



Integrating Oral Health Promotion with Obesity Prevention for Home Visitors

Amy Requa, CRNP, CPNP-PC
Pennsylvania Head Start Association
Pennsylvania Head Start State Collaboration Office

Kristin Haegele Hill, MS
Healthy Teeth Healthy Children Program
Pennsylvania Chapter, American Academy of Pediatrics



Goal: To educate and provide resources for community-based, trusted-source health advocates to actively promote oral health and reinforce healthy nutrition and physical activity habits that will improve the overall health of children and families.

Move2bFree Featuring Choosy

Problem

- Oral health is seen separately from overall health.
- Home Visitors need professional development to role-model healthy habits for children/families.
- Home Visitors play a role in preventing poor oral health and obesity, as well as improving nutrition.

Strategy

- Developed *Move2bFree Featuring Choosy* as a unique training approach to rekindle joyfulness and self-care through movement and increased physical activity.
- Integrates oral health content with physical health and nutrition information.
- Includes positive *Choosy* health messages and lively music to inspire adults and children to move towards a more “stress-free”, “sedentary-free”, “sugar-free”, and “cavity-free” life!
- Provides two 90-minute live trainings for home visiting programs.



Outcomes

- Home visitors identify S.M.A.R.T goals for personal wellness as an essential aspect of their professional development.
- Home visitors recognize the intersection of oral health with physical health, nutrition, and overall wellbeing.
- Home visitors are empowered to role-model and reinforce optimal health habits for children and families in their care.
- 343 human service providers trained in 14 months.

Oral Health Story Kits



Problem

- 25% of 2-5 and over 50% of 6-8 year olds have tooth decay, which can cause pain and problems with eating, speaking, learning and sleeping.
- Many children are not receiving the oral health care they need, and parents are not aware of the importance of pediatric dental care and basic preventive strategies.
- Community-based organizations are an untapped network for oral health literacy development.

Strategy

- Developed Oral Health Story Kits to provide a basic oral health educational resource that would encourage good oral health habits for children and families in their community.
- Self-contained, self-sustaining kits were created through an integrative and participatory 5-step process for public libraries (2015-2018) and home visitors (2018-2020).
- Project goals include providing access to educational oral health resources and empowering trusted community members as oral health advocates.

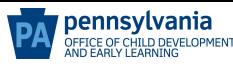
Outcomes

- Oral Health Story Kits for Public Libraries were provided to 691 of 702 libraries across all 67 counties in PA (98.4%). Follow-up surveys revealed 79% of librarians reported using the kits within the past year and 84% reported plans to use the kits in the next year.
- 500 Oral Health Story Kits for Home Visitors distributed to evidence-based home visiting programs through OCDEL in 2019-2020.

FOR MORE INFORMATION ABOUT THE MOVE2BFREE TRAINING, CONTACT AMY REQUA AT AMYREQ@PAKEYS.ORG

FOR MORE INFORMATION ABOUT THE ORAL HEALTH STORY KITS, CONTACT KRISTIN HAEGELE HILL AT KHAEGELEHILL@PAAAP.ORG

Acknowledgements
Support for these projects was provided by the following:



Funding provided by the Pennsylvania Department of Health through the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant T32HP027539: Grants to States to Support Oral Health Workforce Activities. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.