

Oral Health Facts

Prevention Programs

December 2011

Healthy Smiles Fluoride Varnish Program

- Program established in 2007.
- The Oral Health Program provides fluoride varnish through a preventive school-based program targeting schools with a 50 percent or greater free and reduced-price meal rate, as well as rural schools located in areas without an optimal level of 0.7 ppm of fluoride in the water supply.
- Parent-guardian signed consent is required.
- Five percent sodium fluoride paintable varnish (clear or yellow) is used.
- Limited to two applications annually as per Medicaid qualifications.
- Program participation can reduce decay by 25 percent to 45 percent and remineralize early decayed lesions.
- North Dakota state law allows for physicians, physician assistants, nurses (RNs and LPNs) and advanced practice RNs to apply fluoride varnish. The Oral Health Program provides training on the application of fluoride varnish in non-dental settings, such as pediatrician's offices, local public health unit offices, Head Start and schools.
- Topical varnish is safe, effective and easy to paint on all tooth surfaces.

Seal! North Dakota Sealant Program

- School-linked program established in 2008.
- A 2011 implementation of school-based, Head Start and community health centers is planned.
- Parent-guardian signed consent is required.
- Resin-based plastic coating applied to the chewing surface of the molar (back) teeth to protect against decay.
- Sealants can reduce decay by 85 percent.
- Sealants normally last five to 10 years.
- Sealants are safe, effective, economical and easy to apply.

