



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

PROMOTING HEALTH AND SAFETY

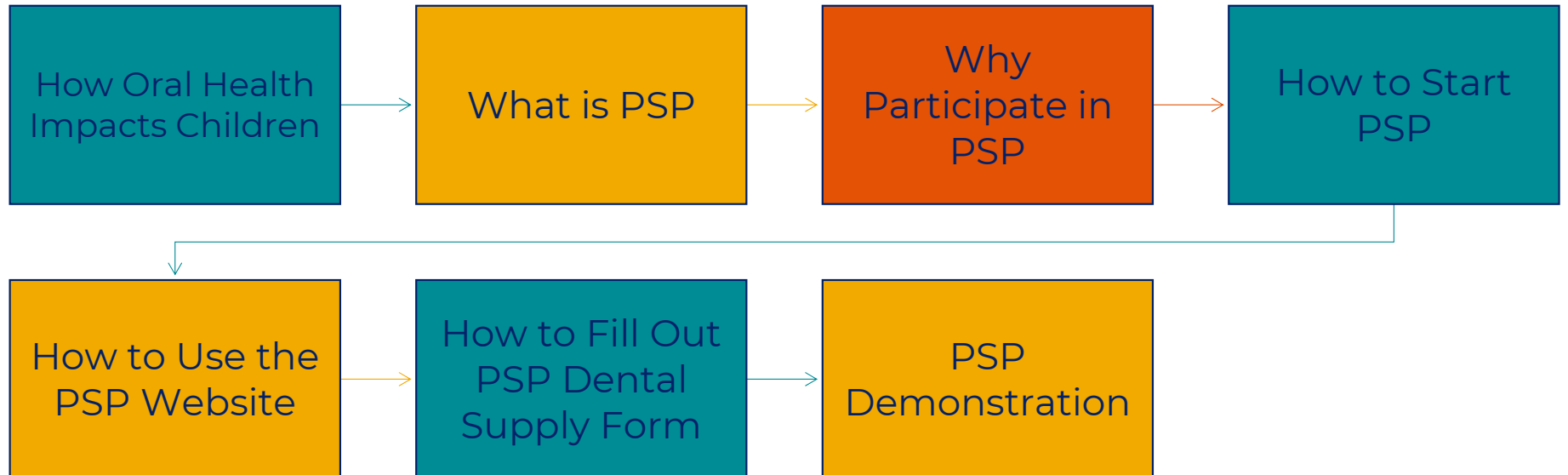


MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

Implementing a School-Based Strategy to Improve Oral Health

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Objectives





Tooth decay (caries) is the most common chronic childhood disease, but it's also the most preventable.

Dental Caries Statistics

Prevalence of Dental Caries

- Most common chronic disease in children
- 5 times more common than asthma
- 7 times more common than hay fever

Rate of Dental Caries

- Age 2 – 5 years: 28%
- Age 6 – 8 years: 52%
- Age 12 – 17 years: 59%
- 80% of decay found in 20-25% of children

Early Childhood Caries Can Lead to...



Extreme pain.



Spread of infection.



Difficulty chewing.



Poor weight gain, falling off the growth curve.



Extensive and costly dental treatment.



Risk of dental decay in adult teeth.



Crooked bite (malocclusion).

Consequences of Dental Caries

- Missed school days.
- Impaired language development.
- Inability to concentrate.
- Reduced self-esteem.
- Possible facial cellulitis requiring hospitalization.
- Possible systemic illness for children with special health care needs.





First Signs of Dental Decay

- White spots are the very beginning phase of dental disease.
- Improved brushing, eating habits, drinking fluoridated water and application of fluoride varnish can help stop these spots from progressing.

Oral Health and Diabetes

HOW **DIABETES** CAN AFFECT YOUR MOUTH



Diabetes can increase harmful bacteria and cause cavities and gum disease.



Learn tips to manage your diabetes at cdc.gov/diabetes

- High blood sugar can make it harder to keep your mouth healthy.
- High blood sugar can weaken white blood cells, which fight infections.
- Managing your diabetes helps prevent gum disease and other health problems.
- People with diabetes may have less saliva causing dry mouth which increase chances of tooth decay.
- Infections in your mouth may take longer to heal.

Oral health is essential to general health and well-being **across the lifespan.**



During pregnancy, women may be more prone to gum disease and cavities.



A mother's oral health status is a strong predictor of her child's oral health status.



If mothers have high levels of untreated cavities or tooth loss, their children are 3X more likely to have cavities.

www.cdc.gov/oralhealth



Office of Dental Health (ODH) Mission

ODH's mission is to:

- Promote optimal oral health,
- Improve access to dental care, and
- Reduce all forms of dental disease for Missourians.

With your help, we will be able to continue to move the needle in a positive way, improving oral and overall health for Missourians.

Office of Dental Health (ODH) Programs



ODH also works with several other programs.



School-based sealant programs



Workforce initiatives



Community water fluoridation



Preventive Services Program (PSP)

Good Oral Health Habits

- Brush teeth twice daily for 2 minutes with a fluoridated toothpaste.
- Floss at least every other day to prevent cavities from forming in between the teeth.
- Drink fluoridated tap water.
- Avoid sugary beverages including juice, soda, and sports drinks.
- Keep a healthy diet of fruits and vegetables.
- Visit your dentist regularly.

COMMUNITY WATER FLUORIDATION (CWF)

Just by consuming fluoridated water, it achieves 25% decay reduction in all citizens regardless of income or other socio-economic factors.



What is PSP?

The Preventive Services Program (PSP) is dedicated to improving healthy smiles for all of Missouri's children through education and preventive treatment. The goal of PSP is to review Missouri children's oral health and provide a public health intervention called fluoride varnish.

Preventive Services Program (PSP)



PSP 2024-2025 reports received:

- Total 54,860
- Urgent 2,488 (4.54%)
- Treated Decay 17,256 (31.45%)
- Untreated Decay 12,941 (23.59%)



Provides:

- Oral health education.
- Oral health reviews (First tooth to 18 years of age).
- Fluoride varnish application (2).
- Referrals to care if needed.



Who can perform Oral Health Reviews

- The individuals listed below, who complete the online **Oral Health Review Calibration** annually, may conduct PSP oral health reviews.
- Dentists.
- Dental Students (Competency as determined by faculty of respective dental school, typically third or fourth year students).
- Dental Hygienists.
- Dental Hygiene Students (Competency as determined by faculty of respective dental hygiene program, typically second year students).
- Dental Assistants (Certified Dental Assistant or passage of Missouri Dental Assisting Basic Skills exam and/or a minimum of two years chairside experience).
- Licensed Medical Professionals (i.e., Physicians, Nurses, Nurse Practitioners, etc.).
- Medical Professional Students (Competency as determined by faculty of respective medical or nursing program).

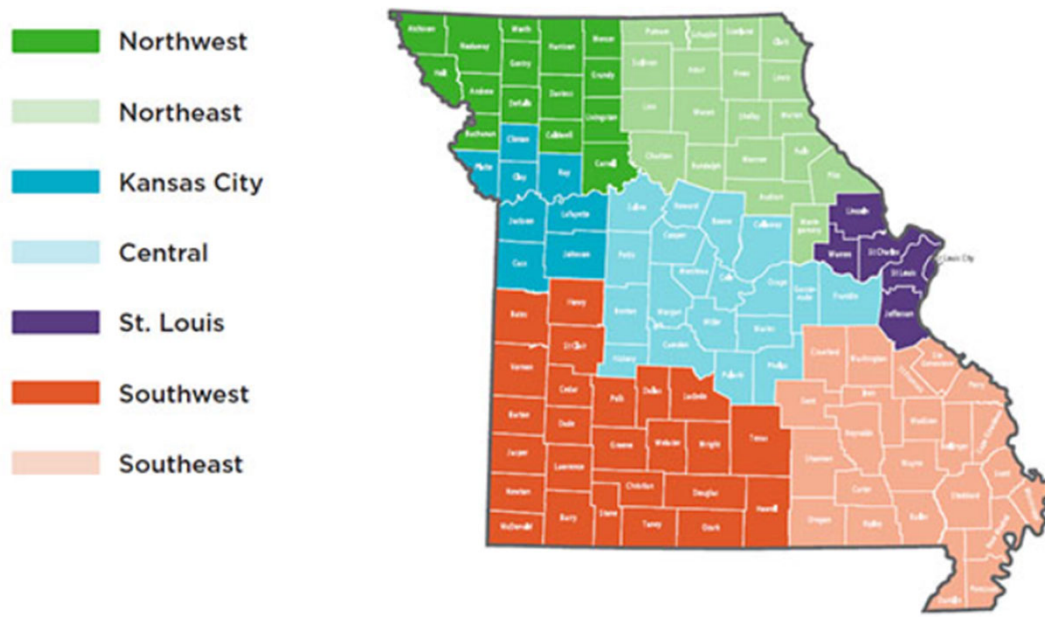
Community Volunteers

- Assist with applying fluoride varnish.
- Record information for the oral health reviewers.
- Assist with the oral health education component of PSP (curriculum & material provided).
- Escort children to the event and back to their classrooms.
- Assist with the distribution of materials (toothbrushes, toothpaste, etc.).
- Assist with directing and monitoring children while at the event.
- Assist with paperwork.

Dental Provider Resources

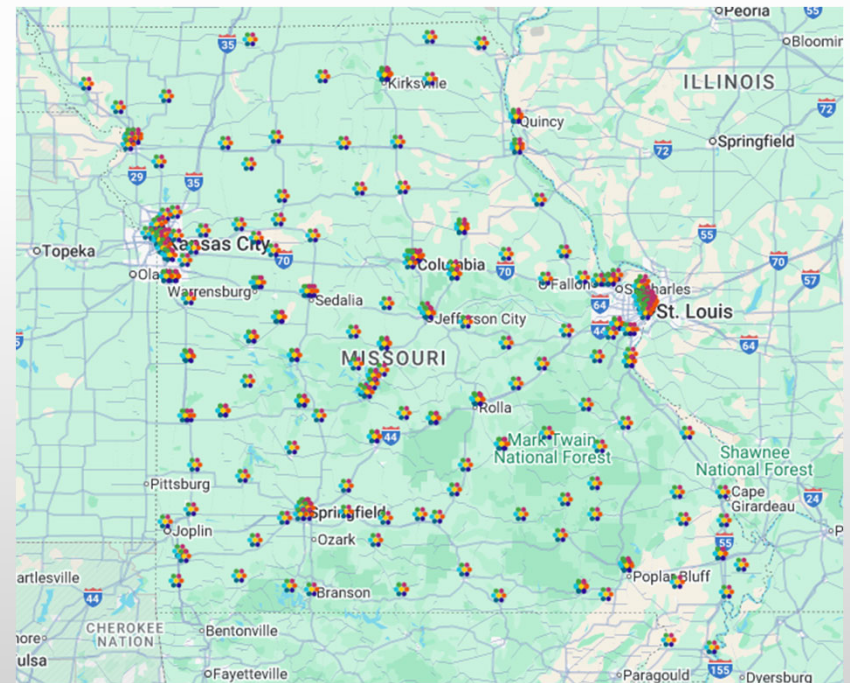
JB1

<https://www.deltadentalmo.com/resourceguide>



[Find a Health Center - Missouri Primary Care Association](#)

JB0



Slide 19

JB0

This color of font is really hard to read. Same for the delta dental link font color.

Boeckman, Julie, 2025-08-06T20:04:57.090

KS0 0

Done

Siegel, Kelsey, 2025-08-12T19:23:59.347

JB1

This slide doesn't really answer "why participate in PSP" so I think it's out of place. Maybe put this slide under "What is PSP" objective since part of PSP is provide referrals?

Boeckman, Julie, 2025-08-06T20:11:10.772

KS1 0

Done

Siegel, Kelsey, 2025-08-12T19:24:04.081

Fluoride Varnish

- Safe if swallowed—no nausea
- Easy to learn to apply
- Easy to perform application
- Quickly completed
- Sets on contact with moisture (saliva)
- Not rendered inactive by plaque
- Taste is tolerable and well accepted
- Can reverse early decay and can stop active decay lesions



How Local Public Agencies Can Help

- LPHA's can now perform oral health reviews for PSP and place fluoride varnish in the clinic and school settings.
- LPHA's can be reimbursed through Medicaid.
- Oral health reviews are completed by dental and medical professionals.





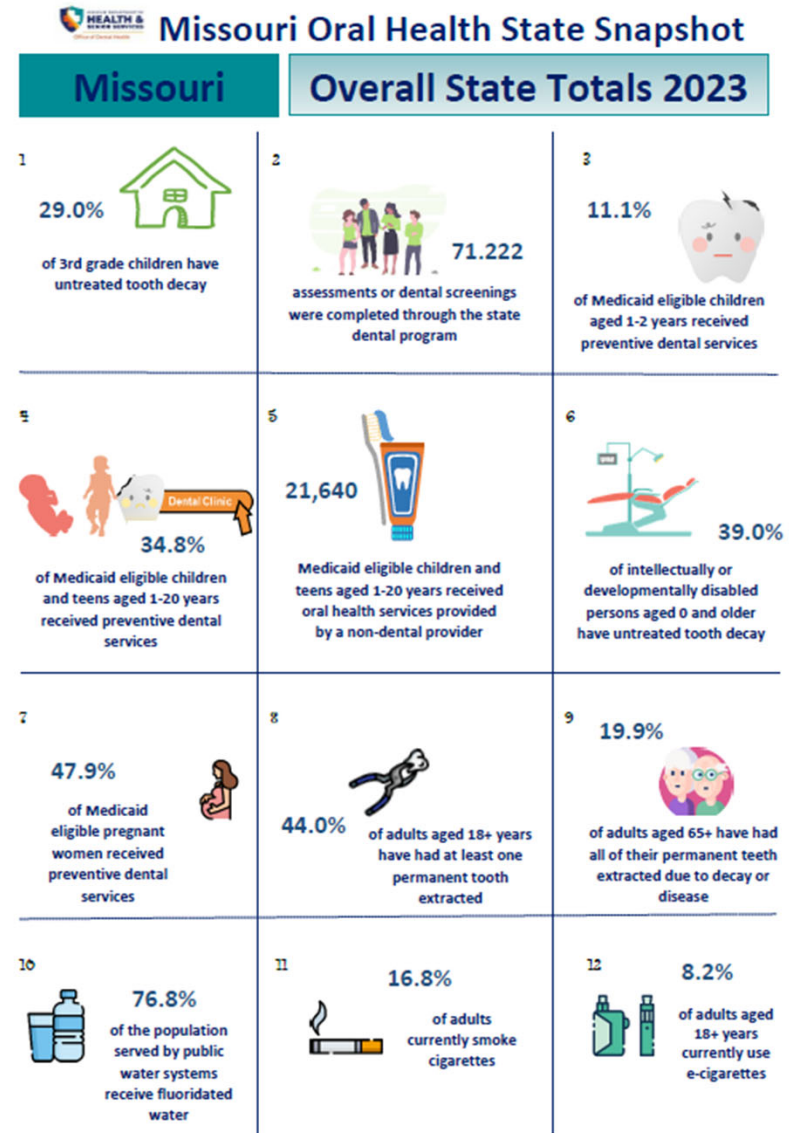
Fluoride Varnish Application

- All children with first tooth to 18 years old.
- Medicaid will reimburse \$36 per application if completed by dentist or dental hygienist.
- Medicaid will reimburse \$21.50 per application if completed by medical provider.
- Can reapply every 3-6 months.
- Office of Dental Health can help you purchase the varnish for around \$0.40 per application.

Why participate in PSP?

Snapshot of Oral Health in Missouri

- 29% of 3rd graders have untreated tooth decay.
- 34.8% of Medicaid eligible children and teens aged 1-20 received preventive dental services.
- 11.1% of Medicaid eligible children aged 1-2 years received preventive dental services.
- 71,222 dental screenings were completed through the PSP program in the 2023-2024 school year.



**Missouri
2024-2025
School
Disease
and
Chronic
Health
Condition
Statistics**

23.7% Untreated Decay (PSP)

32.01% Treated Decay (PSP)

17.7% Mental Health

9.0% ADD/ADHD

7.6% Asthma

3.5% Anxiety

3.3% Life Threatening Allergies

0.85% Seizure Disorder

0.33% Diabetes

Impact of PSP



From 2014 until 2022, overall reduction of dental decay = 4%.

Identification of schools and areas that are having problems accessing dental care by the Untreated Decay rate.

Fluoride Varnish dramatically reduces children's dental decay

No fluoride treatments - more than twice as likely to have decay as those who received a yearly application of fluoride varnish and

Almost four times as likely to have decay as those who received fluoride varnish applications at six-month intervals.

How To Start PSP and use the new website?

Preventive Services Program (PSP)

<https://health.mo.gov/living/families/oralhealth/psp/>

Preventive Services Program (PSP)

DHSS Home » Healthy Living » Healthy Families » oralhealth » psp

What is the Preventive Services Program (PSP)?



PSP Dashboard

PSP Coordinators and School Nurses

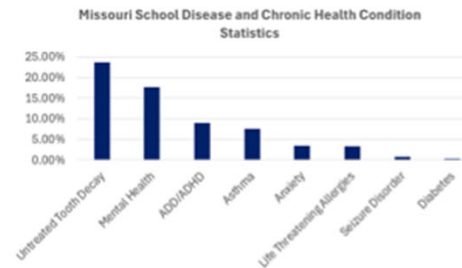
The PSP is devoted to improving healthy smiles for all of Missouri's children. The goal of PSP is to look at the oral health of Missouri's children and provide a public health service to help improve their oral health.

PSP is a FREE community and school-based program for children from the first tooth to seniors in high school. PSP offers oral health education, mouth reviews, and fluoride varnish. PSP helps prevent cavities (tooth decay).

Tooth decay is one of the most common chronic diseases of childhood. Untreated tooth decay can cause pain and infections. It can also lead to problems with eating, speaking, playing, and learning. Children with poor oral health miss more school and can have lower grades than children with good oral health. Oral health is an important part of overall health.

The good news is that tooth decay is preventable. Fluoride varnish can stop about 33 percent of tooth decay in the baby teeth.

PSP data showed that one in four children reviewed had untreated tooth decay, in the 2024-25 school year.



PSP Fluoride Varnish: A Cavity Fighting Tool

Fluoride Varnish: What Parents Need to Know

Are you prepared for a dental emergency?

Dental Sealants

Head & Neck Cancer and Human Papillomavirus (HPV)

Information for Professionals

Locate Low-Cost Dental Services

Missouri Oral Health Data

Oral Health

Oral Health Careers

Oral Health Education

Pregnancy and Dental Health

Preventive Services Program (PSP)

Related Links

Resources for Individuals with Developmental Disabilities

Veterans Oral Health

Water Fluoridation

Water Fluoridation Training

Contact

Office of Dental Health

Missouri Department of Health and Senior Services
PO Box 570
Jefferson City, MO 65102-0570

Phone: 573-751-5874

Fax: 573-751-0702

Email: oralhealth@health.mo.gov

Information Request Forms

- [Oral Health Data Request Form](#)
- [Community Water Fluoridation Technical Assistance Form](#)

Missouri Tobacco Quit Services

- [Missouri Tobacco Quitline](#) ☎ - 1-800-QUIT-NOW (1-800-784-8669)
- [My Life My Quit](#) ☎ - for youth under 18 - text 36072, call 855.891.9989

TEL-LINK

800-TEL-LINK (800-835-5465) to get connected to better health.

Any Missouri resident can call the TEL-LINK information and referral line. You can find community resources for your family, and also order health education materials.

You can learn more about [TEL-LINK](#)

Quick Guide

NEW PSP Webpage... Quick Guide to (PSP) for Event Coordinators and School Nurses

<https://health.mo.gov/living/families/oralhealth/psp/cordinator-school-nurse.php>

In April / May – or 8-12 weeks prior to PSP event:

1. Secure PSP event date & volunteers, then ensure volunteers have taken and passed the Calibrations/Trainings.
2. Add consent forms to back-to-school packets or parent portal website adding a due date.

4-5 weeks prior to event date:

3. Order supplies (based on consent to participate).
4. Determine type of review form: Online with mobile device or paper reviewer form.
5. Upon delivery of supplies, verify items. Email oralhealth@health.mo.gov with issues.

Event day:

6. Set up event space – Table, chairs, trash bins, etc.
7. Complete PSP Event Tracking form.
8. Hand participant consent form to give to reviewer to complete after review.
9. Collect consent with review results and send to parent/guardian.
10. If paper consent form is used, collect completed review form, then mail to DHSS.

Within 2 days after the PSP event date:

12. Complete online Mandatory PSP Event Report.

PSP Coordinator and School Nurse Information

DHSS Home > Healthy Living > Healthy Families > oralhealth > psp > coordinator-school-nurse

PSP is a FREE community-based program offering oral health education, oral health reviews, and cavity prevention using fluoride varnish for all Missouri children from first tooth to 18 or senior in high school. Tooth decay is one of the most common and preventable chronic diseases in children

[PSP FAQs](#)

[PSP Quick Start-up Guide](#)

2025-26 PSP Information

PSP Forms

PSP Calibration/Trainings

PSP Volunteer Information

PSP Area Design / Set-up / Items Needed

Oral Health Education Resources

PSP Education Resources

PSP Coordinator and School Nurse webpage: Easier access to all the information and forms needed for a successful PSP event.

PSP FAQ's – Answers to frequently asked questions.

PSP Quick Start-up Guide – helpful timelines and information to navigate the new webpage.

Information in the dropdown bars:

Current school year PSP information.

All forms needed for the PSP event.

Reviewer / Fluoride Varnish training including quiz and certificates.

Volunteer requirements

PSP even location/area design

Oral Health websites and videos

Reference for reviewer and Fluoride Varnish spec sheet.

PSP Coordinators and School Nurses

PSP Coordinator and School Nurse Information

[DHSS Home](#) » [Healthy Living](#) » [Healthy Families](#) » [oralhealth](#) » [psp](#) » [cordinator-school-nurse](#)

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[PSP FAQs](#) 

[PSP Quick Start-up Guide](#) 

[2025-26 PSP Information](#)



[PSP Forms](#)



[PSP Calibration/Trainings](#)



[PSP Volunteer Information](#)



[PSP Area Design / Set-up / Items Needed](#)



[Oral Health Education Resources](#)



[PSP Education Resources](#)



<https://health.mo.gov/living/families/oralhealth/psp/cordinator-school-nurse.php>

JB0

Slide 30

JB0

Color of font makes it hard to read.

Boeckman, Julie, 2025-08-06T20:34:27.266

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Done

Siegel, Kelsey, 2025-08-12T19:24:33.984

How to fill out new dental supply order form

PSP SUPPLY ORDER FORM - INSTRUCTIONS

2025-26 PSP ORDER FORM <https://health.mo.gov/living/families/oralhealth/psp/>
(From the webpage, click the "PSP Forms" button, click: PSP Dental Supply Online Order Form")

NEW TO ORDER FORM: Supply quantities are ordered based on the number of children with a signed consent form from parent/guardian to participate in the PSP event. On the second screen, there is space to add total number of children with consent to participate in the mouth reviews and space to add total number of children with consent to receive the fluoride varnish applications. These totals will determine the number of supplies that are ordered. After adding the number of baby and small toothbrushes needed, the remaining dental supplies will autofill with remaining quantities based on the number of consent forms received.

NOTE: The fluoride varnish order quantity will be automatically doubled based on the number of children with consent to receive the fluoride varnish applications. Please list only the number of consent forms received for participation.

Screen 1:

Complete this page. Add name, address and contact information for delivery of PSP supplies. The PSP order confirmation will be sent to the email address provided.

When completed, click Submit to go to next screen.

PSP Contact And Shipping

Please complete the survey below.

Thank you!

Contact and Shipping Information

First Name		Last Name	
Address Line 1			
Address Line 2			
	MO		
City	State	Zip	
Email		Phone	

Submit

Screen 2:

PSP Event Ordering

Please complete the order form below.

If you have any questions please contact us at oralhealth@health.mo.gov.

Oral care supplies provided by the Office of Dental Health (ODH) are for the children who have consent to participate in the PSP oral health review/varnish. Students who do not have consent are not eligible to receive oral care supplies. Thank you.

Select county, non-public school, or head start where event is held

* must provide value

School Contact Information

Role	Contact's First Name	Contact's Last Name
Contact's Email		
Contact's Phone		

Date of event  M-D-Y

* must provide value

Number of PSP Review Consent Forms Received

* must provide value

Total Number of Consents for Varnish

* must provide value

Grades participating: Example K-5

* must provide value

PSP now offers an Online Survey Form. To learn more, see the information under [PSP Forms](#) and heading "Go green by going electronic! Helps save paper and shipping costs." Please know a personal device and internet connection will be needed to collect the PSP Oral Health Review Data. You must confirm with the oral health reviewers that they are comfortable using their personal device.

Will you be using the Online PSP Oral Health Review Form? Yes No

* must provide value

reset

Would you like education materials (i.e. bookmarks, stickers, pamphlets) to hand out? Yes No

* must provide value

reset

Next Page >>

Select event location county from dropdown. Then Location of Event dropdown box will appear, select appropriate school name. If your school is not listed, click "Other" and add the name as registered by DESE.

Add contact information for school, use the dropdown to select contact options.

Use the calendar button to select the event date.

Add number of consents for children participating only.

Add number of varnish consents for participants only.

Type in grade(s) included in the event.

Please consider using online oral health review forms.

Click next page to order supplies.

Screen 3:

PSP Event Ordering

Supplies Needed	
County of Event	BUTLER
Location of Event	Twin Rivers High, Twin Rivers R-X
PSP Supplies	
#11165 - Number of Baby Toothbrushes (0-1 year)	
* must provide value	
#11013 - Number of Small Toothbrushes (Preschool - 3rd grade)	
* must provide value	
#11164 - Number of Regular Toothbrushes (4th - 12th Grade)	
Automatically fills based on consents and other sizes of toothbrushes ordered	
#11024 - Number of Floss (4th - 12th Grade)	
Automatically fills to match regular toothbrushes	
#11017 - Fresh mint fluoride toothpaste (1 per child)	200
* must provide value Automatically defaults to number of consent	
#11375 - Disposable mouth mirrors recommended for oral health review (1 per child)	200
* must provide value Automatically defaults to number of consent	
#11166 Fluoride varnish - flavored (1 per child per application [2 applications per year])	240
* must provide value Automatically defaults to double varnish consents	
Paper Data Submission Supplies	
#11079 - Oral Health Review Forms (1 PER CHILD) Do NOT use previous years oral health review forms. Forms must be ordered yearly.	200
PSP Coversheet and Mailing Instructions Form (cherry colored paper) - LIMIT 1 per each PSP event location	1
Based on the number of oral health review forms ordered for each school/agency, either an envelope or a box to return completed forms was selected.	
#11329 - Return Envelope, for 1 to 150 oral health review forms	0
* must provide value	
#11330 - Return Mailing Box for 151 or more oral health review forms, with affixed postage paid labels	1
* must provide value	

County and Location of event are listed here, please verify you are ordering for the correct PSP event.

NOTE: add the quantity of baby and small toothbrushes needed. The remaining items will autofill to match the total quantity of consent forms listed on screen 2.

Regular toothbrushes, floss and toothpaste are auto filled based on number of consent forms received for the mouth review forms received less the baby and small toothbrushes ordered.

NOTE: fluoride varnish quantity automatically doubles based on the number of consent forms for children participating from screen 2.

Return envelope or mailing box will auto populate depending on the answer to using on-line or paper mouth review forms.

Screen 3 continues, next page.

Screen 3 continued...

Handouts	
#11038 - Oral health reviewer reference guide (1 per reviewer)	1
* must provide value	
Bookmarks	200
* must provide value	
#103 Don't forget to brush mirror cling - English (1 per child)	200
* must provide value	
Do you need any of the materials in a foreign language?	
<input checked="" type="button" value="Yes"/> No	
* must provide value	
How many students will receive the materials in Spanish?	
* must provide value	
Please indicate in the comments with any additional languages and numbers.	
Additional Notes or Comments	
If nurses' office need a few additional emergency supplies please note that here with item numbers and quantities	
Expand	
- An order confirmation email will be sent to the email address listed above within 24 hours. - If you do not receive an email, please check your junk email box. - The order form will be forwarded to ODH for processing. - Supplies should arrive within 5-7 days after submission. - Please check the order immediately. Email oralhealth@health.mo.gov with any issues within 4 days of delivery. - If there is an issue with your order an ODH staff member will reach out to the email address or telephone number provided above.	
Thank you for your participation!	
Submit	

Handouts quantities will auto populate.

If materials are needed for Spanish, please select "Yes" and add the quantity needed for Spanish speaking students.

Additional Comments: Use this box to add special notes, or extra supplies (limit 5) are needed. Please email oralhealth@health.mo.gov with reason for any additional items.

Order confirmation will be sent to email on first screen of order.

VERIFY CONTENTS OF THE ORDER UPON DELIVERY! Email oralhealth@health.mo.gov with issues within 4 days of delivery.

Click "Submit" to place this order.

Screen 4

Thank you for placing the PSP order for Twin Rivers High, Twin Rivers R-X in BUTLER.

To order for another school or event please press the button below or if you are finished you may close the window.

1 instance of this survey has been recorded

Click "Place another school order" to add additional PSP school / event location(s).

Click "Close survey" if **NO** additional supplies are needed for other PSP school / event locations.



Key Takeaways:

- Consider starting PSP in your school or volunteer in a PSP event KS0
- Educate students/staff on good oral health habits JB1
- Establish effective referral processes to connect students with appropriate dental care resources
- ODH is available to help!

Slide 34

- KS0** Insert PSP page kid picture
Siegel, Kelsey, 2025-07-28T17:03:05.162
- GS0 0** Yes, please request from Kally.
Sullentrup, Gwendolyn, 2025-07-31T19:26:26.760
- KS0 1** Done
Siegel, Kelsey, 2025-08-06T18:59:10.319
- JB1** Right now, there is nothing on good oral health habits. I would insert a slide after our mission slide (I moved that to #11) to talk about good oral health habits and where to find our videos.
Boeckman, Julie, 2025-08-06T20:38:40.608
- KS1 0** Done
Siegel, Kelsey, 2025-08-12T20:10:31.275



Thank you for all you do for our students!!

**Demonstration of an Oral
Health Review and
Fluoride Varnish
Application**



Fluoride Varnish Application

- Dry teeth with gauze (if possible)
- Apply varnish to all surfaces of the teeth
- Once applied, varnish sets quickly



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QUESTIONS?

How did we do?
Please take the survey?
Using QR Code below or link:
<https://redcap.link/PSPtraining>



oralhealth@health.mo.gov



(573)751-5874



Health.Mo.Gov