



*At Delta Dental of Virginia,
we realize that good
oral health habits are formed early.
That's why we develop educational
programs targeting children to spread
the word about proper oral health.
Learning good habits early
increases the likelihood of improved
oral and physical health as
children grow older, and plays
a critical role in fulfilling our mission
of advancing the public's health.*

More information

For more information about *Teeth on the Go 2.0*, or any of our community focused programs promoting healthier people through better oral health, please contact your Delta Dental representative. Or you can call us toll-free at 800.237.6060 or visit our website at deltadentalva.com.



The Benefits of Experience

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Teeth on the Go 2.0

Laying the foundation for good oral health



Teeth on the Go 2.0

Delta Dental of Virginia has developed *Teeth on the Go 2.0*, a program specifically designed to educate elementary school students on how to form good oral health habits. This fun, interactive program has been developed for students from Pre-K to 5th grade, incorporating three main teaching points:

1. The importance of teeth to a child's overall health,
2. The impact of nutrition on teeth, and
3. Proper oral hygiene, tooth brushing and flossing techniques.



Teeth on the Go 2.0 includes a Teacher's Guide with lesson plans, along with a variety of visual and audio learning aids that help students learn more about oral health and hygiene, including proper brushing techniques. Communication materials explaining the program are provided for students to take home to their parents and to use at home to track oral health activities.

Teeth on the Go 2.0 is available free of charge to all nurse coordinators and teachers in Virginia elementary schools. Nurse coordinators or teachers simply call Delta Dental of Virginia or request a kit online at deltadentalva.com.

Why Teeth on the Go 2.0 is so important

The growing evidence linking oral health to overall body health is one of the main reasons to impress the value of good oral health habits upon children at an early age. Plus, by making the program available to all Virginia schools, *Teeth on the Go 2.0* can reach many children across the Commonwealth who may not typically visit a dentist in their developing years.



A lifetime of healthy smiles

Addressing oral health habits in children and making a positive impact on the behaviors that can lead to a lifetime of healthy habits puts Delta Dental's mission to improve the public's health in action. The components of *Teeth on the Go 2.0* – educational, yet fun, learning activities, parental involvement and reinforcement, and free use for all Virginia schools – reach out into the community and help promote a lifetime of healthy smiles for children in Virginia.

"I teach self-contained special needs (mentally challenged); the kit was very appropriate."

Special Ed. Teacher - Harrison Elementary

"My students and I loved everything. That is why I order your kit every year."

Kindergarten Teacher – Union Hall Elementary

"Excellent resource and easy to adapt and use."

School Nurse – Oakland Intermediate

The importance of good oral health:

- ▲ Experts in pediatric dentistry have identified education as one of the most important strategies for preventing cavities in preschool children.¹
- ▲ Growing evidence suggests a direct connection between oral health and general health, with clear links between chronic oral infections and health problems such as diabetes, heart disease and adverse pregnancy outcomes.²
- ▲ Close to 30% of all children age 1-17 and 50% of children age 1 – 5 in Virginia have not had a preventive dental visit in a 12-month period.³
- ▲ More than 51 million school hours are lost each year due to dental-related illness.⁴
- ▲ Even though cavities are almost entirely preventable, it remains one of the most common diseases of childhood and is five times as common as asthma.⁵
- ▲ Poor children suffer twice as much from cavities as more affluent children.⁵
- ▲ Accessing dental care is a challenge for millions of Americans who either can't afford it or live in underserved areas.⁶

1 National Academy for State Health Policy, Improving Oral Health Care for Young Children, April 2007

2 American Dental Association, Oral-Systemic Health: Your oral health and overall health report

3 U.S. Department of Health and Human Services, The National Survey of Children's Health 2003

4 CDC fact sheet: Oral Health for Children

5 Surgeon General's Report on Oral Health in America

6 DDPA 2008 Community Benefit Annual Report