

‘Kungatsiajuk’ Oral Health Toolkit

Supporting the Healthy Smiles of NunatuKavut Children and Youth



An Oral Health Toolkit

for health professionals, educators, caregivers and parents





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Kungatsiajuk Oral Health Toolkit

Welcome to the Kungatsiajuk Oral Health Toolkit! This toolkit contains educational information and fun, hands-on activities to assist health professionals (nurses, dieticians, doctors), educators, caregivers and parents in supporting healthy smiles for children and youth.

The toolkit is organized into four color-coded sections:

Section 1: Learning About Teeth

Section 2: Caring for Your Teeth

Section 3: Visiting the Dentist

Section 4: Making Healthy Choices

Each section includes both educational information and hands-on activities. We encourage you to think of multiple ways to use the information and activities in your classroom/group.

We hope you enjoy using these resources to help children and youth in your life learn about oral health.



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About the 'Kungatsiajuk: Supporting the Healthy Smiles of NunatuKavut children' research project

Kungatsiajuk means "healthy smile" in Inuktitut. The purpose of this project was to collect information about the oral health of children and youth in NunatuKavut. It has involved 18 focus groups, 13 key informant interviews, and 290 dental examinations of children and youth in NunatuKavut.

Why is oral health important?

Oral health refers to the health of a person's teeth, gums and whole mouth. Having good oral health is important, because it allows us to eat, speak and talk without pain or embarrassment. Pain and infection in the mouth can cause us to miss time from school, work and other activities. In children, pain and infection can harm their growth and self-confidence. Our eating habits and food choices are also directly affected by our oral health.

Learning about oral health is important, because it gives us information about the overall health of a community. This is because oral diseases also share many of the same risk factors as other diseases such as diabetes, heart disease and cancer. Poor nutrition and smoking are related to all of these.

What have we done?

Since collecting our data, we have been busy sharing what we have learned in the form of fact sheets, blogs, a youth film making workshop (resulting in a film) and an Oral Health Forum in Halifax, Nova Scotia (February, 2015). This toolkit is the final result of all of our research and knowledge translation activities, and was brought to community members for review in the Fall of 2015.

For more information about our research project, please visit our website and Facebook page:

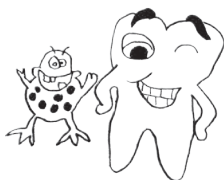
Website: www.kungatsiajuk.ca

Facebook Page: www.facebook.com/kungatsiajukhealthysmiles

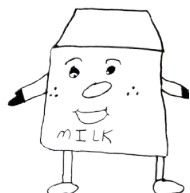


Kungatsiajuk (Healthy Smiles) Toolkit

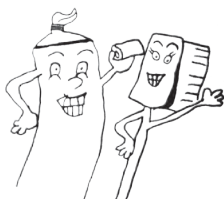
Section Guide



LEARNING ABOUT TEETH
Section 1



CARING FOR YOUR TEETH
Section 2



VISITING THE DENTIST
Section 3



MAKING HEALTHY CHOICES
Section 4



