



## Dental Public Health Activities Descriptive Summaries

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### **New Jersey "Cavity Free Kids" Preschool Program**

In 1991, the New Jersey "Cavity Free Kids" (CFK) Preschool Program began as a pilot program in Jersey City. The pilot program involved six Pre-K student classes in a public school district. Due to the success of the pilot program, the program was expanded statewide in 1994. The CFK Program is a comprehensive program for children in Pre-Kindergarten classes to lay the foundation for a lifetime of good oral health. The cornerstone of the program is classroom-based toothbrushing, which stresses the importance of toothbrushing and helps children establish the daily habit. The daily toothbrushing activity takes about 10-15 minutes of class time supervised by an aid or parent volunteer. The program provides toothbrushes for the first year of enrollment in the program but after the first year, the school or daycare center is responsible for purchasing toothbrushes. The program also provides oral hygiene instruction for the children, in-service training for teachers and parent volunteers, dental screenings, and parent education materials. The program is administered at the cost of \$1 per child for supplies. The CFK Program is administered by the Regional Oral Health Coordinators with assistance from their support staff. The Regional Oral Health Programs promote the CFK Program in communities with a large population of children at high risk for caries. The program is promoted through communications with the Health and Social Service Coordinators of state-designated, high-risk school districts and with the County Child Health Coordinators (registered nurses) who consult with private child care centers. Recruitment includes presentations to schools or centers about the importance of the CFK Program and through the annual regional oral health newsletter. A total of 5,407 children, in 313 classes, were enrolled in the CFK Program during the 2000-2001 school year.

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