



Protecting Children's Oral Health During Childcare

Presented by Betsy Holman, Outreach and Education Representative

The Role of DentaQuest in Colorado

DentaQuest is the Administrative Service Organization (ASO) contracted by the State of Colorado to manage the Health First Colorado dental benefit. We manage the Adult, Child and DIDD Health First Colorado dental benefit.

DentaQuest does not set up the guidelines for coverage, fees, services or policies. The state governs the program through rules and legislation, and DentaQuest implements those guidelines

Children's Dental Benefit

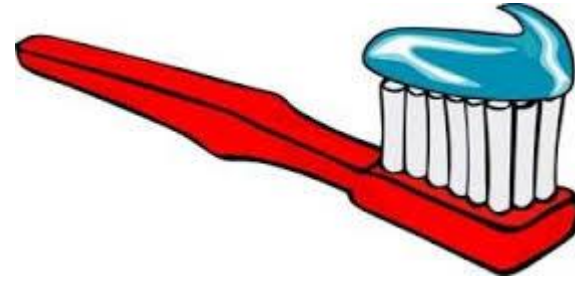
- Covers children ages 0-20



Coverage Type	Covered?	Colorado Medicaid will pay
Diagnostic and preventive services	Included	100% of all medically necessary treatment
Restorative and other basic services	Included	100% of all medically necessary treatment
Complex dental services	Included	100% of all medically necessary treatment
Prosthetics (removable)	Included	100% of all medically necessary treatment
Orthodontics (20 years and under)	Included	100% of all medically necessary treatment for cases approved through prior authorization
Emergency dental care	Included	100% of all emergency services and treatment

- No co-pays, deductibles, out of pocket maximums or annual limits
- Additional services may be covered under EPSDT guidelines

Adult Dental Benefit



- Covers adult ages 21+

Coverage Type	Covered?	Colorado Medicaid will pay
Diagnostic and preventive services	Included	100% up to \$1000 annual benefit limit
Restorative and other basic services	Included	100% up to \$1000 annual benefit limit
Complex dental services	Included	100% up to \$1000 annual benefit limit
Prosthetics (removable)	Included	100% of the Medicaid fee schedule rate, not subject to annual benefit limit
Orthodontics (21 years and older)	Not a benefit for adult Members	Not a benefit for adult Members
Emergency dental care	Included	100% and not subject to annual benefit limit

- No co-pays, deductibles, or out of pocket maximums
- Dentures, Partials and Emergency treatment not subject to the \$1000 Max

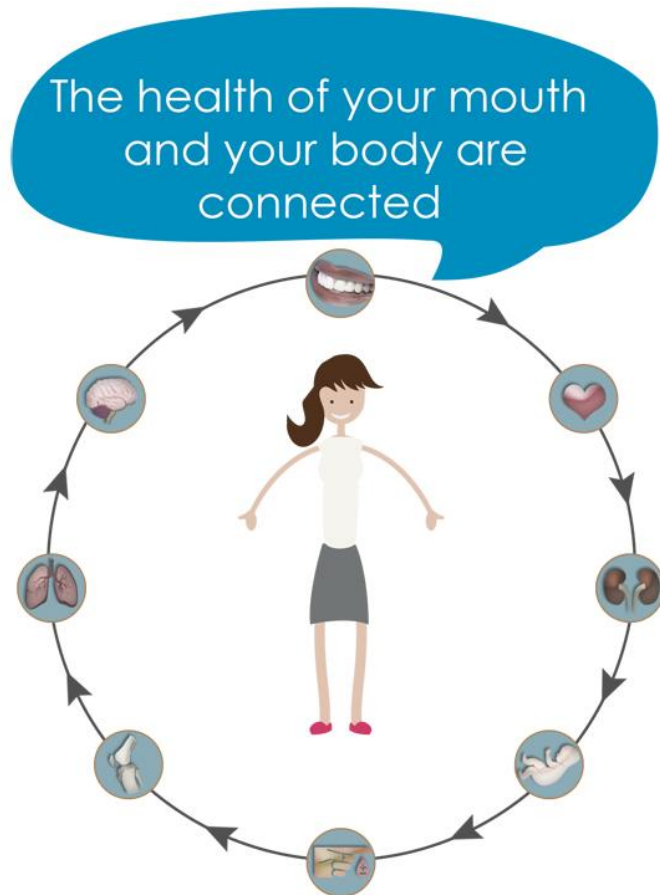
Member Support Services

- **DentaQuest Customer service 1-855-225-1729 TTY: 711**
 - New ID Card, Eligibility Questions, Claims & PAR questions, help finding a dental provider or making an appointment
 - Monday thru Friday 7:30 am to 5 pm Mountain Time
 - Translation services available in over 50 languages
- **DentaQuest Member Portal**
 - <https://member.dentaquest.com>
 - Member can register for access to their personal info & benefits
 - Chat with an CSR, print ID card, find a provider

Member Support Services

- **Dentaquest.com/Colorado**
 - General information on the Health First Colorado dental benefit
 - Link to member handbook, email Customer Service, find a dental provider
- **Healthfirstcolorado.com**
 - Apply for Health First Colorado Benefits
 - Access member Handbook
 - Webpage available in languages other than English

What is oral health?



“Oral health is not only about keeping teeth clean. It also refers to the jaw, lips, gums, teeth, tongue, and glands that make saliva. Good oral health is important to your overall health. Many health problems, like diabetes, heart disease, and other conditions, are linked with oral health.”

Why Oral Health is Important:

SOME STATISTICS:

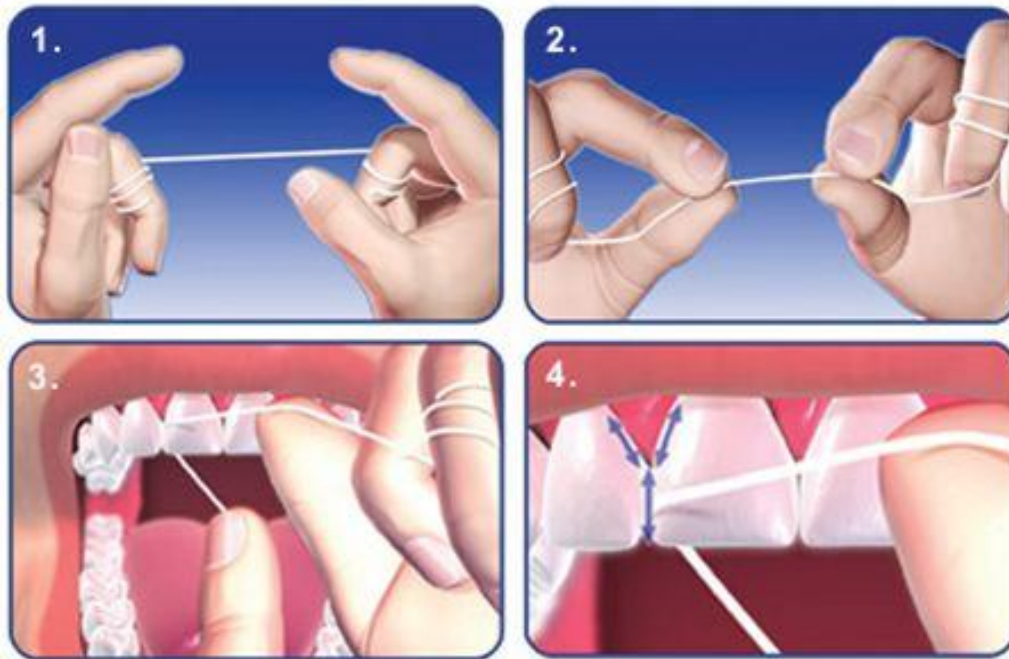
- Cavities are the most common chronic disease of childhood. More common than asthma, diabetes, obesity and seasonal allergies.
- In Colorado, children miss 7.8 MILLION hours of school due to mouth pain and dental issues. It's the number one reason kids miss school.
 - Ripple effect: this leads to missed work, increased expense to cover cost of child care, stress, etc...
 - When kids are in chronic pain they have a harder time paying attention while in class, and have a hard time eating which then impacts both body and brain development

- **Cavities are 100 percent preventable**, yet the disease is increasing in children of all ages, and goes virtually untreated in children age three and under.
- Children between the ages of 2 and 5 who have not visited a dentist with the past 12 months are more likely to have cavities in their primary teeth.
- 40% of Colorado children in kindergarten and 55% of Colorado third graders have had a caries experience (untreated decay or decay treated with fillings).

The most recent recommendation from the American Dental Association is for kids to be seen by a dental care professional by their first birthday.

Allow kids to have access to flossing during care

- Flossing helps remove the plaque and food between the teeth that your toothbrush can't reach. Floss once a day!



Integrate brushing into their daily routine while in your care

- Ask parents to bring a toothbrush in to be kept onsite.
- Pick a time of day that everyone can brush together (drop off, after lunch, after snack time)
 - Use a timer or a favorite song
 - Use individual toothbrush calendars or a group calendar with each kid name to track progress and to encourage a feeling of achievement.
- **Don't let kids share toothbrushes**
 - Germs and bacteria can be shared with the brush!

Always Use Fluoride Toothpaste

- For children under 3 years use a “smear” of toothpaste
- For children 3 to 6 years use a pea size amount of toothpaste (adults do not need much more than this, either!)



“Smear”



“Pea”

The Sugar-Cavity Connection:

- ❖ Everyone has many different types of bacteria in their mouth.
- ❖ Some of those types of bacteria create acid when they mix with sugar.
- ❖ Therefore, when you eat sugary or starchy foods, that bacteria mixes with the sugar and creates acid. That acid stays active in your mouth for 45 minutes after you eat.
- ❖ That acid then damages the enamel on your teeth, causing a hole or cavity.
- ❖ The bacterial is then able to enter the tooth and continue to decay the inside of the tooth as well as the outer layer of enamel
- ❖ If left untreated, the whole tooth can decay, or crumble.

DENTAL DECAY PROCESS



**Bacteria /
Germ s**

+



**Food, Drink,
Sugars, Sweets**

=



**ACID
Produced**

**Healthy
Tooth**



+



ACID

=



Cavity

Serve Healthy Snacks and Beverages

These foods increase the risk of cavities:	Choose these healthier options instead:
Sugar sweetened beverages: soda, sports drinks, sweetened fruit juice, sweet tea or sweet coffee drinks	Non- sweetened drinks: water, ice tea with no sugar, natural fruit juice diluted with water
Sticky Foods: chewy candy, caramel dip, fruit snacks, licorice, jelly beans, marshmallows, dried fruit	Fruits and Vegetables: carrots, celery, strawberries, apples, sugar snap peas, melon, berries
Snacks: cakes, pastries, high sugar yogurts, cookies, crackers, white and sweet bread, sweetened cereals and oatmeals	<p>Foods rich in protein: lean meats, fish, eggs, nuts, lower sugar peanut butter, lower sugar yogurts and cheeses</p> <p>Foods with complex carbohydrates: whole grains, breads & cereals low in sugar</p>
* Read package labels and look for added sugars: Words ending in “OSE” are sugars: (Glucose, Fructose, Dextrose, Lactose, Maltose...)	

**Did you know water is very important for
cleaning and reducing the amount of bacteria in
the mouth?**



Drink plenty of tap water!

You can also EAT your water! Fruits and veggies!



96% water



95% water



95% water



95% water



95% water



94% water



92% water



90% water



89% water



89% water

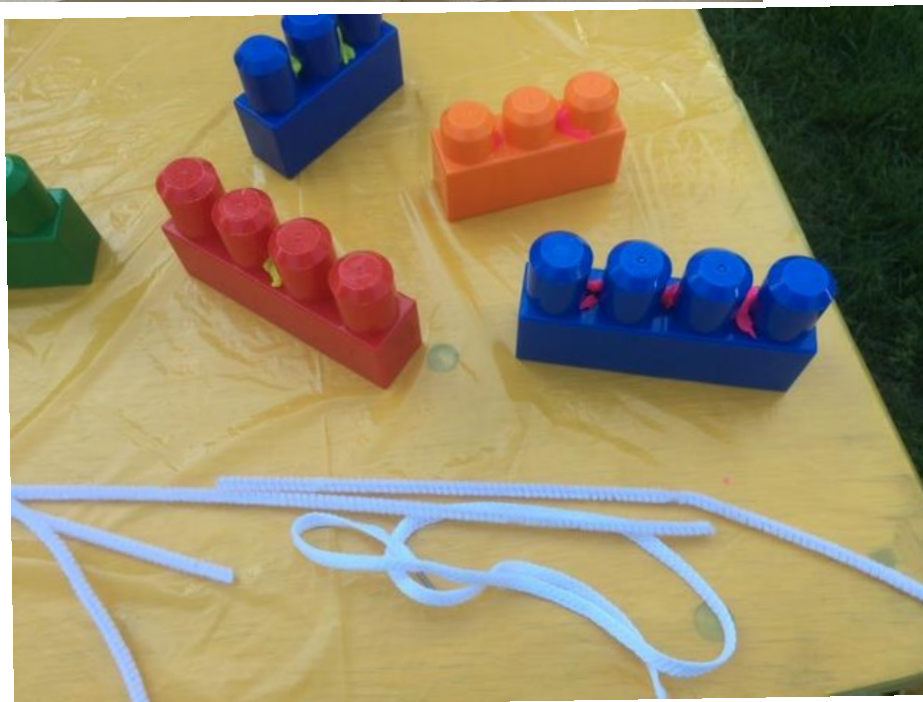
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Early Learning Curriculum

- Parent Letter
- Talking points with kids
- Book list
- Tooth brushing Calendars
- Activities
- Coloring Sheets

Educational Activities





Internet Resources

For 2 minute videos to watch while brushing

- <http://2min2x.org/>
- <http://www.2min2x.org/espanol/> (Spanish)

For free coloring, activity sheets, and toothbrushing calendars to print

- <http://www.ada.org/en/public-programs/national-childrens-dental-health-month>

Colgate Bright Smiles Bright Futures Tooth Defenders- 15 minute cartoon

- https://www.youtube.com/watch?v=mxvDny_OwE0 (English)
- <http://www.colgatecentralamerica.com/app/BrightSmilesBrightFutures/GT/Program-Materials/Kids-Games/Meet-Our-New-Tooth-Defenders.cvsp> (Spanish)

Internet Resources Cont.

Songs to teach kiddos to get them excited about taking care of their teeth

- <http://www.mouthhealthy.org/en/Kids-Brushing-Playlist>
- <https://www.aquafresh.com/kids/brushing-tips/make-brushing-fun/>

What questions do you have?



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