

# More VC Smiles

An Oral Health Education Campaign in Ventura County to bring educational materials and Oral Hygiene Kits to the children to conduct a children's oral health awareness campaign with the aim of educating children, families and caregivers about the importance of oral health and its role in preventing obesity, diabetes and poor nutrition.

According to an article in USA Today (9-11, Shannon), “reports of a huge spike in cracked teeth have received national media attention..”. Dentists are reporting a decrease in Preventive Dental Care and an increase in Poor oral hygiene and decay in the patients that are making their way to the dental office.

We are hearing from our new patients that they are coming to see us because their dentist never reopened and of those that have, many are unable to accommodate them due to limited hours or staffing issues. We are also hearing that older doctors are not returning to practice. Added to this problem is the increase in people losing their traditional dental insurance and are now enrolled in the Medi-CAL Dental program.

The lack of traditional triggers for activities of daily living is posing a serious threat to the Oral Health of both children and adults. The lack of programs to address this problem will create a ripple effect that will undo the gains we have made in improving the oral health of children and adults in our community.

# More VC Smiles

- Brush Break Project
- School Screenings
- Adopt A School
- Oral Health Education



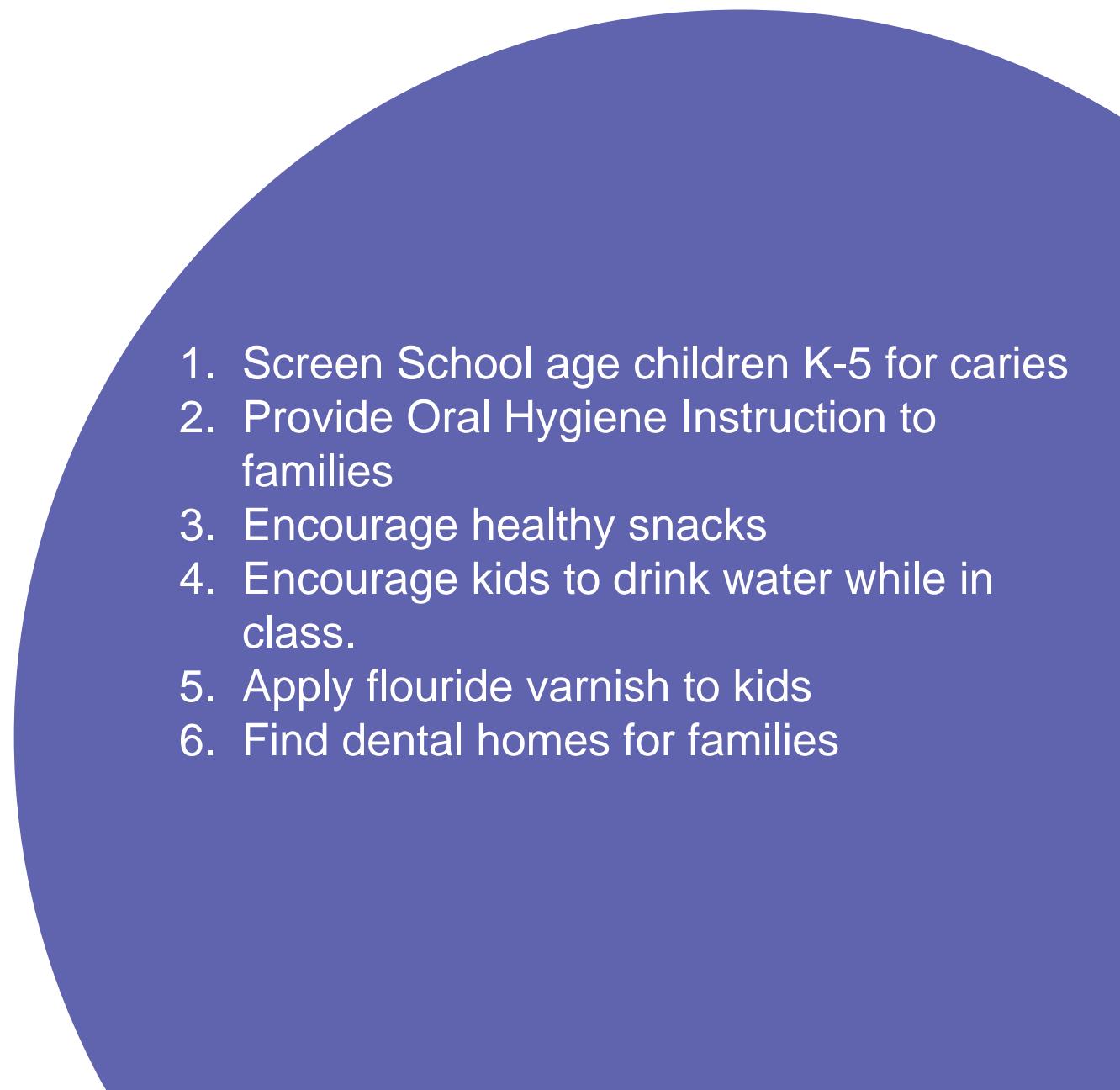
# Brush Break Project

Grab a toothbrush,  
toothpaste and brush  
those teeth!  
[#brushbreakproject](#)

# Brush Break Project

1. Remind the kids that brushing their teeth is important.
2. Encourage kids to use the time during ZOOM breaks to brush their teeth, change out of their pajamas, take a shower, comb their hair and use deodorant.
3. Encourage healthy snacks
4. Encourage kids to drink water while in class.
5. Play a video from the curated #BrushBreakProject on Youtube as is age appropriate for your class

# School Screenings



1. Screen School age children K-5 for caries
2. Provide Oral Hygiene Instruction to families
3. Encourage healthy snacks
4. Encourage kids to drink water while in class.
5. Apply fluoride varnish to kids
6. Find dental homes for families

# Adopt A School



1. Open Schools for Adoption by dentists in cooperation with the Santa Barbara Ventura County Dental Society
1. Encourage dentists to “adopt” their local school so they can help take care of the kids and families in need of dental care
1. Open up different avenues for participation of dentists in the Medi-CAL Dental program to help care for kids and families in need

# Oral Health Education

1. Align Oral Health Education to reflect the objectives of the American Dental Association
2. Encourage kids to use the time during ZOOM breaks to brush their teeth, change out of their pajamas, take a shower, comb their hair and use deodorant.
3. Encourage healthy snacks
4. Encourage kids to drink water while in class.
5. Play a video from the curated #BrushBreakProject on Youtube as is age appropriate for your class



[https://www.youtube.com/watch?v= vM5dcHXE\\_U](https://www.youtube.com/watch?v= vM5dcHXE_U)

2:08mins



<https://www.youtube.com/watch?v=Ku-ForS6G3I>

4:12mins



<https://www.youtube.com/watch?v=aOebfGGcjVw>

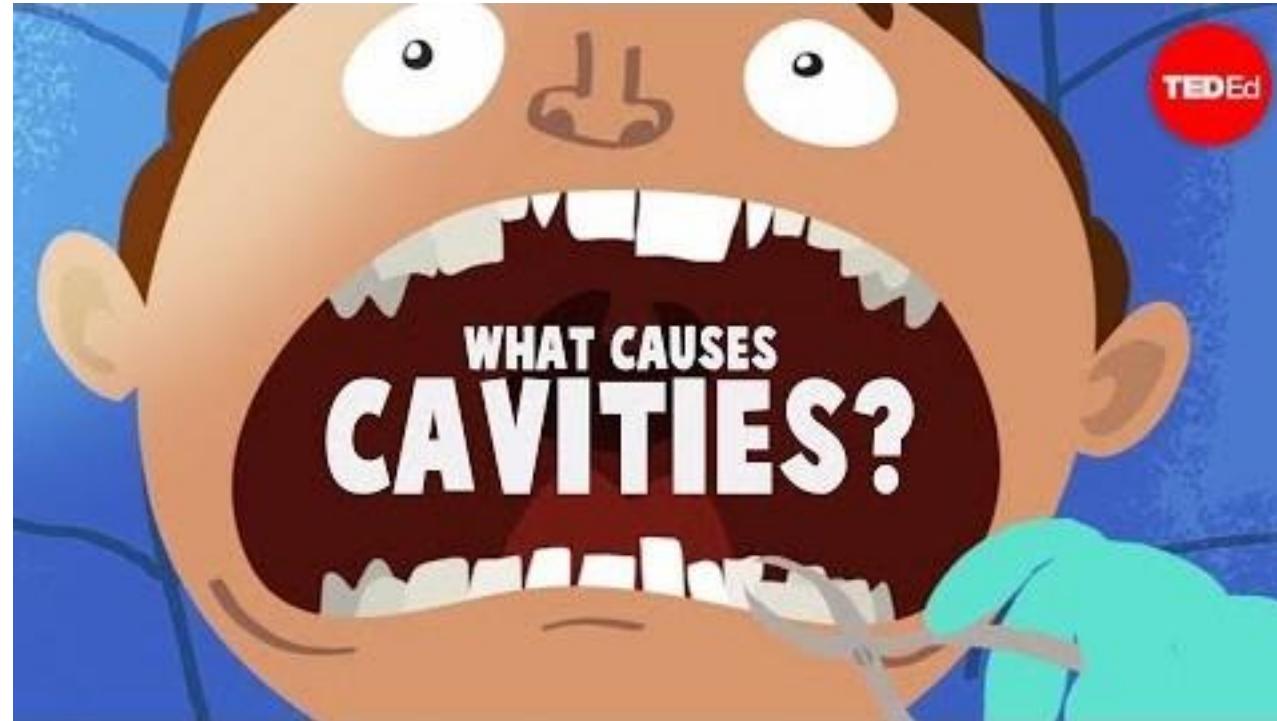
4:18mins

# TOOTH DECAY



[https://www.youtube.com/watch?v=BE\\_h4bTdcdQ](https://www.youtube.com/watch?v=BE_h4bTdcdQ)

Stop at 2:39mins



<https://www.youtube.com/watch?v=zGoBFU1q4g0>

5:00mins



# Brush Break

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# Brush Break!!!

Take a moment to brush your teeth.  
**#BrushBreakProject**