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An Examination of Virginia WIC Staff's Attitudes and Knowledge Towards the Brush, Book, Bed Oral Health Program

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Background

- Low income children are more likely to struggle with accessing dental health services
- The Brush, Book, Bed (BBB) program is designed to help caregivers establish a consistent night routine for their children, and it has shown to increase oral hygiene behaviors
- Studies have shown that children who participate in the WIC program are more likely to access dental services.

Methods

- A 10-question pre-test survey was administered to 11 WIC staff members that assessed WIC staff's current knowledge of children's oral health, childhood development, and their confidence levels toward counseling clients on their children's dental care.
- Then a short presentation on the BBB program and children's oral health was given followed by a 19-question post-test.
- Average Pre/Post test scores ,the percent change between the two, and the percent change of confidence levels was also calculated.

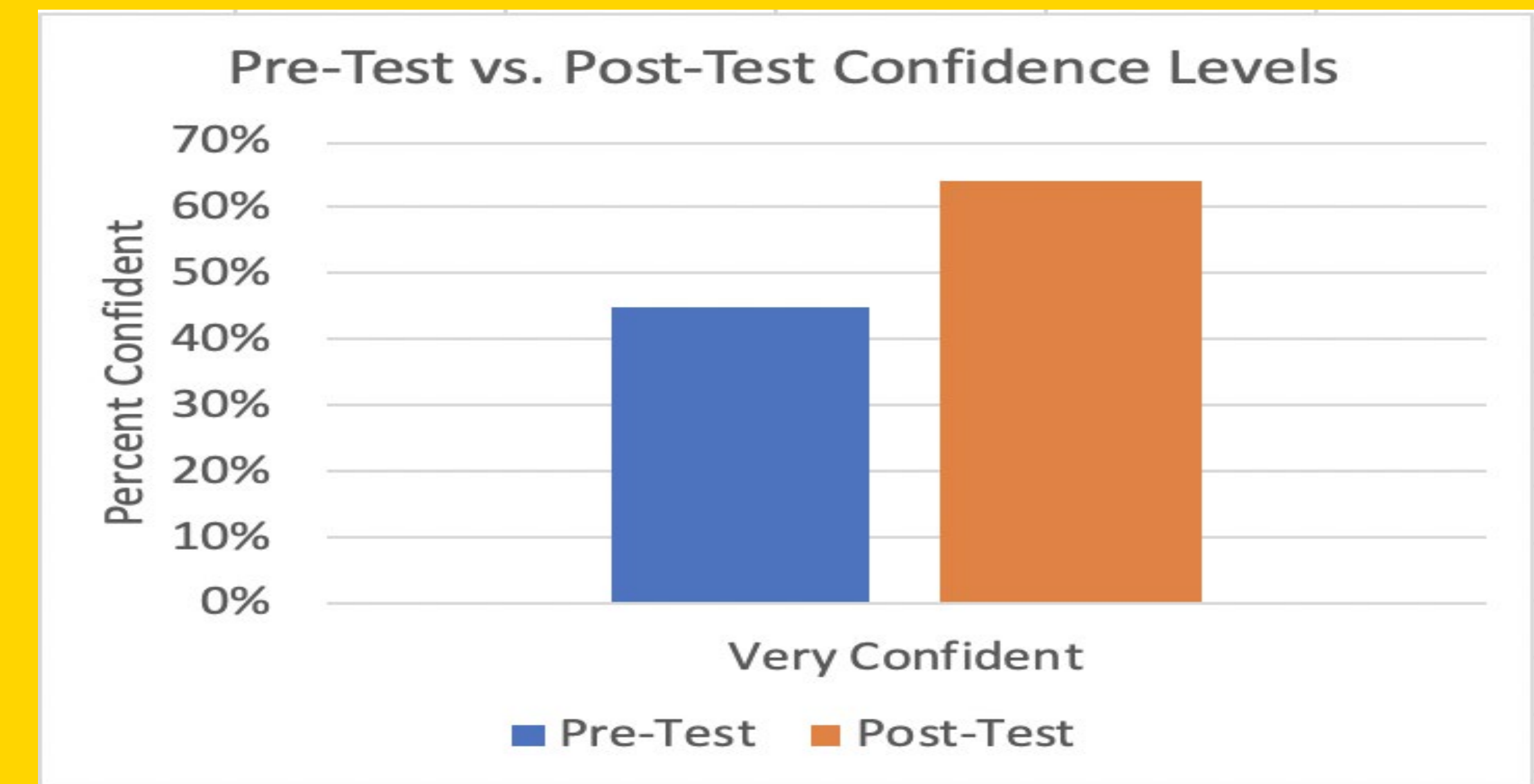
Results

- Average scores improved by 17%.
- The percent of staff that felt very confident grew by 19%.
- 100% participants said they felt BBB would improve their clients' oral health and implementing BBB in their office would be feasible.

Question	Pre-Test %	Post-Test %	% Change
What is the most common chronic disease of childhood?	45%	100%	55%
Which of the following does not contribute to dental caries (cavities)?	91%	100%	9%
When should parents begin to brush their child's teeth?	100%	100%	0%
What is the limit for how much 100% fruit juice a child should have to prevent caries and other dental diseases?	73%	100%	27%
When should a dental home be established for a child?	91%	100%	9%
How long does it take babies to develop a regular sleep cycle?	45%	100%	55%
Which of the following is not a way for caregivers to get their child to develop healthy sleep habits?	91%	100%	9%

Pre-Test Average	Post-Test Average	% Change
78%	95%	17%

How confident are you in advising caregivers about their child's dental care?	Pre-Test %	Post-Test %	% Change
Very Confident	45%	64%	19%
Confident	45%	36%	-9%
Somewhat Confident	19%	0%	-19%



Discussion

- Findings demonstrate that WIC staff are familiar with the central tenets of BBB.
- WIC staff are receptive to the goals of BBB and believe that its implementation could help their clients.
- WIC offices could serve as a favorable implementation site for BBB to improve oral health outcomes and literacy in low-income children.