

North Dakota Coordinated School Health Strategies

Oral Health

Physical Education

- Promote the use of protective devices for injury prevention (i.e., mouth guards, helmets).



- Promote the use of fluoridated tap water or individual fluoridated bottled water to prevent transmission of disease.

Health Services

- Provide training to school nurses regarding assessment and referral for abnormal conditions, as well as preventative services, including sealants and fluoride varnish.
- Provide awareness to school staff regarding identification and referral of students who may be suffering from oral health disease (tooth decay) or abnormalities.
- Provide oral health information to students and staff.

Health Education

- Incorporate oral health education into the curriculum, including prevention strategies and the link to overall health (healthy mouth, healthy body).



Nutrition Services

- Encourage healthy eating habits to prevent tooth decay and related conditions, including obesity, malnutrition, heart disease and diabetes.
- Provide education about appropriate healthy food and beverage choices.



- Provide access to fluoridated tap water or fluoridated bottled water for drink breaks.

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Healthy School Environment

- Implement policies that address unhealthy food and beverage choices that may lead to tooth decay (i.e., snacks, vending machines, school stores, fundraisers, classroom parties and school events).
- Enforce policies regarding tobacco-free environments on school grounds and for off-site school events.
- Establish in-class tooth brushing (dry brushing) and flossing program.
- Provide suggestions for alternative classroom rewards (i.e., extra recess rather than candy, soda, etc.).

Family & Community Involvement

- Provide oral health promotion and disease prevention materials (i.e., fact sheets, school newsletters, health fairs, etc.) encouraging proper brushing and flossing at home.
- Work with parent teacher organizations/associations on the purchase of toothbrushes and floss for student use in school.
- Provide suggestions for alternative school/community events and fundraisers that promote oral health.



Counseling, Psychological & Social Services

- Incorporate the impact of oral health on self-esteem and students' mental, emotional and social well-being.
- Identify oral health abnormalities that are associated with abuse and neglect and provide appropriate follow-up and/or referral.
- Identify and refer individuals with oral health needs to appropriate support agencies (i.e., public health, safety net clinics).

Health Promotion for Staff

- Provide access to oral health promotional information.
- Encourage role modeling of proper oral health techniques, including flossing, brushing and gum care.
- Encourage role modeling of proper nutritional behaviors relating to oral health and overall health.
- Offer dental insurance plans to staff as part of district benefits plan.



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