

A school-based oral health education and prevention program following the guidelines of the Colorado Department of Health and Environment's *Be Smart and Seal Them!* program.

**GOAL**  
**IMPROVE THE ORAL**  
**HEALTH OF UN-AND**  
**UNDER-INSURED**  
**CHILDREN AGES 3-8**

- **Conduct oral health education sessions for parents/guardians of pre-school and K-12 students**
- **Conduct oral health educational sessions for pre-school and K-2 students**
- **Screen pre-school and K-2 students for dental disease**
- **Provide fluoride varnishes for pre-school and K-2 students**
- **Provide dental sealants to second-graders**

Many children have tooth decay that can cause them pain, affect their health and cause them to lose time at school. Fixing tooth decay can be costly. The Eastern Plains Oral Health Initiative offers dental education and fluoride varnishes and sealants for public school children. Thanks to the generosity of the Caring for Colorado Foundation, there will be no cost to the parents or schools for these services. The procedures are painless; they do not require drilling and there are no side effects. The children probably will not be able to tell anything was done to their teeth.

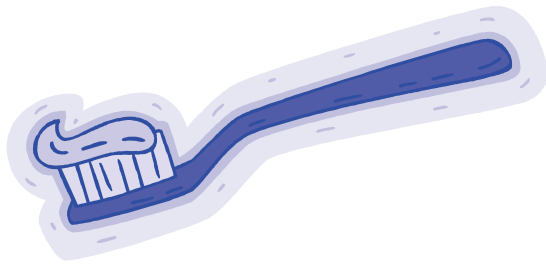


**FLUORIDE VARNISH**

Fluoride varnish is used to help protect teeth from cavities. A dental hygienist or public health nurse will put the varnish on the child's teeth using only a few drops with an applicator. It is sticky so it stays on the teeth. Fluoride makes the outside of the teeth harder and helps prevent decay. Fluoride varnishes are very safe.

**DENTAL SEALANTS**

Dental sealants are thin plastic coatings that are put onto the chewing surfaces of the back teeth (molars) for the prevention of tooth decay. As the back teeth grow, mountains and valleys form on the tops of the teeth. Food and germs get caught in the valleys and cause the teeth to get cavities. Using a toothbrush doesn't remove all the cavity-causing germs because the toothbrush bristles are too big. When the first molars start coming in at about the age of 6-7, sealants are painted on the tops of the back teeth and harden to form a protective shield over the tooth. Sealants fill the grooves and help the teeth stay clean.



Targeted Northeast  
Colorado Counties

Cheyenne

Kit Carson

Lincoln

Phillips

Sedgwick

Washington

Yuma



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Partner Agencies

Centennial AHEC

Cheyenne County Public Health

Kit Carson County Health and  
Human Services

Lincoln County Public Health

Northeast Colorado Health  
Department

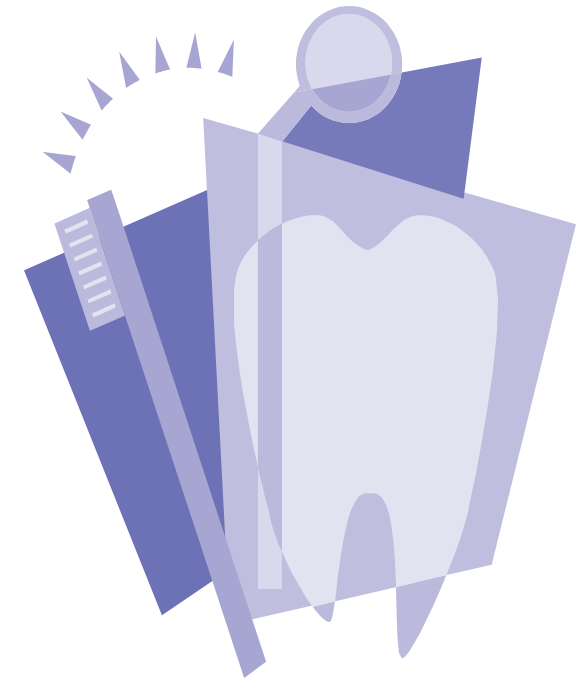
Plains Medical Center

Rural Communities Resource Center

Local School Districts

In-school Services  
Provided by:

- Local public health nurses
- Local registered dental hygienists



Centennial area health education center

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CARING FOR COLORADO  
FOUNDATION