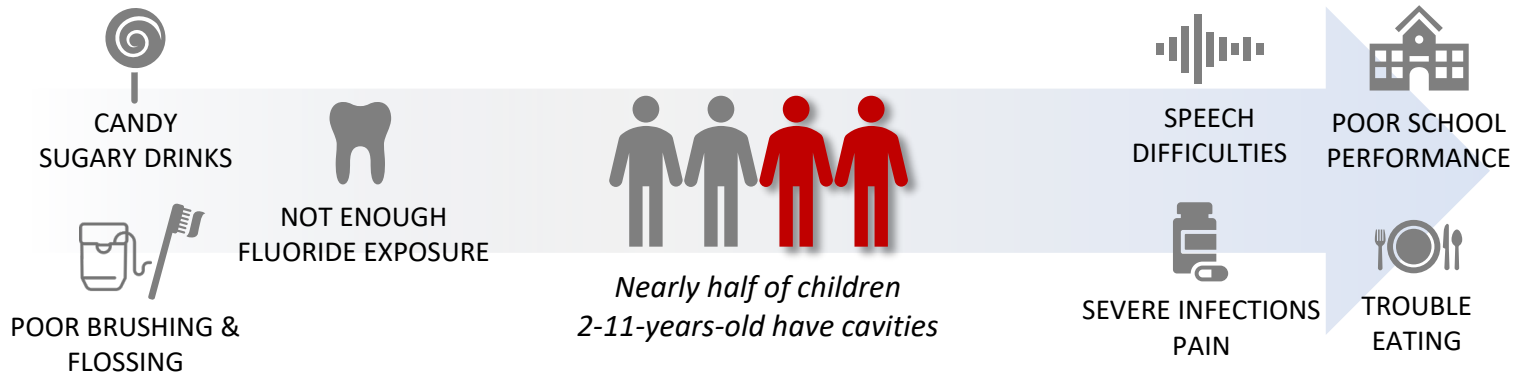


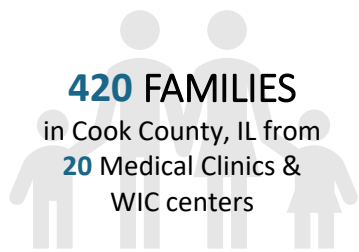


COordinated Oral Health Promotion (CO-OP) Chicago

## THE PROBLEM with dental health in children



## THE STUDY to find out how to help



**420 FAMILIES**  
in Cook County, IL from  
**20 Medical Clinics & WIC centers**

### What did we do?

**1,148** VISTS with a research assistant

**420** VISITS with a community health worker

**281** PHONE CALLS with a community health worker

**1,964** COMMUNITY DISCUSSIONS on oral health

**3,813** TOTAL ENCOUNTERS with families

### CHILDREN IN THE STUDY

Average age: **42% BLACK**  
**22 MONTHS** **54% HISPANIC**

### What did we learn?

#### BRUSHING

- 63% of children brushed twice a day or more at the end of the study (good!).

#### TOOTHPASTE

- 84% of children used toothpaste with fluoride (good!).

#### PLAQUE ON TEETH

- 52% of children had too much plaque on their teeth (bad!).
- More brushing did not change the amount of plaque on children's teeth.
- The only thing that seemed to result in less plaque on children's teeth was when parents always helped brush their children's teeth.

## WHAT YOU CAN DO

to have a healthy smile!



Brush **2X** every day



Use fluoride toothpaste



Help child brush & floss



Eat healthy



Dentist at least every 6 months



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