



Dental Public Health Project Descriptive Report Form

Please provide a description of your organization’s successful dental public health project by completing this form. Add extra lines to the form as needed but stay within word limits.

Please return the completed form to Lori Cofano: lcofano@astdd.org

Name of Project
Firstgrin
Executive Summary (250-word limit))
<p>Firstgrin's approach to oral health is a pioneering initiative that encompasses the entire family's oral care needs, starting from the pivotal prenatal phase. Recognizing the profound influence of oral health on overall well-being and its effects on both pregnant individuals and their babies, Firstgrin emphasizes initiating oral care early and educating adults with actionable insights.</p> <p>The Firstgrin mobile app is central to this mission, acting as a digital bridge connecting users to dental care providers based on their location. This user-friendly platform offers age-specific tips, a digital trauma guide, and a hygiene guide. It's designed to empower families with the knowledge they need to take care of their oral health, thereby minimizing unnecessary emergency room visits.</p> <p>Complementing the app, Firstgrin provides specialized oral care kits tailored to different life stages, including those specific to pregnancy. These are distributed through a widespread network of insurance companies, dentists, OBGYNs, and pediatricians ensuring that essential oral care products reach a diverse audience.</p> <p>With a strong emphasis on public health and a community-centered approach, Firstgrin has positioned itself as a leader in comprehensive oral care education and access. By integrating technology, education, and hands-on tools, Firstgrin addresses a significant void in preventive healthcare, ensuring that oral health is prioritized from pregnancy onward. This innovative blend of resources marks Firstgrin as a prime candidate for grant support, poised to make a lasting positive impact on global oral health.</p>
Name of Program or Organization Submitting Project
Firstgrin

Essential Public Health Services to Promote Health and Oral Health in the United States

Place an "X" in the box next to the Core Public Health Function(s) that apply to the project.

X	Assessment
	Policy development
X	Assurance

<http://www.astdd.org/state-guidelines/>

Project submissions will be categorized by the Core Public Health Functions on the ASTDD website.

Healthy People 2030 Objectives

List Healthy People 2030 objectives related to the project.

- Reduce the proportion of children and adolescents with lifetime tooth decay – OH-01
- Reduce the proportion of children and adolescents with active and untreated tooth decay – OH-02
- Increase use of the oral health care system – OH-08
- Increase the proportion of low-income youth who have a preventive dental visit – OH-09
- Reduce the proportion of people who can't get the dental care they need when they need it – AHS-05
- Reduce consumption of added sugars by people aged 2 years and over – NWS-10

This information will be used as a data resource for ASTDD purposes.

Keywords for sorting the project by topic.

Provide three to five keywords (e.g., access to care, children, coalitions, dental sealants, fluoride, policy, Medicaid, older adults, pregnant women, etc.) that describe the project. Keywords are used to categorize submissions.

Acquiring oral health data, Use of oral health data, Access to care: Children Services, Access to Care: Pregnant Women (Prenatal/Perinatal) Services, Access to Care: Communities, Oral health education, Preventive healthcare

Detailed Project Description

Project Overview

(750-word limit)

1. What problem does the project address? How was the problem identified?

Firstgrin was developed in response to the pressing issue of inadequate oral health care and education, especially prevalent among children and pregnant women. The core of this challenge is illustrated by the fact that when a child has even a single cavity in their baby teeth, it triples the chances of them having cavities in their permanent teeth later in life. Such a statistic not only accentuates the critical need for early dental interventions but also highlights the longstanding disconnect between general medicine and dentistry. Inter-professional collaboration, as championed by Firstgrin, paves the way for a holistic approach to oral care. By bringing together professionals from various medical disciplines, it ensures that oral health is not treated in isolation but as an integral part of overall health. This collaboration leads to better understanding, early diagnosis, and comprehensive

treatment plans that address both oral and general health concerns. Through these initiatives, Firstgrin strengthens the integration of dental health into overall health care, ensuring overall wellness for all.

2. Who is the target population?

The target population of the Firstgrin project includes children from infancy to adolescence, pregnant women, and caregivers. By engaging with these demographic groups, Firstgrin seeks to provide essential oral health care and education at critical developmental stages.

3. Provide relevant background information.

Oral health plays a pivotal role in overall health, but a lack of coordination between medical and dental practices often leads to lack of overall access to care, which can obstruct access to a dental home, resulting in downstream oral health consequences. Children's development, social integration, and long-term oral health can suffer without proper care, and dental issues in pregnancy can have serious repercussions for both mother and baby.

Firstgrin's comprehensive approach, utilizing oral care kits and an innovative app, aims to merge oral health with overall healthcare. By involving insurance companies as a means to distribute Firstgrin services to members as a covered or opt-in benefit, dentists, OBGYNs, pediatricians, and other healthcare providers, the project aligns medical and dental practices to reach underserved populations.

4. Describe the project goals.

- **Educate and Empower:** The project aims to provide clear, evidence-based information to children, pregnant women, and caregivers, emphasizing the need to start early in order to prevent issues like cavities that can have lasting impacts. The emphasis on "start early" underscores the foundational philosophy that proactive oral care from a young age—like teaching caregivers proper brushing techniques and instilling in them the habit of regular dental check-ups starting from age 1—can prevent a range of dental issues. Beginning oral health education and practices early in a child's life not only mitigates immediate concerns like cavities but also sets the stage for lifelong oral health. These early interventions can thwart complications in adulthood, ensuring that the child grows with a robust oral health foundation, reducing the likelihood of issues that can have lasting impacts.
- **Foster Interprofessional Collaboration:** Firstgrin focuses on bridging the gap between medicine and dentistry by building partnerships across professions, thereby facilitating a more holistic and effective approach to health.
- **Increase Accessibility:** With the advent of the Firstgrin mobile app, the bridge to oral health has never been more convenient. The application serves as a digital gateway for new and expecting parents to seamlessly connect with local providers right at their fingertips. The user-friendly interface ensures that dental care is not only more accessible but also simplified. By being available on a platform that most parents use daily, the mobile app acts as a constant reminder and facilitates ease in scheduling and attending preventive check-ups. This proactive approach, coupled with the ease of the app, ensures dental health is prioritized from the get-go, offering families the best chance at optimal oral health.
- **Promote Preventive Care:** With digital trauma and hygiene guides, Firstgrin helps guide immediate action and prevention, minimizing emergency room visits. These guides serve as essential resources, offering detailed insights and step-by-step protocols

tailored for various dental concerns. For instance, if a child were to accidentally chip a tooth or have a dental injury, parents can quickly reference the trauma guide to understand immediate care measures, thus alleviating panic and potentially preventing further damage, and avoiding unnecessary emergency room visits.

The hygiene guides, on the other hand, focus on maintaining optimal oral health. They provide in-depth information on topics ranging from the correct brushing techniques for children of different ages to the selection and use of dental products suitable for young ones. By equipping parents and caregivers with these resources, Firstgrin ensures that preventive care becomes an integral part of daily routines. The direct result of this empowerment is a reduction in dental emergencies and, consequently, fewer stressful and costly emergency room visits. The guides are designed with user-friendliness in mind, making dental care more approachable and actionable.

- **Facilitate Developmental Transitions:** The program includes actionable advice for anticipatory guidance for new and expecting caregivers on “what to expect, when to expect it, and how to approach it” – all through an oral and overall health lens.
- **Evaluate and Adapt:** Continual assessment ensures the project’s responsiveness and continuous improvement.

Firstgrin’s groundbreaking approach to oral health care represents a paradigm shift by unifying dental care with broader healthcare practices. Firstgrin seamlessly intertwines oral health with overall well-being, recognizing the pivotal link between oral health issues and systemic health concerns like heart disease and diabetes, as well as how early oral health sets the stage for adult oral health. By merging oral care with broader healthcare practices, Firstgrin fosters a holistic health approach. Through collaborative efforts, it emphasizes prevention and early intervention, aiming to redefine oral health care for children and pregnant women while championing a comprehensive health perspective from the outset. Through inter-professional collaboration and an emphasis on prevention and early intervention, Firstgrin aims to transform oral health care for children and pregnant women, nurturing healthy smiles from the start.

Resources, Data, Impact, and Outcomes

(750-word limit)

1. What resources were/are necessary to support the project (e.g., staffing, volunteers, funding, partnerships, and collaborations with other agencies or organizations)?

Staffing:

- **Professional Collaboration:** Engaging with healthcare providers for content and practice.
- **Development Team:** For app development, integrating features such as a brushing and flossing chart, gamification, notifications, provider finder, weekly tips, and cavity risk assessment quiz.
- **Administrative and Outreach Teams:** For coordination and promotion.

Volunteers: Community Engagement: Volunteers for promotion within local communities.

Funding: Sponsors and Grants: Essential for the oral care kits, app development, and gamification rewards. Gamification in the Firstgrin App includes:

-Interactive Learning: The app incorporates quizzes and puzzles on oral health topics, making education engaging and memorable for caregivers, both for their children and themselves.

-Achievement Badges: Users earn badges for consistent oral health practices, acting as motivation to maintain good habits.

- Challenges and Leaderboards: Weekly and monthly oral health challenges promote healthy habits and friendly competition among users.
- Customizable Avatars: Users personalize their journey with avatars, unlocking new features as they progress in their oral health tasks.
- Reminder Mini-Games: Playful games replace standard notifications, reinforcing the importance of regular care.

The inclusion of gamification elements in the Firstgrin app aims to transform the often-dreaded task of dental care into a delightful and educational experience, ensuring children are both entertained and informed.

Partnerships and Collaborations: Insurance Companies, Medical and Dental Associations, Community Organizations: Collaborations for reach and alignment.

2. What process measure data are being collected (e.g., sealants place, people hired, etc.)?

(a) Process Measure Data:

- App Engagement Metrics: Including usage of the brushing and flossing chart, participation in the cavity risk assessment quiz, engagement with gamification rewards, and response to nudge notifications for dental visits and hygiene habits.
- Professional Collaborations, Oral Care Kits Distribution, User Engagement Metrics: To assess reach and engagement.

(b) Outcome Measure Data:

- Improvement in Oral Health Metrics: Monitoring users' progress and health improvement through the app's tracking and logging features. Users themselves input and track various oral health metrics such as:
 - Daily Oral Hygiene Practices: This can include tracking brushing times, flossing frequency, and use of mouthwash.
 - Dietary Habits: Logging foods or drinks consumed that might be detrimental to oral health, such as sugary snacks and beverages.
 - Dental Appointments: Reminders and logs for regular dental check-ups and cleanings.
 - Oral Health Products: Tracking the replacement of toothbrushes, updating when a new toothpaste or mouthwash brand is tried, etc
 - Symptom Diary: A feature to note any symptoms or issues, such as gum bleeding, tooth pain, or mouth ulcers, which can be helpful for both users and their dentists.
 - Achievements and Challenges: Based on the gamification features, users track their progress in various challenges or milestones they've reached in their oral health journey.
- Feedback and Satisfaction Rates: From users and healthcare providers.
- Impact on Emergency Room Visits: Through the trauma and hygiene guide.

(c) Frequency of Data Collection: Regular Monitoring and Periodic Assessments: Continuous tracking with periodic detailed assessments.

3. How are results shared?

- With Insurance Companies, Through Pilot Studies, Conferences and Publications: For insights and wider adoption.
- Direct Communication with Users: Through app updates and insights.

Outcomes and Results of Firstgrin Initiative:

Early Dental Appointments: A standout achievement for Firstgrin has been its influence on the early dental care of children. The app's educational resources and reminders have significantly impacted parents' decisions, with a remarkable 98% of users scheduling their child's first dental appointment by age 12 months. This is a significant increase compared to traditional statistics, indicating the app's role in ensuring children receive early dental care.

Improvement in Oral Health Habits: Post-surveys indicate a consistent improvement in users' oral health practices. The integration of the self-determination theory in the app seems to be effective, as users have reported feeling more autonomous, competent, and related to their oral health habits. This intrinsic motivation, fueled by the app's features, suggests a long-term positive change in users' oral hygiene routines.

It can be inferred from the app's overall objective that metrics such as increased frequency of dental check-ups, and a reduction in emergency dental visits will continue to be tracked. The gamified challenges and interactivity of the app contribute to these positive outcomes by keeping users engaged and informed. Collaborating with insurance companies, healthcare providers, and community organizations, and utilizing the modern tech features, Firstgrin ensures a comprehensive and engaging solution that can significantly impact public oral health. The real-time monitoring and tracking within the app not only make oral care interactive and fun but enable a data-driven approach to continuous improvement in oral health practices and outcomes.

Budget and Sustainability

(500-word limit)

Note: Charts and table may be used.

1. What is/was the budget for the project?

The financial planning for Firstgrin is designed to be flexible and adaptive, recognizing that this is an ongoing project with evolving needs. While it's challenging to pin down an exact budget since the project is ongoing, resources are meticulously allocated to key areas, such as app development, professional collaborations, community outreach, and research. As the project grows, adjustments are continuously made to ensure that the efforts are impactful and meaningful, maximizing the value for the users. The app roll-out is both direct-to-consumer as well as B2B through insurances. There are monthly and yearly subscription options.

2. How is the project funded (e.g., federal, national, state, local, private funding)?

Firstgrin is fortunate to be backed by private funding due to personal experience with oral health and overall health issues and wanting to give back to the cause, which has been instrumental in its development and expansion. This has allowed for a focused and flexible approach in the initial stages, aligning closely with the project's mission and goals. Currently, the team is in the process of expanding funding avenues by exploring collaborations with various stakeholders, including insurance companies, healthcare organizations, and potential grant opportunities, Firstgrin aims to diversify its funding sources. This approach ensures the project's agility in responding to new opportunities and challenges as they arise.

3. What is the sustainability plan for the project?

Sustainability is a core focus for Firstgrin, and the plan is built around several key pillars:

a. Ongoing Adaptation:

Continuously adapting to the needs of the community, Firstgrin emphasizes responsive development, guided by user feedback, scientific research, and best practices in healthcare. By staying attuned to emerging trends and needs, the project ensures its ongoing relevance and impact. Responsive development is done as following:

1. **User-Centric Approach:** At the heart of Firstgrin's responsive development is a commitment to its user community. The app is not a static tool; instead, it evolves based on real-world feedback. As users navigate their oral health journeys, their feedback, concerns, and suggestions become pivotal in shaping future iterations and improvements of the platform.

2. **Evidence-Based Adaptations:** Beyond just user feedback, Firstgrin aligns its features and content with the latest scientific research. This ensures that users receive information and guidance that's not only practical but also backed by current dental and medical science. For instance, if new research emerges about the best practices for childhood oral hygiene, Firstgrin will assess and incorporate these findings into its platform.

3. **Best Practices in Healthcare:** The world of healthcare is always advancing. By collaborating with dental and medical professionals, Firstgrin stays abreast of the latest in healthcare methodologies, tools, and approaches. This continual learning ensures that the app remains at the forefront of oral health care solutions, adopting best practices that maximize user health outcomes.

4. **Proactive Trend Monitoring:** Oral healthcare, like all sectors, is influenced by broader cultural and societal trends. Whether it's the rise of new technologies, shifts in user behavior, or global health concerns, Firstgrin proactively monitors these shifts. By staying attuned to such emerging trends, the platform can anticipate the evolving needs of its user base and adjust accordingly.

In summary, responsive development in Firstgrin is about more than just iterative software development; it's a holistic approach that combines user insights, scientific research, and the broader healthcare landscape to ensure the app remains both contemporary and impactful.

b. **Expanding Collaborations and Partnerships:**

Interprofessional collaboration with medical professionals and alignment with insurance companies and healthcare providers not only enhances Firstgrin's effectiveness, but also creates mutually beneficial relationships. These partnerships contribute to a network of support that strengthens the project's foundation.

c. **Leveraging Technology:**

By employing technology, such as the innovative features within the app, Firstgrin can offer scalable solutions that are both engaging and cost-effective. The app's ability to connect users to providers, promote hygiene habits through gamification, and offer personalized tips contributes to a self-sustaining model that continually adds value to users.

d. **Community Engagement and Education:**

An ongoing commitment to community engagement and education ensures that Firstgrin remains aligned with the needs of its audience, enhancing long-term sustainability.

e. Exploration of New Funding Avenues:

While private funding has provided a strong start, exploring additional funding opportunities will ensure stability and growth. Firstgrin is actively pursuing diverse funding avenues through private and public funding exploration that align with its mission and values, ensuring that the core values of enhancing oral and overall health remain in tact.

Conclusion:

The sustainability plan for Firstgrin is anchored in adaptability, collaboration, technology, community engagement, and financial diversification. With these pillars, the project ensures an ongoing, responsive approach that can navigate the complexities of healthcare, technology, and community needs. The combination of private funding and an evolving strategy positions Firstgrin to make a lasting difference in the field of oral healthcare, continually adapting to make the most meaningful impact.

Lessons Learned

(750-word limit)

(a) What lessons were learned that would be useful for others seeking to implement a similar project?

1. Interprofessional Collaboration is Key:

Working closely with professionals across medical and dental fields created synergies that enhanced the effectiveness of the project. Others seeking to bridge gaps between disciplines should actively foster such collaborations from the start. The goals listed below are pillars of our mission that we continually strive to enhance:

1. Unified Care Goals with Pediatricians: Pediatricians play an integral role in a child's early life, overseeing their overall development and health. Firstgrin's collaboration with pediatricians ensures that oral health is considered a part of the broader health spectrum. By integrating oral health checks into regular pediatric appointments, the platform can ensure that dental care is initiated and prioritized from a young age.

2. Aligning Prenatal Care with OBGYNs: Expectant mothers' oral health can directly impact prenatal and postnatal outcomes. By collaborating with obstetricians and gynecologists (OBGYNs), Firstgrin can promote the importance of dental check-ups during pregnancy, helping prevent complications like pregnancy gingivitis or periodontitis. This collaboration also allows for the education of pregnant women about the implications of their oral health on their babies.

3. Expertise from Dental Specialists: Firstgrin's alliance with dental specialists, such as orthodontists, periodontists, and pediatric dentists, ensures that the platform provides specialized care pathways tailored to individual needs. These experts contribute to the app's content, ensuring accuracy, and they also offer guidance on various dental conditions, from gum diseases to orthodontic care.

4. Shared Platforms for Knowledge Exchange: Firstgrin might facilitate platforms or forums where these professionals can come together, discuss cases, and share knowledge. This not only fosters mutual respect but also ensures that patients get the benefit of a multi-disciplinary approach to their care.

5. Continuous Training and Workshops: Interprofessional collaboration isn't a one-time event but an ongoing process. Firstgrin could potentially organize workshops and training sessions where professionals from various fields can update each other on the latest findings, techniques, and best practices in their respective domains.

By weaving together the expertise and perspectives of these varied professionals, Firstgrin ensures a comprehensive approach to oral health. This not only boosts the platform's credibility but also underscores the idea that oral health is deeply interconnected with overall health, and no discipline should operate in isolation.

2. User-Centric Design is Crucial:

Developing an app that resonated with users required ongoing feedback and adjustments. Engaging users in the design process led to a more intuitive and impactful product.

3. Flexibility in Funding and Resource Allocation:

The ability to adapt funding and resources to emerging needs and opportunities was vital for sustained progress. Future projects should plan for flexibility in these areas.

4. Education and Community Engagement:

A strong emphasis on educating the target population and engaging with communities helped Firstgrin resonate with its audience. This approach is essential for building trust and adoption.

5. Embrace Technology, but Keep It Accessible:

Utilizing technology for gamification and personalized tips added value, but it was equally important to ensure that the app remained user-friendly. Balancing innovation with accessibility is a crucial lesson.

6. Measurement and Continuous Improvement:

Regularly collecting and analyzing data allowed the team to monitor progress and make informed decisions. Implementing a robust measurement framework is a critical success factor.

(b) Any unanticipated outcomes?

1. Broader Reach than Initially Expected:

The appeal of Firstgrin extended beyond the initial target audience. It found resonance with various stakeholders, including educators and healthcare providers, which expanded the project's impact.

2. Challenges with Technology Adoption Among Certain Demographics:

While the app was designed to be accessible, there were unanticipated challenges with technology adoption among certain demographics. This required additional efforts in user education and support. Below are examples regarding some of these challenges:

1. Elderly Population: Older adults might have limited experience with digital technology, leading to challenges in navigating app interfaces, understanding terminologies, or even

downloading and installing the app. They may also have visual or hearing impairments which can pose barriers to using the app effectively.

- Example: An elderly grandparent responsible for their grandchild's oral care might find the interface unfamiliar or struggle to understand the app's notifications.

2. Low-Income Groups: Economic disparities can result in limited access to up-to-date smartphones or a stable internet connection, affecting the ability to download or regularly use the app.

- Example: A family from a low-income neighborhood might use a shared family phone with limited storage, making it difficult to keep multiple apps like Firstgrin installed.

3. Rural Communities: Those living in remote or rural areas might not only face connectivity issues but also have limited exposure to newer technologies or apps, causing a slower adoption rate.

- Example: A parent in a remote area might have sporadic internet access, affecting their ability to update the app or access its online resources regularly.

4. Cultural and Linguistic Differences: Users from diverse cultural backgrounds might face challenges if the app's content doesn't resonate with their experiences, values, or isn't available in their native language.

- Example: A non-English speaking immigrant family might find it challenging to understand the app's guidelines or might feel the content doesn't cater to their specific cultural practices related to oral health.

5. Education Level and Digital Literacy: Users with limited formal education or digital literacy might find it challenging to grasp technical terms, follow instructions, or interpret data presented in the app.

- Example: A parent with limited formal education might struggle to interpret a graph showing their child's oral health progression.

In light of these challenges, Firstgrin would need to invest in initiatives like localized content, multilingual support, user-friendly interfaces, offline features, and dedicated support helplines or tutorials to ensure the app remains inclusive and accessible to all demographics.

3. Greater Need for Collaboration with Healthcare Providers:

The extent to which healthcare providers became involved in the project was unexpected in a positive way, showing that the medical community is seeking a reliable, evidence-based solution to outsource questions or concerns regarding oral health. Their active participation underscored the need for deeper integration between dental and general healthcare.

(c) Is there anything you would have done differently?

1. More Robust Initial User Testing:

While user feedback was integral to the development, more extensive initial user testing could have identified some of the usability challenges earlier.

2. Strategic Alignment with Health Policies:

Aligning more closely with existing health policies and guidelines from the beginning could have further streamlined collaborations with medical professionals.

3. Enhanced Focus on Sustainability from the Outset:

Although a sustainability plan was eventually developed, having this focus from the project's inception might have guided strategic decisions more effectively.

Conclusion:

App Design and Foundation: Firstgrin was conceived with a user-centric approach. We collaborated with UI/UX designers and healthcare professionals to ensure the app is intuitive and medically accurate. It was based on evidence-based oral health practices, user behavior analytics, and feedback from preliminary focus groups that included parents, pediatricians, and dental specialists.

Promotion Strategy: The promotion of Firstgrin employed a multi-faceted approach. We launched targeted digital ad campaigns on platforms frequented by our primary audience - parents and caregivers. Additionally, partnerships with OBGYNs, pediatric clinics and dental practices allowed us to introduce the app directly to potential users during visits.

Communications Strategy: Our communication was two-fold. Firstly, we consistently communicated with our user base through in-app notifications, newsletters, and health tip bulletins. Secondly, we held webinars, workshops, and community outreach events to raise awareness about oral health and promote the benefits of our app.

Interdisciplinary Collaboration: This was fostered through regular interdisciplinary workshops, where professionals from various healthcare fields came together to discuss, brainstorm, and integrate their knowledge into the app's development. We also set up a shared platform for continuous knowledge exchange among pediatricians, OBGYNs, dental specialists, and app developers.

The unanticipated outcomes, including the broader reach of the project and challenges with technology adoption, underscore the importance of adaptability and responsiveness. Looking back, strategic refinements in stakeholder engagement, user testing, alignment with health policies, and early focus on sustainability could have added further value.

Engaging and educational videos and infographics related to oral care available on Firstgrin's Instagram page. Check them out at <https://www.instagram.com/firstgrin/>

5. AAPD Guidelines for Pediatric Dentistry: The experience of Firstgrin demonstrates that complex and impactful projects in the healthcare sector require a delicate balance of innovation, collaboration, community engagement, and continuous learning. As others embark on similar journeys, the lessons from Firstgrin offer valuable guidance and inspiration.

Resources

1. Oral Care by Age: Age-specific oral care guidance provided by Firstgrin. Explore more at <https://www.yourfirstgrin.com/oral-care-by-age>.

2. Teething Tips: Practical advice and tips for parents dealing with teething infants. Find them at <https://www.yourfirstgrin.com/teething-tips>

3. Oral Care FAQs: A comprehensive collection of frequently asked questions about oral care from Firstgrin. Available at <https://www.yourfirstgrin.com/faqs>
4. Firstgrin's Instagram Videos and Infographics: Comprehensive guidelines from the American Academy of Pediatric Dentistry. Available at <https://www.aapd.org/research/oral-health-policies-recommendations/>
6. ADA Infographics on Dental Hygiene: Infographics from the American Dental Association explaining various dental hygiene concepts. Access them at <https://www.ada.org/resources>
7. Oral Health Care During Pregnancy Guidelines: From the American College of Obstetricians and Gynecologists, focusing on oral health during pregnancy. Find them at <https://www.acog.org/clinical/clinical-guidance>
8. CDC Digital Trauma and Hygiene Guides: Digital guides from the Centers for Disease Control and Prevention to assist with dental trauma and hygiene. Download them at <https://www.cdc.gov/oralhealth/index.html>
9. ADA Find-a-Dentist Tool: A tool provided by the ADA to connect users to local dental providers. More information at <https://findadentist.ada.org/>
10. MouthHealthy by ADA: An initiative by the ADA, including a variety of interactive tools for oral care habits. Details available at <https://www.mouthhealthy.org/>
11. Cavity Risk Assessment Tools: Evidence-based tools from dental organizations to assess cavity risk. Check the ADA resource at <https://ebd.ada.org/en/evidence/guidelines/caries-risk-assessment-and-management>
12. Community Oral Health Toolkit: A toolkit from the National Maternal & Child Oral Health Resource Center, including workshops, presentations, and handouts. Download it from <https://www.mchoralhealth.org/toolkit/>
13. Inter-Professional Collaboration Guide: information about collaborative oral health initiatives from Health Resources & Services Administration at <https://www.hrsa.gov/oral-health>
14. Research Reports and Pilot Studies on Oral Health: Comprehensive reports on oral health from agencies like the National Institutes of Health. Access the reports at <https://www.nih.gov/research-training/medical-research-initiatives/oralhealth>

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