



Maternal Oral Health Program

Delivering Smiles Workshop



OBJECTIVE

To increase awareness about maternal oral healthcare and improve health outcomes for pregnant individuals and babies.

PROGRAM OVERVIEW

Delivering Smiles is an evidence and research-based approach to promote the importance of prenatal oral health. The oral health of a pregnant individual has direct effects on birthing outcomes. This program will focus on a variety of activities to promote awareness of pregnant mothers and families, including educational workshops, mommy kits, referral systems, and community engagement.



Maternal Oral Health Program

- In 2021, only 41% of pregnant individuals in the state of Arkansas had their teeth cleaned at the dentist's office according to Arkansas Centers for Health Improvement, 2024.
- The Centers for Disease (2024) approximates that 60-75% of pregnant individuals have periodontal disease, which can result in adverse birth outcomes such as preterm birth or low birthweight.
- In 2007-2009, 35% of U.S. women reported that they did not have a dental visit within the past year and 56% of women did not visit a dentist during pregnancy.

The Delivering Smiles Program will focus on breaking barriers for pregnant individuals that are not going to the dentist, encourage prenatal oral health conversations with Women's Health professionals and spread awareness on how to effectively promote better oral health to pregnant individuals.

PROGRAM OBJECTIVES

- **Increase Awareness:** The Maternal Oral Health program would serve as a mechanism to educate pregnant women on the importance of oral health for themselves and their babies.
- **Interdisciplinary Collaboration:** Foster collaboration between dental and healthcare providers to promote integrated care.
- **Promote Oral Healthcare Behaviors:** Encourage healthy oral healthcare practices among expectant mothers.

PROGRAM OVERVIEW

- **Educational Workshops:** Lunch and learn workshop for pregnant women. Topics include oral hygiene practices, the impact of oral health on pregnancy outcomes, benefits awareness, nutrition for oral health, and preventing dental decay.
- **Mommy Kits:** Distribute kits that include adult toothbrush, fluoride toothpaste, floss, onesie, burping cloth, bib, baby tooth brush, orthodontic pacifier and educational resources.
- **Referral System:** Establish a referral system for women needing dental treatment and encourage the importance of having a dental home.
- **Community Engagement:** Partner with local organizations to raise awareness and promote program activities.



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EVALUATION

- Conduct surveys pre and post program to assess knowledge and behavior changes during educational workshops.
- Monitor and track the number of women receiving dental care services and participating in educational workshops.

ITEMS NEEDED

Printed Maternal Oral Health Educational Handouts • Dental Care Resources • Tooth Models/Toothbrushes • Pens or Pencils

LESSON OUTLINE

Pregnancy & Oral Health: Why It Matters

- 1.Introduce yourself and the importance of oral health in pregnancy.
- 2.Present background on the Delivering Smiles program.
- 3.Discuss key oral health messages, focusing on the link to pregnancy and overall health.
- 4.Review common oral health concerns, symptoms, and risk factors in pregnancy.

Maintaining Oral Health During Pregnancy: Practical Tools & Resources

- 1.Provide practical guidance for oral health maintenance during pregnancy.
- 2.Highlight Arkansas-specific data and resources available to support families.
- 3.Provide dental hygiene lessons and include tooth models for demonstration.
- 4.Facilitate an open discussion and address questions.
- 5.Recap main takeaways and distribute educational materials.

Women's Health Organizations/Provider Resources & Recommendations

Smiles for Life

Utilize the no-cost curriculum created by an accredited team of medical professionals. This is information on a pregnancy and oral health course, the link to take the course, and register for CE credits.

Educators - Brush Dental

Dental Care Resources

A list of dental care resources accessible for community members.

DDARF Mini Grant Funding Opportunities

The Delta Dental of Arkansas Foundation Mini Grant opportunity supports innovative solution-based projects that make an impact in the field of oral health. Interested and qualified organization are encourage to register with our online grant management site to apply.