



# Healthy Futures

## Engaging the Oral Health Community in Childhood Obesity Prevention National Conference

Supported by the Robert Wood Johnson Foundation

November 3–4, 2016

Georgetown University Conference Center, Washington, DC



## Childhood Obesity

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*Between the 1970s and 2012, the prevalence of obesity rose from 5% to 8.4% in children ages 2 to 5 and from 6.5% to 17.7% in children ages 6 to 11.<sup>1</sup> Childhood obesity has both immediate and long-term effects on health and well-being. The increasing number of children who are obese has led federal policymakers to rank childhood obesity as a critical health threat.*

Multiple approaches are necessary to address the challenge of childhood obesity, and health professionals of all types have roles to play. The role of oral health professionals is an important one because of the relationship between oral health and overall health.

One of the behaviors associated with obesity in children is the consumption of large quantities of sugar-sweetened

beverages (SSBs) or sugar-containing beverages (SCBs). SSBs include all regular sodas, fruit drinks, sport drinks (e.g., fluid- or electrolyte-replacement beverages), energy drinks, and other beverages that contain added caloric sweeteners, such as sweetened teas and pre-mixed sweetened coffees.<sup>2</sup> SCBs includes SSBs as well as beverages in which sugar, generally glucose or fructose, is naturally present, such as 100% fruit juice.

## National Conference

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*The **Healthy Futures: Engaging the Oral Health Community in Childhood Obesity Prevention National Conference** will serve as an important step in increasing awareness of evidence-based recommendations, identifying strategies, and promoting collaborative efforts that oral health professionals, oral-health-related organizations, and others can employ to prevent childhood obesity.*

### The conference will address the following goals:

- Increase understanding of the science focusing on oral health and childhood obesity.
- Increase understanding of strategies the oral health community (oral health professionals/organizations) can use to prevent childhood obesity.
- Increase understanding of how the oral health community can work with non-oral-health professionals/organizations to prevent childhood obesity.
- Provide opportunities for networking and developing relationships to identify and plan activities to prevent childhood obesity.



The conference will present literature identified through systematic reviews or scoping reviews designed to examine (1) the state of the science related to preventing childhood obesity, (2) the state of the science related to reducing children's consumption of SSBs or in some cases SCBs and (3) strategies that could be employed by oral health professionals and organizations and others to prevent childhood obesity.

Systematic reviews are intensive reviews of a research question, identifying level of evidence, quantitatively combining the data, and scoring the level of evidence and potential data bias. Scoping reviews are similar to systematic reviews but may include non-research articles to provide a fuller array of information on the research question.

The conference will include a discussion of findings from national surveys of dentists and dental hygienists about their knowledge, skills, and attitudes to improve



the state of the science related to childhood-obesity-prevention strategies for oral health professionals and organizations.

Conference attendees include a broad cross-section of oral health professionals and other health professionals, representatives from oral-health-related organizations, and experts in childhood-obesity prevention.

## Conference Organizers and Supporter

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*The National Maternal and Child Oral Health Resource Center, the American Academy of Pediatric Dentistry, the American Dental Association, the American Dental Hygienists' Association, and the Santa Fe Group are organizing this collaborative effort, with support from the Robert Wood Johnson Foundation.*

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<sup>1</sup> Ogden CL, Carroll MD, Kit BK, Flegal KM. 2014. Prevalence of childhood and adult obesity in the United States, 2011–2012. *Journal of the American Medical Association* 311(8):806–814.

<sup>2</sup> Robert Wood Johnson Foundation, Healthy Eating Research. 2013. *Recommendations for Healthier Beverages*. Princeton, NJ: Robert Wood Johnson Foundation.



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### AGENDA

#### NOVEMBER 3, 2016

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7:30–8:30 a.m.      **Registration and Continental Breakfast**

8:30–8:45 a.m.      **Welcome**

**David Krol, M.D., M.P.H., FAAP**, Senior Program Officer, Robert Wood Johnson Foundation, Princeton, NJ

8:45–9:00 a.m.      **Overview of Conference: Day 1**

**Dushanka V. Kleinman, D.D.S., M.Sc.D.**, Associate Dean for Research and Professor, Department of Epidemiology and Biostatistics, University of Maryland School of Public Health, College Park, MD

9:00–9:30 a.m.      **Keynote Presentation: Building Bridges—Actions to Promote Oral Health and Reduce Childhood Obesity**

**Margo G. Wootan, D.Sc.**, Director, Nutrition Policy, Center for Science in the Public Interest, Washington, DC

9:30–9:35 a.m.      **SESSION I: Overview of the Science—Introduction**

**Moderator: Norman Tinanoff, D.D.S., M.S.**, Professor of Pediatric Dentistry, Division of Pediatric Dentistry, University of Maryland Dental School, Baltimore, MD

9:35–10:10 a.m.

### How Non-Modifiable and Modifiable Factors Related to Childhood Obesity Can Be Applied to Oral Health Professionals' Efforts to Prevent Obesity and Dental Caries in Children

**Speaker/author:** Donald Chi, D.D.S., Ph.D., Associate Professor of Oral Health Sciences, University of Washington, Seattle, WA

**Co-authors:** Frances Chu, M.L.I.S., M.S.N., and Monique Luu, B.A.



10:10–10:45 a.m.

### Health-Equity Issues Related to Disparities in Childhood Obesity

**Speaker/author:** Clemencia Vargas, D.D.S., Ph.D., Associate Professor, Department of Orthodontics and Pediatric Dentistry, University of Maryland School of Dentistry, Baltimore, MD

**Co-authors:** Elsie Stines, D.N.P., C.R.N.P., and Herta Granado, B.S.



10:45–11:20 a.m.

### Relationship Between Consumption of Sugar-Containing Beverages and Weight Gain in Children

**Speaker/author:** Julie Frantsve-Hawley, R.D.H., Ph.D., Executive Director, American Association of Public Health Dentistry, Springfield, IL

**Co-authors:** James D. Bader, D.D.S., M.P.H., Jean A. Welsh, Ph.D., M.P.H., R.N., and J. Timothy Wright, D.D.S., M.S.



11:20–11:45 a.m.

### Presentation Reactions

#### Reactors:

**Jonathan Shenkin, D.D.S., M.P.H.,** practicing pediatric dentist, Augusta, ME; and Clinical Associate Professor, Department of Health Policy and Health Services Research and Department of Pediatric Dentistry, Henry M. Goldman School of Dental Medicine, Boston University, Boston, MA

**Linda Southward, Ph.D., ACSW,** Research Fellow and Research Professor, Social Science Research Center, Mississippi State University, Starkville, MS



11:45 a.m.–12:00 p.m. **Adjourn to Breakout Session**

12:00–1:00 p.m. **Breakout Session**

1:00–2:00 p.m. **Lunch**

2:00–2:05 p.m. **SESSION II: What We Can Do—Introduction**

**Moderator: Jane Grover, D.D.S., M.P.H.,** Director, Council on Access, Prevention and Interprofessional Relations, Division of Government/Public Affairs, American Dental Association, Chicago, IL

2:05–2:40 p.m. **Efforts by Oral Health Professionals to Address Other Systemic Health Issues and How This Knowledge Could Be Applied to Prevent Childhood Obesity**

**Speaker/author: Barbara L. Greenberg, M.Sc., Ph.D.,** Professor of Epidemiology and Chair, Department of Epidemiology and Community Health, School of Health Sciences and Practice, New York Medical College, Valhalla, NY

**Co-authors:** Michael Glick, D.M.D., and Mary Tavares, D.M.D., M.P.H.

2:40–3:15 p.m. **Efforts by Oral Health Professionals in Practice and in Public Health Settings to Prevent Childhood Obesity and Reduce Consumption of Sugar-Sweetened Beverages**

**Speaker/author: Robin Wright, Ph.D., M.A.,** Assistant Director, Pediatric Oral Health Research and Policy Center, American Academy of Pediatric Dentistry, Chicago, IL

**Co-author:** Paul Casamassimo, D.D.S., M.S.

3:15–3:50 p.m. **Efforts by Oral Health Professionals and Organizations to Influence Health Policy and Advocacy Efforts to Prevent Childhood Obesity and Reduce Children's Consumption of Sugar-Sweetened Beverages**





**Speaker/author: Ankit Sanghavi, B.D.S., M.P.H.,** Public Health Research Analyst, Texas Health Institute, Austin, TX

**Co-author:** Nadia J. Siddiqui, M.P.H.

3:50–4:25 p.m.

**Efforts by Dental Schools and Dental Hygiene Schools to Promote Future Oral Health Professionals' Knowledge and Skills Related to Preventing Childhood Obesity and Reducing Consumption of Sugar-Sweetened Beverages**

**Speaker/author: Kimon Divaris, D.D.S., Ph.D.,** Associate Professor and Research Director, Department of Pediatric Dentistry, School of Dentistry, and Adjunct Associate Professor, Department of Epidemiology, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC

**Co-authors:** Vaishnavi Bhaskar, B.D.S., M.S., and Kathleen A. McGraw, M.A., M.L.S.



4:25–4:45 p.m.

**Presentation Reactions**

**Reactors:**

**Patricia Braun, M.D., M.P.H., FAAP,** Professor of Pediatrics and Family Medicine, Anschutz School of Medicine, and Clinical Professor of Dental Medicine, School of Dental Medicine, University of Colorado; and Professor of Public Health, Colorado School of Public Health, Aurora, CO

**Jane Forrest, B.S.D.H., M.S., Ed.D.,** Professor of Clinical Dentistry and Director, National Center for Dental Hygiene Research & Practice, Herman Ostrow School of Dentistry, University of Southern California, Los Angeles, CA



4:45–5:45 p.m.

**Breakout Session**

5:45–7:45 p.m.

**Reception Supported by the DentaQuest Foundation**





## NOVEMBER 4, 2016

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7:30–8:30 a.m. **Continental Breakfast**

8:30–8:35 a.m. **Overview of Conference: Day 2**

**Ann Battrell, M.S.D.H.**, Chief Executive Officer, American Dental Hygienists' Association, Chicago, IL

8:35–8:40 a.m. **SESSION III: Supporting and Promoting Involvement—Introduction**

**Moderator: Paul Casamassimo, D.D.S., M.S.**, Professor, Pediatric Dentistry, College of Dentistry, Ohio State University, Columbus, OH

8:40–9:15 a.m. **Efforts by Non-Oral-Health Professionals in Practice and in Public Health Settings to Prevent Childhood Obesity and Reduce Consumption of Sugar-Sweetened Beverages**

**Speaker/author: Diane Dooley, M.D., M.H.S.**, Associate Clinical Professor, Department of Family and Community Medicine, School of Medicine, University of California San Francisco, San Francisco, CA; and Medical Director, Pediatric Obesity Disease Management Program (Go!Club), Contra Costa Health Plan, Martinez, CA

**Co-authors:** Nikki M. Moultrie, M.S., R.D.H.A.P., Elsbeth Sites, B.S., and Patricia B. Crawford, Dr.P.H., R.D.

9:15–9:50 a.m. **Skills and Tools That Oral Health Professionals Need to Effectively Engage Children and Parents in Implementing Dietary Changes That Could Prevent Childhood Obesity and Reduce Consumption of Sugar-Sweetened Beverages**

**Speaker/author: Lisa Mallonee, M.P.H., R.D.H., R.D., L.D.**, Professor, Caruth School of Dental Hygiene Program, Baylor College of Dentistry, Texas A&M University, Dallas, TX

**Co-authors:** Linda Boyd, R.D.H., R.D., Ed.D., and Cynthia Stegeman, Ed.D., R.D.H., R.D., L.D., C.D.E., FAND



9:50–10:25 a.m.

**Role of Insurers in Oral Health Professionals’ Efforts to Prevent Childhood Obesity and Reduce Consumption of Sugar-Sweetened Beverages and Lessons from Insurers’ Other Efforts to Change Behaviors**

**Speaker/author:** Mary Foley, R.D.H., M.P.H., Executive Director, Medicaid | Medicare | CHIP Services Dental Association, Washington, DC

**Co-author:** Timothy S. Martinez, D.M.D.



10:25–10:45 a.m.

**Presentation Reactions**

**Reactors:**

**Burton Edelstein, D.D.S., M.P.H.,** Professor of Dentistry and Health Policy, Columbia University, New York, NY; and Senior Fellow in Public Policy and President Emeritus, Children’s Dental Health Project, Washington, DC

**Claude Earl Fox, M.D., M.P.H.,** Professor Emeritus, Miller School of Medicine, University of Miami, Miami, FL



10:45–11:45 a.m.

**Breakout Session**

11:45 a.m.–12:00 p.m.

**Pick Up Box Lunches**

12:00–12:45 p.m.

**Panel Reflections**

**Moderators:**

**Raul Garcia, D.M.D., M.Med.Sc.,** Professor and Chair, Department of Health Policy and Health Services Research, Henry M. Goldman School of Dental Medicine, Boston University, Boston, MA

**Dushanka V. Kleinman, D.D.S., M.Sc.D.,** Associate Dean for Research and Professor, Department of Epidemiology and Biostatistics, University of Maryland School of Public Health, College Park, MD



### Reactors:

**Ann Battrell, M.S.D.H.**, Chief Executive Officer,  
American Dental Hygienists' Association, Chicago, IL

**Patricia Braun, M.D., M.P.H., FAAP**, Professor of  
Pediatrics and Family Medicine, Anschutz School of  
Medicine, and Clinical Professor of Dental Medicine,  
School of Dental Medicine, University of Colorado; and  
Professor of Public Health, Colorado School of Public  
Health, Aurora, CO

**Claude Earl Fox, M.D., M.P.H.**, Professor Emeritus,  
Miller School of Medicine, University of Miami, Miami, FL

**Jonathan Shenkin, D.D.S., M.P.H.**, practicing pediatric  
dentist, Augusta, ME; and Clinical Associate Professor,  
Department of Health Policy and Health Services  
Research and Department of Pediatric Dentistry,  
Henry M. Goldman School of Dental Medicine, Boston  
University, Boston, MA



12:45–1:00 p.m.

### Conference Summary: [What Did We Learn and What's Ahead?](#)

**Speaker: Raul Garcia, D.M.D., M.Med.Sc.**, Professor  
and Chair, Department of Health Policy and Health  
Services Research, Henry M. Goldman School of Dental  
Medicine, Boston University, Boston, MA

1:00 p.m.

### [Conference Adjourned](#)





## About the Collaboration Partners

The **National Maternal and Child Oral Health Resource Center** responds to the needs of professionals working in states and communities in addressing current and emerging public oral health issues. The resource center supports health professionals, program administrators, educators, policymakers, and others, particularly those working in state maternal and child health programs, with the goal of improving oral health services for pregnant women, infants, children, and adolescents, including those with special health care needs, and their families.

The **American Academy of Pediatric Dentistry (AAPD)** is a membership organization representing pediatric dentists as well as general dentists who treat a significant number of children in their practices. AAPD's members provide general and specialty care to millions of infants, children, and adolescents, including those with special health care needs, and contribute to professional-education programs and scholarly works concerning children's oral health care. AAPD advocates for policies, guidelines, and programs that promote optimal oral health and oral health care for infants, children, and adolescents.

The **American Dental Association (ADA)**, a membership organization representing dentists, works to advance the dental profession on the national, state, and local levels. ADA is committed to the public's oral health and to ethics, science, and professional advancement. Initiatives include those related to advocacy, education, research, and the development of standards.

The **American Dental Hygienists' Association (ADHA)**, a membership organization, leads the transformation of the dental hygiene profession to improve the public's oral health and overall health. ADHA helps ensure access to high-quality oral health care; promotes dental hygiene education, licensure, practice, and research; and represents dental hygienists' legislative interests at the local, state, and federal levels.

The **Santa Fe Group** is the nation's leading independent nonprofit think tank on oral health policy and practice. The Santa Fe Group fosters policy and initiates actions to improve the health and well-being of the public by analyzing and disseminating health program and policy information, creating networks of concerned citizens, and developing advocacy programs to promote change for improved health.

## About the Robert Wood Johnson Foundation

The **Robert Wood Johnson Foundation (RWJF)** supports a wide array of research and programs to help build a national culture of health. In alliance with a growing coalition of civic and business leaders, RWJF is working to help advance changes in public policy, community environments, and industry practices to ensure that all children can achieve a healthy weight—and a healthy start in life.





## Acknowledgments

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*The following individuals worked tirelessly to plan and organize background papers, surveys of dentists and dental hygienists, and the national conference to expand the dialogue on oral health and prevention of childhood obesity.*

**Ann Battrell**

American Dental  
Hygienists' Association

**Sue Bessner**

American Dental  
Hygienists' Association

**Patricia (Patty) Braun**

Santa Fe Group

**Paul Casamassimo**

American Academy of  
Pediatric Dentistry

**Anne Clancy**

American Dental  
Association

**Sharon (Sharee) Clough**

American Dental  
Association

**Raul Garcia**

Santa Fe Group

**Jane Grover**

American Dental  
Association

**Maddie Hilpert**

American Dental  
Hygienists' Association

**Katrina Holt**

National Maternal  
and Child Oral Health  
Resource Center

**Dushanka Kleinman**

Santa Fe Group

**Sarah Kolo**

National Maternal  
and Child Oral Health  
Resource Center

**David Krol**

Robert Wood Johnson  
Foundation

**Beth Lowe**

National Maternal  
and Child Oral Health  
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**Bob Moore**

American Dental  
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**Nick Mosca**

Santa Fe Group

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**Scholtes**  
American Dental  
Hygienists' Association

**Astha Singhal**

Santa Fe Group

**Norman Tinanoff**

University of Maryland  
Dental School

**Robin Wright**

American Academy of  
Pediatric Dentistry

**Corinne Zollars**

American Dental  
Hygienists' Association

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*The following organizations served on the project's virtual advisory committee and provided valuable assistance with conference planning.*

Academy of Nutrition and Dietetics

Alliance for a Cavity-Free Future

American Academy of Pediatrics

American Association for Dental Research

American Association of Public Health Dentistry

American Dental Education Association

American Network of Oral Health Coalitions

American Public Health Association,  
Section on Oral Health

Association of State and Territorial Dental Directors

Association of State Public Health Nutritionists

Centers for Disease Control and  
Prevention, Division of Oral Health

Children's Dental Health Project

Colgate Palmolive

Health Resources and Services Administration,  
Maternal and Child Health Bureau

Hispanic Dental Association

National Association of Dental Plans

National Dental Association

Oral Health America

Special Care Dentistry Association