

***New Hampshire's 2009 Healthy Smiles-
Healthy Growth Third Grade Survey***

**Nancy Martin, RDH MS
NH Division of Public Health Services
Oral Health Program Manager**

***Childhood Obesity- Is There A Role for the
Dental Profession in this Health Crisis?***

New Hampshire's 2009 Healthy Smiles- Healthy Growth Third Grade Survey

- **NH's Statewide Third Grade Oral Health Surveys 2001, 2004, 2009 collected surveillance data.**
- **ASTDD Basic Screening Survey assesses student oral health status**
- **In 2009 NH added height/ weight assessment to:**
 - **Share limited state resources (funding & workforce) through collaboration.**
 - **Maximize school-based data collection/ minimize classroom disruption.**
 - **Raise awareness of relationship between nutrition, oral health & obesity.**
 - **Raise awareness that harmful eating behaviors impact oral health.**
 - **Standardize school data collection with equipment and assessment protocols.**
 - **Show that good data drives programs and motivates communities to act.**

Lessons Learned

- **NH schools are comfortable with services delivered by program RDH's.**
- **Obesity- a more sensitive topic in schools than OH.**
- **Required negotiation with some school administrators.**
- **100% participation of schools in selected sample.**
- **Concerns from school food services.**
- **NH school OH programs must take disease prevention interventions to young high-risk children in Head Start, WIC and child care.**
 - **Integrated parent participation and nutrition education**

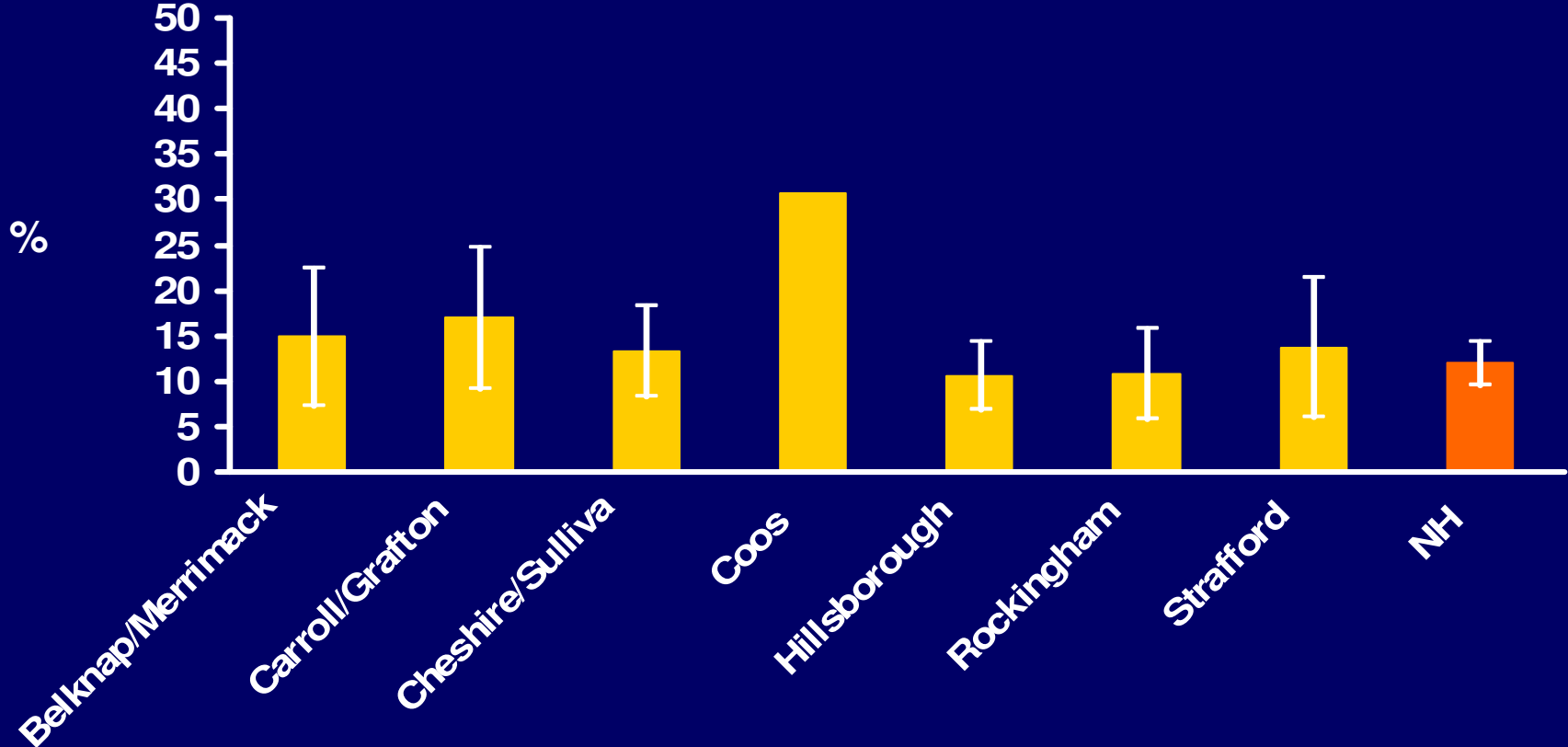
Outcomes

- Integrate oral health with children's total health
- School OH programs have adopted “teeth to toes” total health approach
- Monadnock Healthy Teeth to Toes
- Healthy Me After School Program-physical activity, recipes for healthy snacks
- Added new schools to school-based oral health programs

NH Statewide prevalence of tooth decay experience, dental sealants and treatment urgency, 2008-2009

| Variable | Number of Children | Percent of Children | 95% Confidence Interval |
|---------------------------------|--------------------|---------------------|-------------------------|
| Decay experience | 1,427 | 43.6 | 39.7-47.4 |
| Untreated decay | 443 | 12.0 | 9.6-14.3 |
| Dental sealants | 1,644 | 60.4 | 56.8-64.1 |
| Need treatment (early & urgent) | 448 | 12.0 | 9.7-14.4 |
| Need urgent treatment | 39 | 1.0 | 0.5-1.5 |

Percent of New Hampshire Third Grade Students with Untreated Decay, by Region, 2008-2009 School Year



Third Grade Healthy Smiles & Healthy Growth Survey — New Hampshire, 2008–2009
New Hampshire Department of Health and Human Services, Division of Public Health Services

NH Statewide prevalence* of overweight and obesity, 2008-2009

| Variable | Number of Children | Percent of Children | 95% Confidence Interval |
|----------------------|---------------------------|----------------------------|--------------------------------|
| Obese | 556 | 18.0 | 16.1-19.9 |
| Overweight | 481 | 15.4 | 14.1-16.7 |
| Normal weight | 1,994 | 64.9 | 62.9-66.8 |
| Underweight | 51 | 1.7 | 1.0-2.4 |

* Only children 7-10 years (3,082) included

Weight Status of NH Third-Graders (n = 3,082)

