

Bridging the Gaps
Oral Health Education
& Dental Mentors
Summer 2026



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Requirements for Oral Hygiene Education Project at Your Sites

- Create an OH education program tailored to the participants at your site.
- Use resources from these slides and the Dental Mentors.
- Books and puppets can be borrowed to assist with the presentations.
- Keep in mind the health literacy of your population.
- Work with your site coordinator to pick a date for the presentation and get guidance on quantity of supplies to request.
- Order oral hygiene supplies from the Dental Mentors **WAY AHEAD** of time and plan to have them on site the day of your presentation.
- Be creative and have fun with it!

Oral health is ESSENTIAL for total body health!

- Oral health/systemic health connection
 - bacterial translocation
 - increased inflammatory levels throughout body
- Disparities in access to care based on race, ethnicity and income



Oral Health General Health Significance

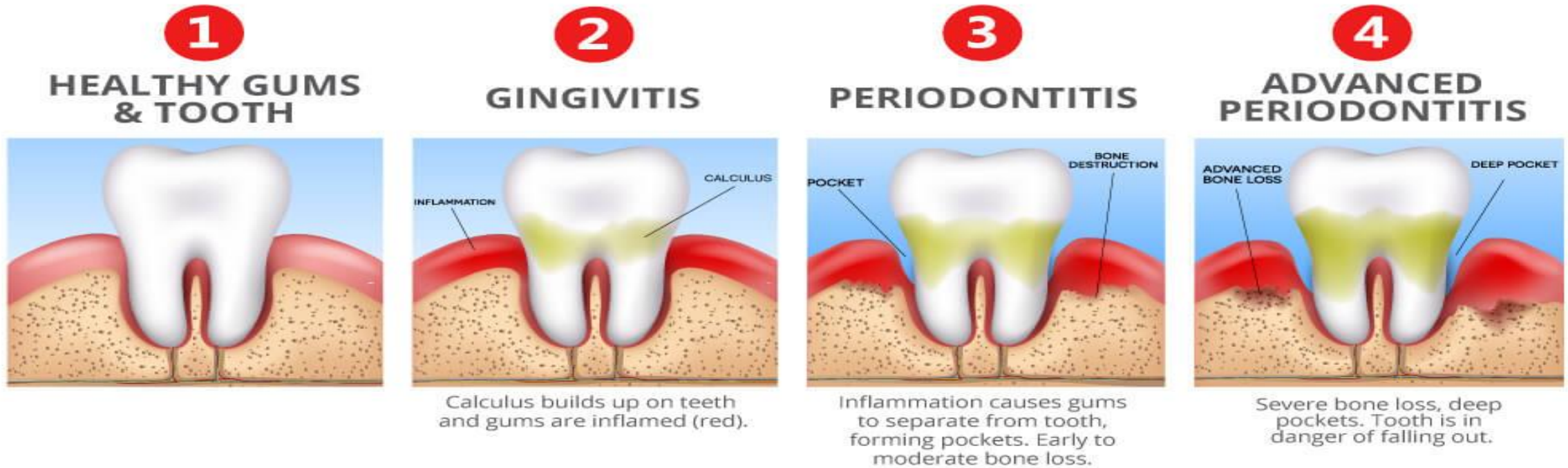
**What problems could poor
Dental Health cause?**



RANGE OF PERIODONTAL (gum) HEALTH

- Healthy tissue: pink, firm and tight to tooth
- Gingivitis: red, enlarged tissues that bleed
- Advanced Periodontitis: loss of tissue and bone support

Stages Of Gum Disease



Progression of Periodontal Disease



Healthy Gums → Gingivitis → Periodontitis → Advanced Periodontitis

Dental Decay is the MOST common childhood disease- and it is preventable!

How many experience dental decay?

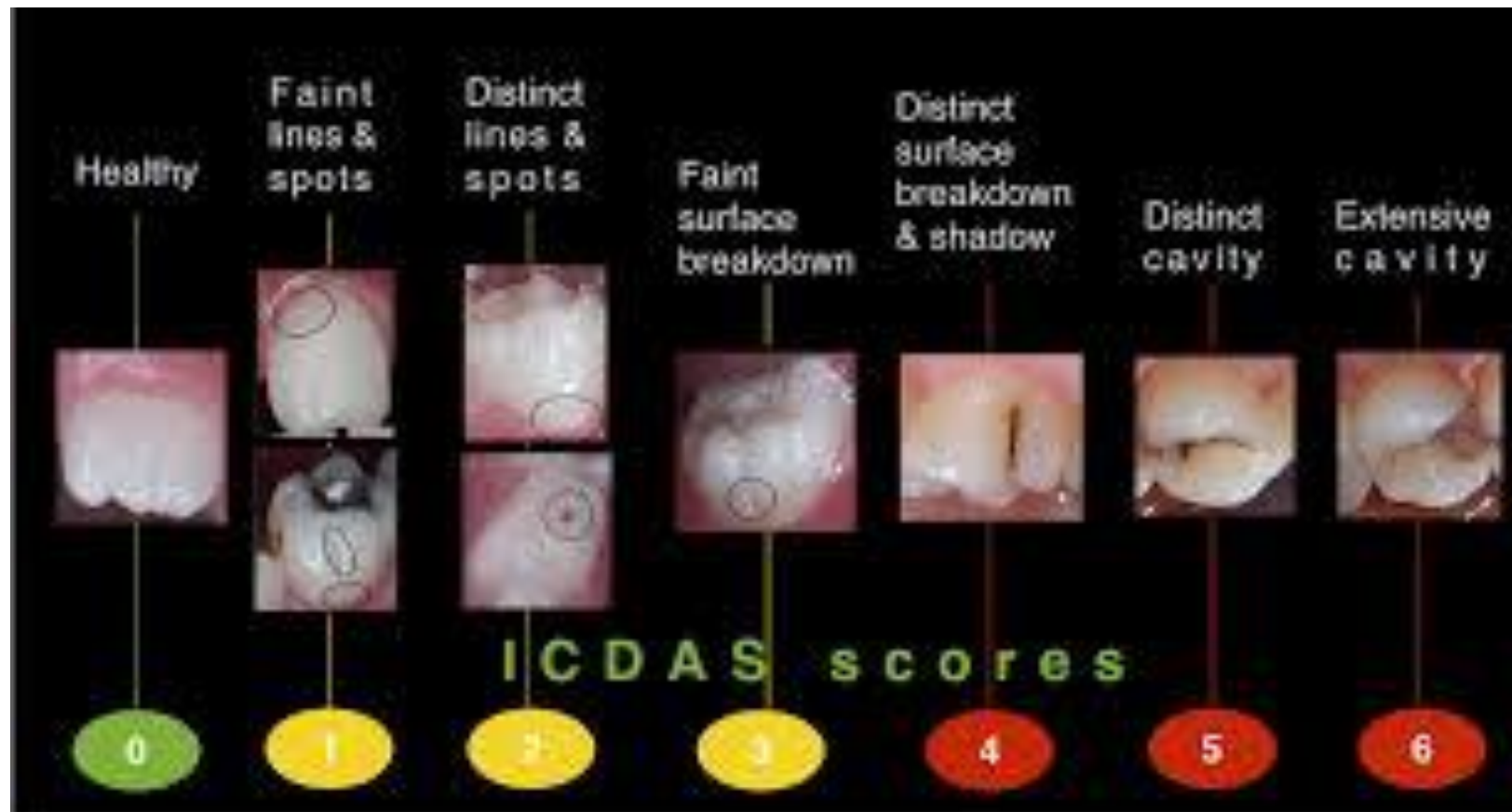
Children 2-5 years: 27% of young children have cavities of baby teeth

Children 5-11 years: 49% of baby teeth and 20% of adult teeth

Teens 12-17 years: 67% adult teeth

Adults: 91% adult teeth

Progression of Dental Caries (Cavities)



Dental Educational Presentations on Oral Hygiene, Fluorides, Nutrition and Frequent Dental & Medical Care

Tobacco Cessation is KEY in Oral Health Promotion

- tobacco use is linked to oral cancer and periodontal disease
- disparities in tobacco use and oral health

- **Do You Need Help Finding A Dentist?**

- *Call the Dental and Dental Hygiene Schools:*

- Penn Dental 240 S. 40th Sts 215-898-8965
- Temple Dental 3223 N. Broad St 215-707-2900
- Community College of Philadelphia 1700 Spring Garden Sts 215-751-8625

- *Call the Health Centers:*

- District Health Center #2 1720 S. Broad St 215-685-1822
- District Health Center #3 555 S. 43rd St 215-685-7506
- District Health Center #4 4400 Haverford Avenue 215-685-7605
- District Health Center #5 1920 N. 20th St 215-685-2938
- District Health Center #6 321 W. Girard Ave 215-685-3816
- District Health Center #9 131 E. Cheltenham Avenue 215-685-5738
- District Health Center #10 2230 Cottman Avenue 215-685-0608
- Einstein Hospital Dental Clinic 5501 Old York Rd., 215-456-7130
- Eleventh St Family Services* 850 North 11th st 215-769-1100
- Esperanza Health Center* 3156 Kensington Avenue 215-831-1100
- Fairmount Health Center* 1412 Fairmount Avenue 215-684-5349
- Frankford Ave Health Center 4510 Frankford Avenue 215-535-1990
- Health Annex* 6120-B Woodland Ave 215-727-4721
- Hunting Park Health Center 1999 W. Hunting Park Avenue 215-229-1390
- Marie De Los Santos Center* 452 W Allegheny Avenue 215-291-2500
- Philadelphia FIGHT Dental* 1207 Chestnut Street 215-525-3046
- Quality Community Health* 2501 West Lehigh Avenue 215-227-0300
- Sayre Health Center* 5900 Walnut Street 215-474-4444
- Stephen Klein Wellness Dental* 2144 Cecil B Moore Avenue 215-320-6187
- Wilson Park Medical Center 2520 Snyder Avenue 215-755-6866
- * Accepts a Sliding Fee Schedule

- *For Children & Those with Special Needs, Call:*

- Penn Dental 240 S. 40th Sts 215-898-8965
- Temple Dental 3223 N. Broad St 215-707-2900
- Episcopal Hospital Front and Lehigh Ave. 215-426-6760
- Special Smiles Ltd Front and Lehigh Ave. 215-427-7495
- St. Christopher's Erie Av. At Front St., 215-427-5065
- Kids Smiles 2924 Island Avenue 215-492-9291
- Kids Smiles 5828 Market Street 215-747-6901

- *If You Need Referral to A Private Dentist, Call:*

- Philadelphia County Dental Society 215-925-6050

Promote Regular Dental Visits!

-describe
experience at
sites
-provide referral
list

BTG Request for Oral Health Educational Materials & Supplies

BTG: [Philadelphia Community Health Internship Program 2026](#)

Request Oral Health Supplies- Initial Request due June 24th

Please email this request sheet to the Dental Mentors: Durgha Natrajan (durgha@upenn.edu) and Jenna Patel (patelj06@upenn.edu). CC Nasheeka.Conix@pennmedicine.upenn.edu

The BTG Dental Mentors will contact you to coordinate your pickup date and time. Supplies will be ready for pick up 7-10 days after order is placed.

Pick up location: **[Penn Dental COMMUNITY ORAL HEALTH Offices -220 South 40th Street, Suite 260 the entrance is beside Ben and Jerry's](#)**

Please keep in mind you may need [help](#) transporting supplies as orders can be bulky. Also, plan for time to assemble the kits at your site.

Intern Name: _____

BTG Site: _____

Today's date: / /

Requested pick up date: / /

Contact [Phone #](#): _____

Contact email address: _____

Available through each program to supplement presentations [are](#): puppets, ~~dentofoms~~ (mouth models) and oral health flip books.

Number of oral health supplies needed for all sites served by BTG interns:

(supplies are limited, please order mindfully 😊)

# _____ oral health kits for adults and children aged 9 & older (toothbrush, flossers, toothpaste)	# _____ denture kits (denture brush, bath, adhesive and denture cleaning tablets for older adults)
# _____ oral health kits for juniors aged 3-8 (toothbrush, junior flossers, toothpaste, 2 minute timers)	# _____ oral health kits for babies aged 2 & under (toothbrush, junior flossers, toothpaste)

BTG Dental Mentor Signature: _____

Date delivered: _____

- For Children: American Dental Association Smile Starts
- <http://www.mouthhealthykids.org/en/educators/smile-smarts-dental-health-curriculum>
- Cavity Free Kids <http://www.healthyteeth.org/>
- Oral health-General health connection <http://www.colgate.com/en/us/oc/oral-health/conditions/gum-disease/article/how-poor-dental-care-can-affect-your-overall-health-0313>
- Older adults: <http://toothwisdom.org/>

Oral Health Resources

- GO BACK TO BASICS
- -avoid health related jargon!
- -simple black & white line drawn pictures
- -effective communication requires assessing what the patient knows about their illness
- -sufficient time allotted to provide answers
- -teach back method: ask short summary of what the patient took away from the conversation, then giving additional information
- -body language, facial expressions, and tone of voice

Communication



Kids Smiles


NONPROFIT
CHILDREN'S
DENTAL CENTERS

To raise and expand the practice of oral healthcare in under-served communities by providing clinical care, education, and by partnering with community and healthcare organizations to create positive health behaviors among the children and families we serve.

Mission Statement of Kids Smiles

[español](#)



www.kidssmiles.org 

The Kids Smiles Oral Health Toolkit is a resource for educating all ages about the importance of oral health. To get started, simply click on a section below and start exploring!

[Story Time](#) 

[Music Time](#) 

[Activities](#) 

[Videos](#) 

[Infographics](#) 

FAMILY SMILES

For families and family advocates such as Head Start home visitors, WIC home visitors, and case workers.

DENTAL EDUCATION

For educators who work with students from pre-school through high school.

INCLUSIVE DENTAL HEALTH

For families and children with disabilities and special health care needs.

DENTAL HEALTH FOR TEENS

For teens and those working with teens. Utilize the resources in this section to manage dental anxiety, learn about the dental industry, and how to maintain a healthy mouth.

RELATED RESOURCES

Access other trusted oral health resources.

COMMUNITY PARTNER PORTAL

Information and resources designed for current and potential community partners.

Components of the toolkit



- Thank you!
- Please reach out with questions!



Please be advised that Penn Dental Medicine is neither supporting nor endorsing this presentation, product(s), or services.

Students are urged to use an evidence-based approach by utilizing scientific research and position papers and guidelines from the ADA and specialty professional associations.



DISCLOSURE

- I do NOT have any relevant financial relationships with any commercial interests.
- My presentation will contain NO reference to an investigational and/or off-label use of a product.