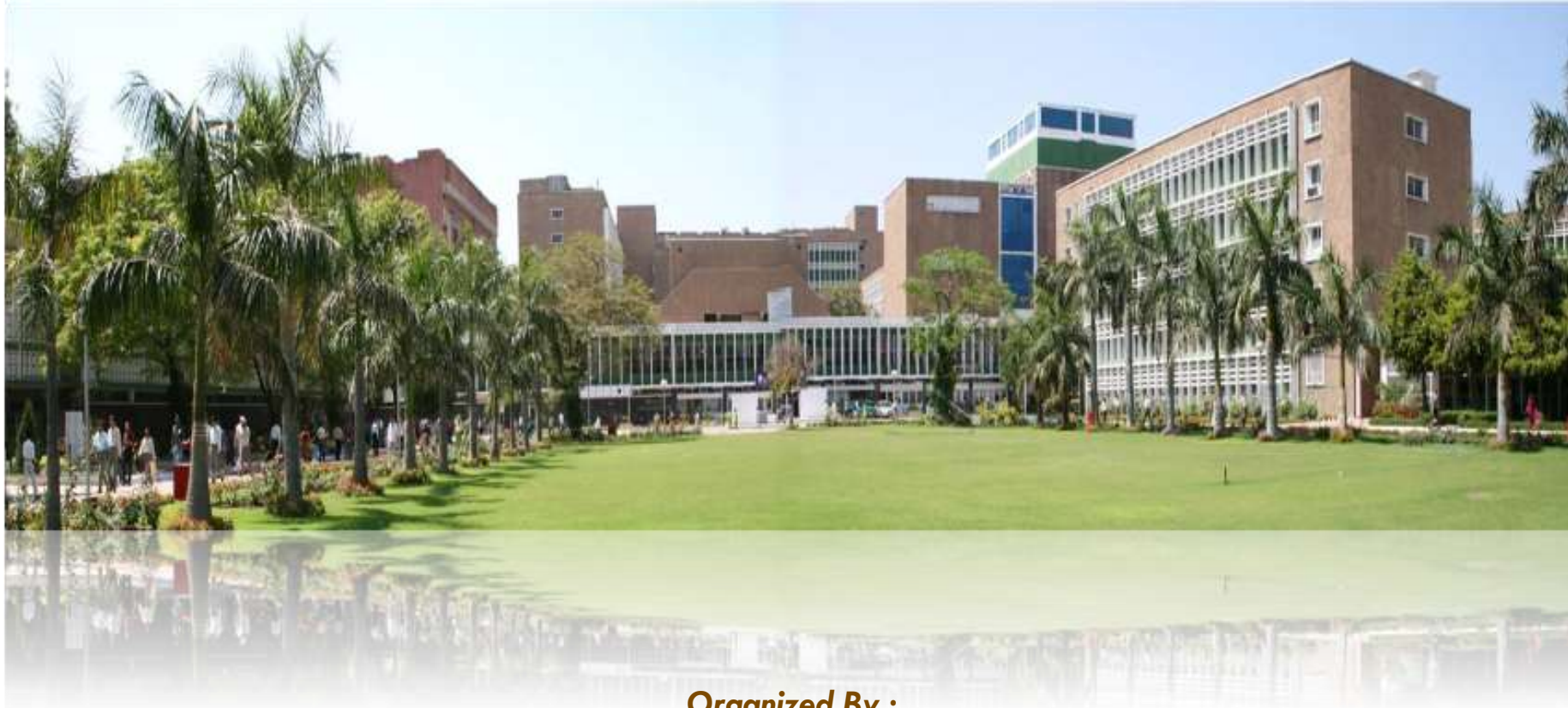




Webinar on Role of Sugars in Oral and General Health *for Kendriya Vidyalaya Sangathan Primary School Teachers*



Organized By :
Centre for Dental Education and Research
All India Institute of Medical Sciences
New Delhi



Learning Objectives



- Role of Sugars in Oral and Overall Health
- Sources of Sugars
- Effect of excess amount of sugars on oral and overall health
- Preventive strategies to reduce effects of sugar



Background



- The National Oral Health Program (NOHP) of Ministry of Health and Family Welfare and Centre for Dental Education and Research, AIIMS New Delhi envisages creation of master trainers for oral health promotion.
- The teachers form the first line of contact with the students and provide a unique opportunity to instill positive health-related behavior in school children.



Previous Collaborations



- Two previous trainings programs have been conducted for training KV school teachers on oral health promotion under NOHP in 2019.
- The previous training programs on oral health promotion for school teachers resulted in numerous oral health related activities in respective KV schools.



Feedback from previous training programs



KV Chandigarh



KV Lucknow



KV Chennai



KV Hyderabad



KV New Delhi

Centre for Dental Education and Research, AIIMS, New Delhi



KV Gurugram



Why there is a need to understand the role of sugars



- Sugars are an integral component of our diet and create an impact on overall and oral health.
- Understanding the useful and harmful effects of sugar at a young age can significantly aid in improving the overall quality of life of school children.

- This module is specifically designed to provide information about the role of sugars on overall and oral health.
- The module is in line with the comprehension of the students and follows the existing curriculum of school children.



Sugars and Us

A training module for Classes 1st-5th



Food



- Basic Need
- Helps to grow

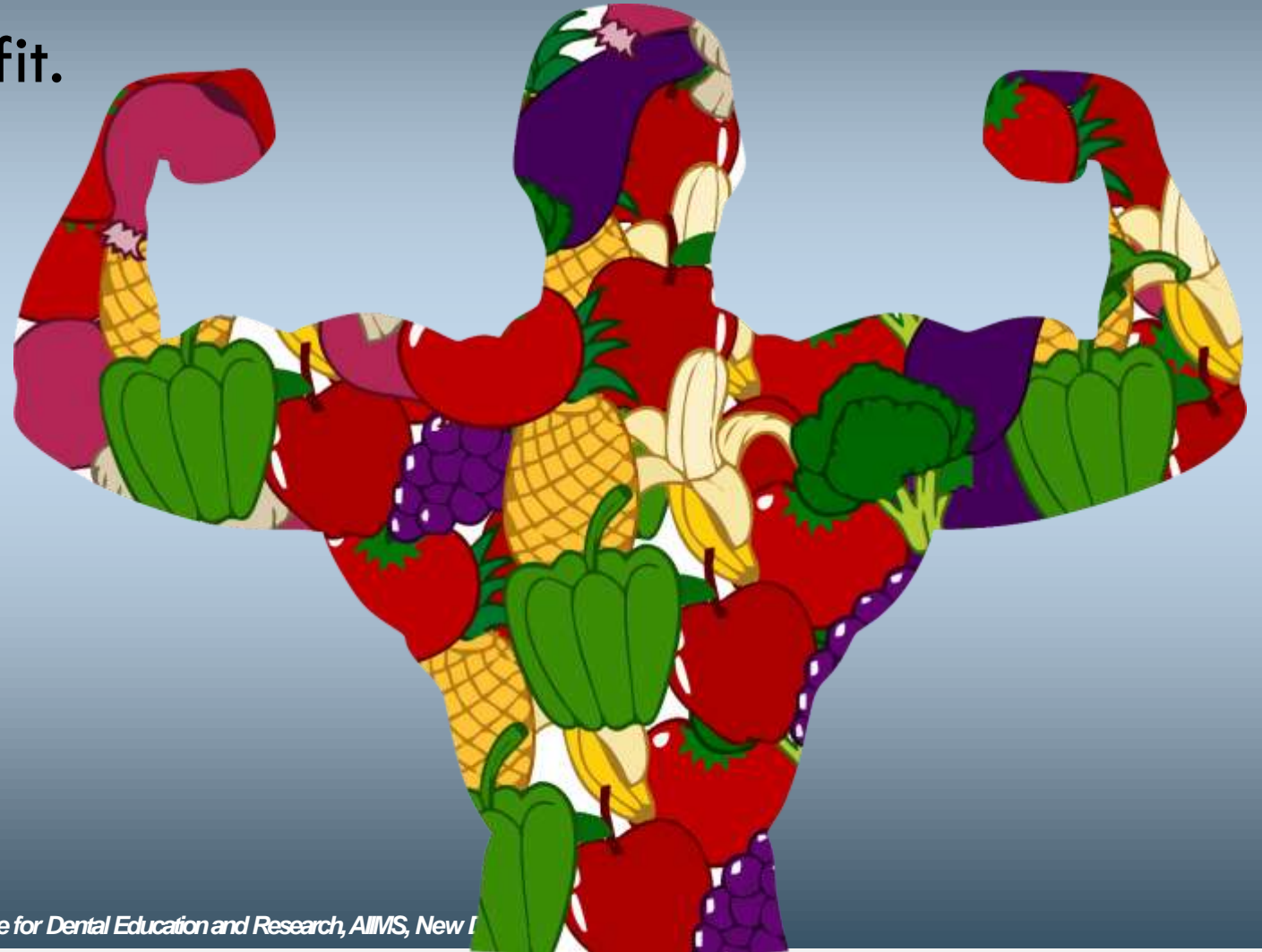




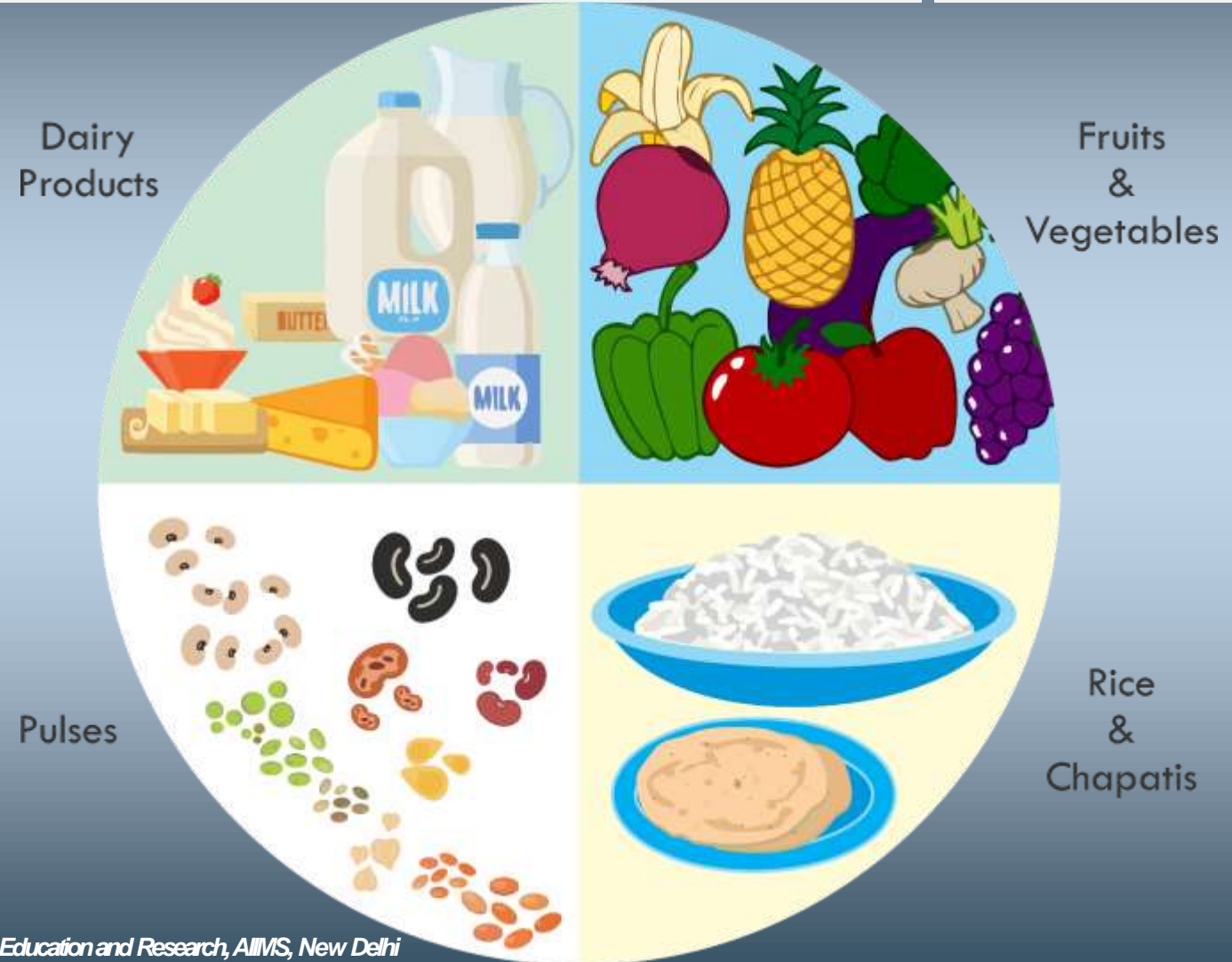
Food



- Gives energy and keeps fit.



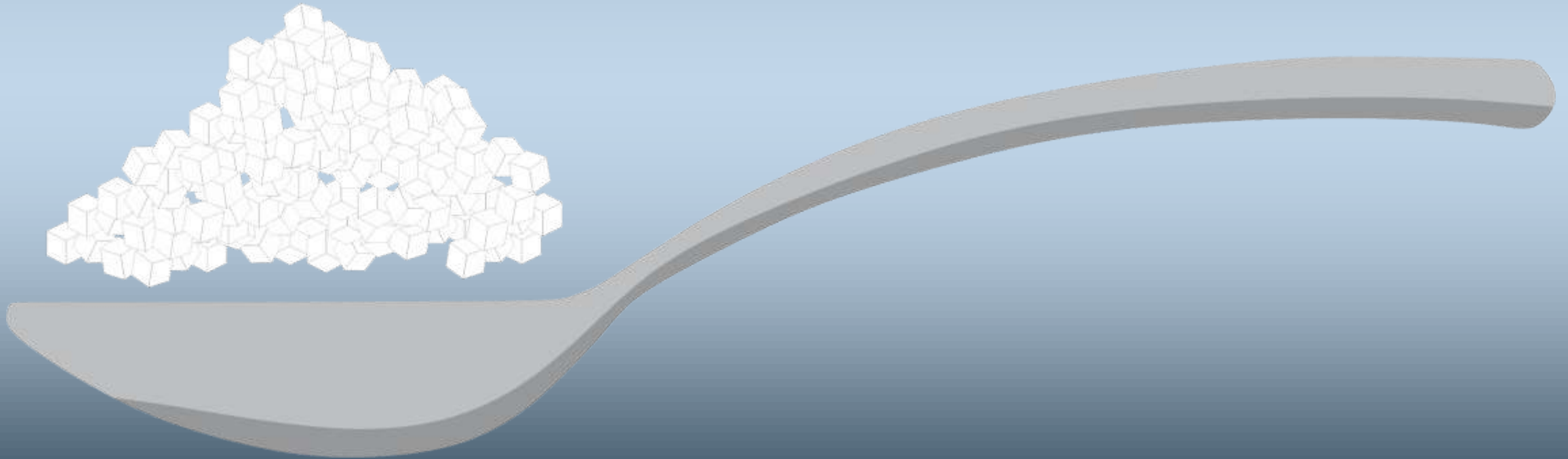
- We should eat a balanced diet which has all kinds of food and nutrients.



- If we don't eat in adequate quantity, we will fall sick.



- Sugar is an important part of our food



- Sugars are naturally present in our food in the form of fruits, vegetables and other sources.
- The natural sources are good sources of sugars in our food which include the following:

- Sugar Cane
- Mangoes
- Apples





Natural Sources



- Bananas
- Pears





Natural Sources



- Watermelon
- Oranges
- Carrots





Natural Sources



- Sweet Corn
- Sweet Peas
- Tomatoes





Natural Sources



Honey





Artificial Sources of Sugar



- The artificial sources of sugars are likely to be harmful if taken in excess quantity.
- The artificial sources of sugars include the following:



Artificial Sources



- Soft drinks, powdered drink mixes and other beverages
- Baked goods

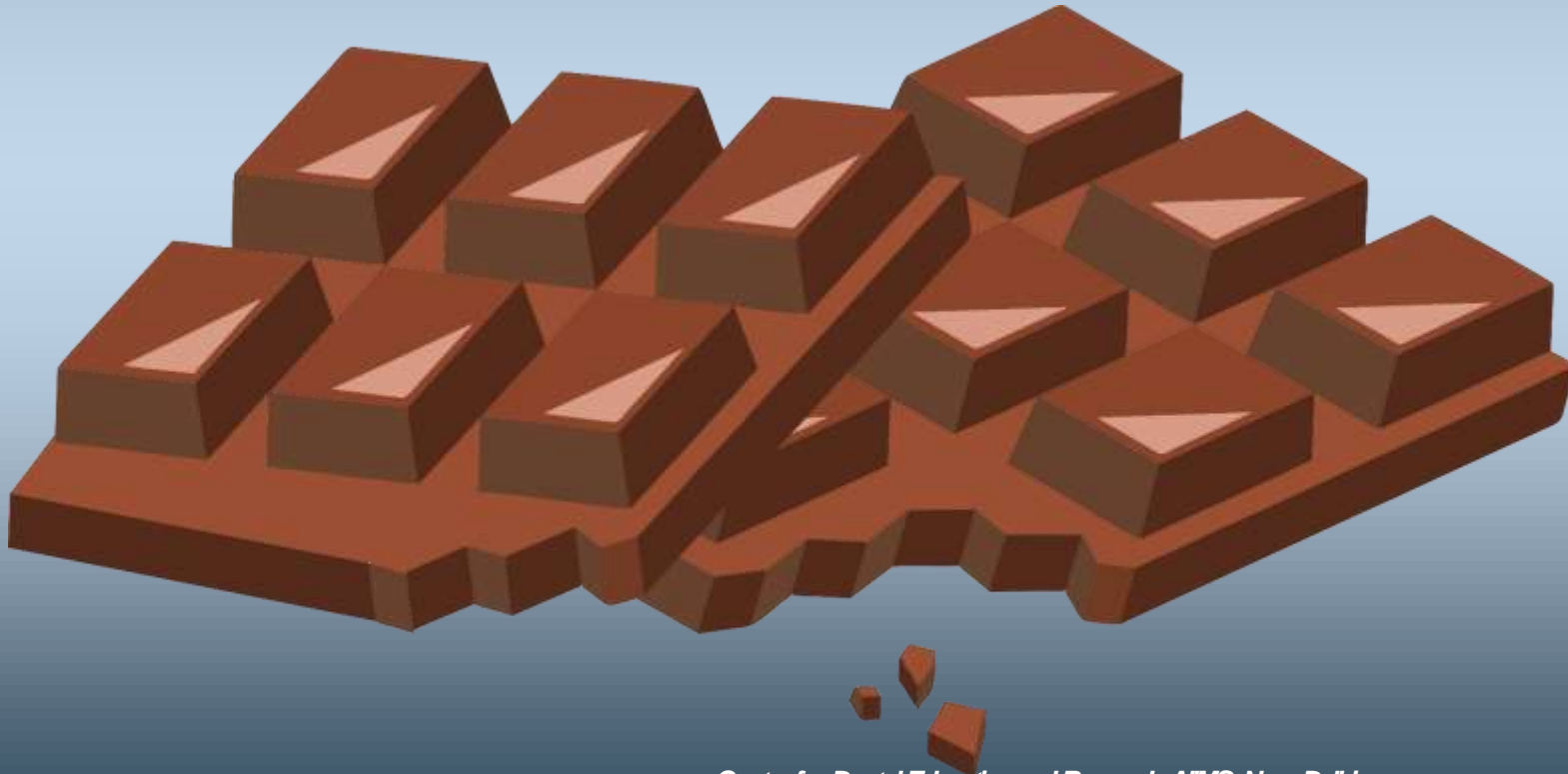




Artificial Sources



- Jams and jellies
- Chocolate





Why do we need Sugar?



- Sugars give you energy.

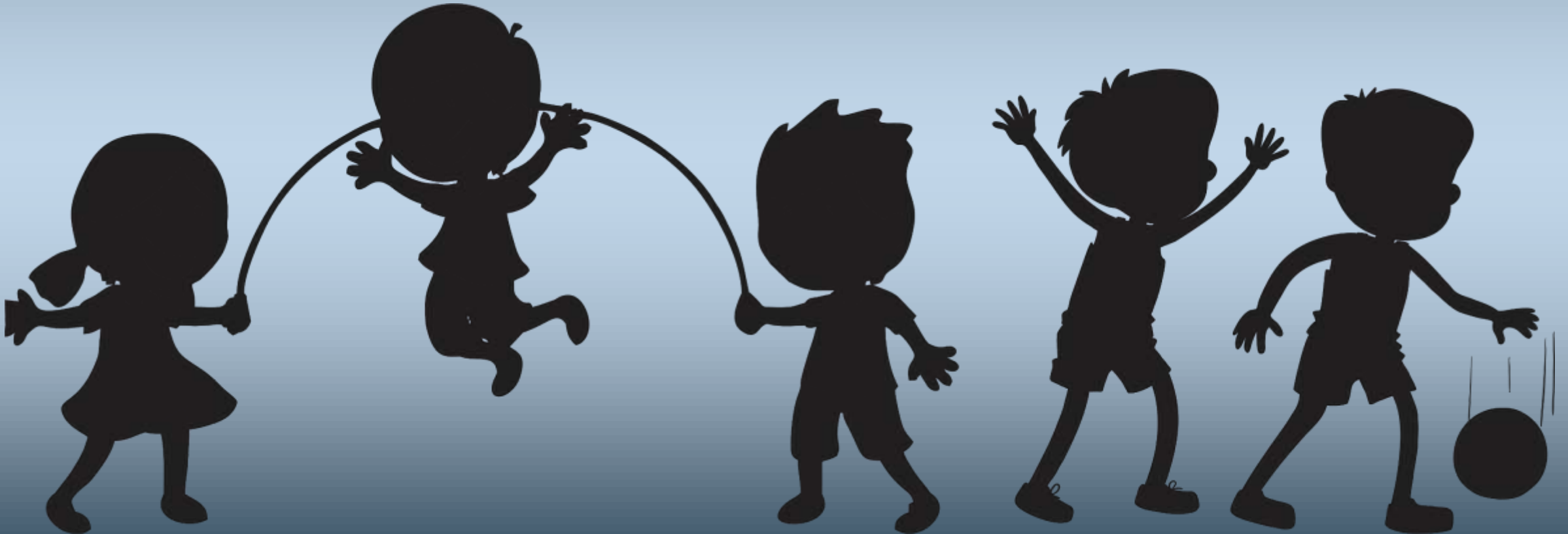




Why do we need Sugar?



- Sugars help you to work and play better.





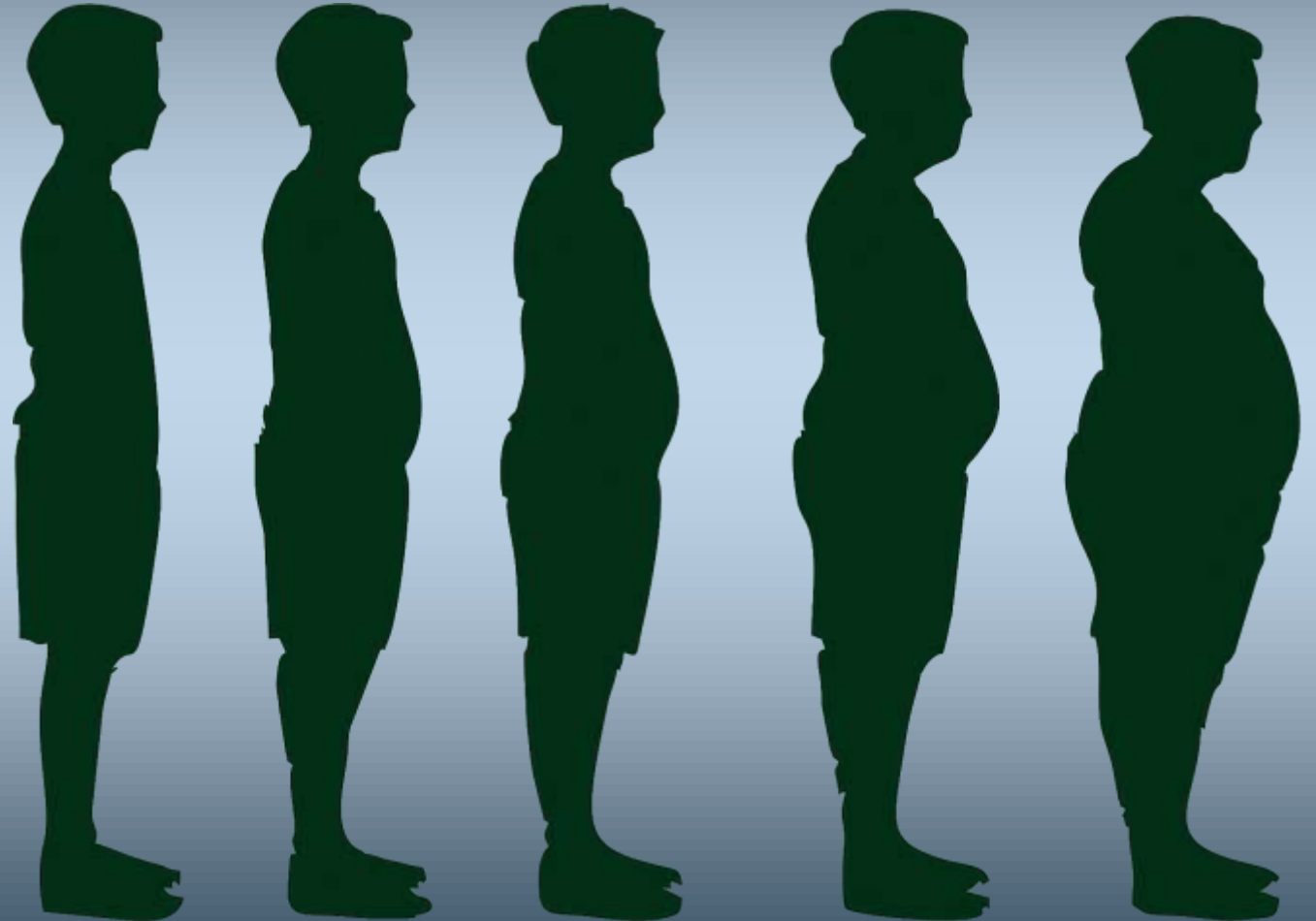
EFFECT OF EXCESS SUGARS ON BODY



Excess Sugar – Bad Effects on Body



- Increases Weight/
Overweight



Excess Sugar – Bad Effects on Body

- Damages body organs like heart, brain, kidney etc.
- Excessive sugar increases the risk of heart diseases.





Excess Sugar – Bad Effects on Body



- Excess sugars affects brain and our thinking.
- Damages kidneys, more sugar comes out in urine

Help Us





Excess Sugar – Bad Effects on Body





Nursing Bottle Caries/Early Childhood Caries



- Pain and swelling
- Early loss of milk teeth
- Unpleasant appearance
- Difficulty in eating





How can we save our body and teeth from bad effect of sugar?



- We must eat a balanced diet.
- Consumption of raw and fibre rich fruits and vegetables should be done.
- Avoiding frequent snacking between major meals.
- Avoid sugars in milk during nighttime.





How can we save our body from bad effect of sugar?



- We must eat sugar from natural sources and in limited quantity.

Natural Vs Added Sugars





How can we save our body from bad effect of sugar?



- We should reduce taking sugars in the form of chocolates, candies, jams, jellies, juices, beverages.





How can we save our Teeth?



- We should rinse our mouth with water after eating every meal/snacks.
- Mouthwashes can be used after consultation with dentist



How can we save our Teeth?

- We should brush two times daily for two minutes with toothbrush and paste.





How can we save our Teeth?



- Visit dentist every 6 months.





Tooth brushing



- Tooth brushing has to be done with toothpaste.
- A pea size amount of tooth paste and a soft bristled brush is enough for your age.

Pea-size amount of toothpaste



Tooth Brush & Paste

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Tooth brushing Technique in Children



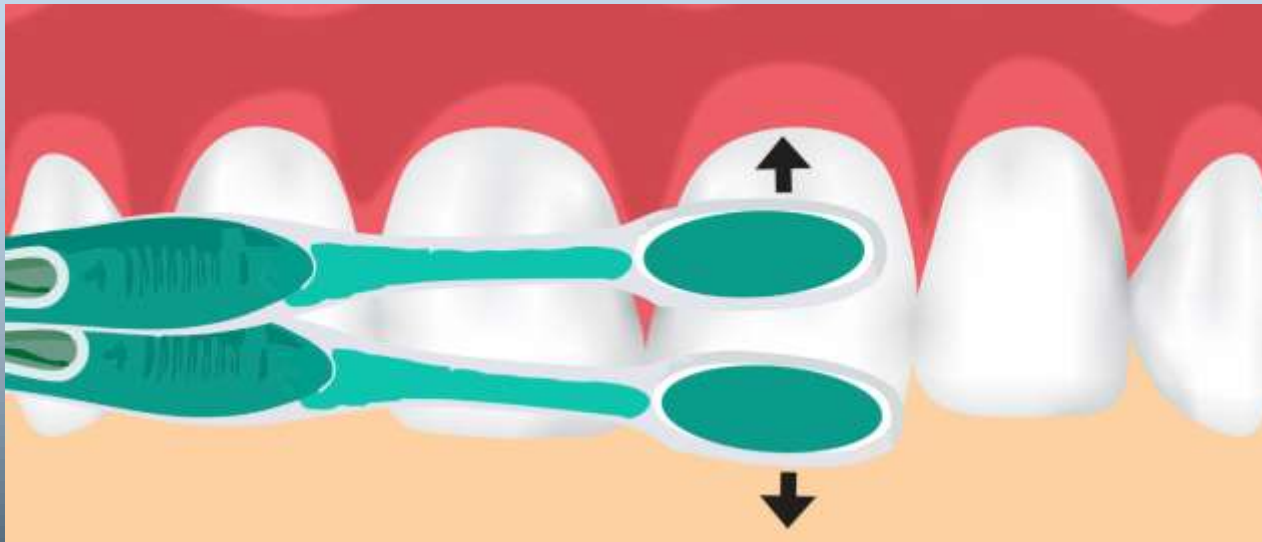
Step1-Bring together upper and lower teeth

Step2-Place brush on the line where the teeth meet

Step3-Make large circular motion over teeth



- For the inside, same may be repeated with smaller circular motions.
- Brush the biting surfaces of the teeth





Tooth brushing



- Two types of tooth brushes – baby/ adult brush may be used according to the age.
- Milk teeth also need to be brushed and maintained in good health since this prevents premature shedding.
- The tooth brush has to be changed once in three months or when it begins to fray





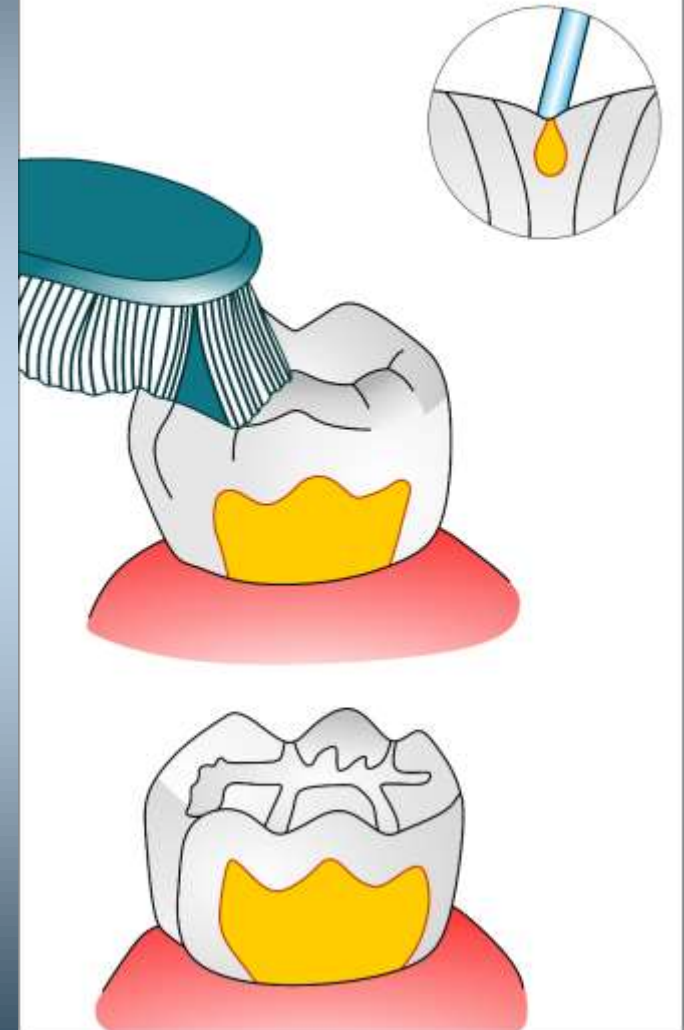
Do You know?



Pit and Fissure Sealant Placement

- Sealant placement is a procedure that seals the fissures on chewing surfaces of teeth and prevents decay.

Pit & fissure sealant placement



Fluoride Application

- Fluoride varnish application is a procedure that prevents decay on smooth surface

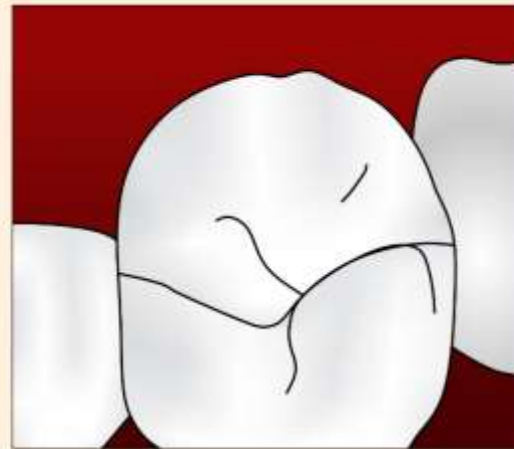


Fillings

- Fillings are placed on the tooth surface after removal of decay by a dentist



Decayed tooth



Removal of decay



Filling



Take Home Messages



- Sugars are not harmful, excessive consumption is !
- Be aware of sugar in your diet, is it artificial or natural?
- Keep a watch, how much and how often sugar are we consuming?
- Understand that excess sugar can harm your body.
- Habits are instilled at an early stage, **FORM THIS ONE TODAY!**



Thank You