

PROTECT YOUR SWEET SMILE
Sugar-Sweetened Beverage Reduction Course for Dental Professionals
REFERENCE AND RESOURCES

References	
Title	Source
CDC: Healthy Weight, Nutrition, and Physical Activity	https://www.cdc.gov/healthyweight/healthy_eating/drinks.html
Oral Health Care During Pregnancy: A National Consensus Statement	https://www.mchoralhealth.org/materials/consensus_statement.php
California Department of Public Health – Nutrition Education and Obesity Prevention Branch	https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RetrinkYourDrink.aspx
2000 Surgeon General’s Report on Oral Health in America	https://www.nidcr.nih.gov/research/data-statistics/surgeon-general
Surgeon General Commissions 2020 Report on Oral Health	https://www.nidcr.nih.gov/news-events/nidcr-news/2019/surgeon-general-commissions-2020-report-oral-health
Children Now – Sugar Sweetened Beverages: Impact on Oral Health & Policy Responses	https://vimeo.com/474005605
Californians for Less Soda	https://ca4lessoda.org/
Chile’s Sugary Food Fight Echoes Around the World	https://www.ft.com/content/d481cf02-1e47-11e9-a46f-08f9738d6b2b
Latin America’s War on Obesity Could be a Model For U. S.	https://www.washingtonpost.com/business/2019/07/16/latin-americas-war-obesity-could-be-model-us/
Report: U.S. Sales of Non-Alcoholic Beverages Grow More than \$5 Billion in 2019	https://www.coca-colacompany.com/news/report-us-sales-of-non-alcoholic-beverages-grow-more-than-5-billion-in-2019#:~:text=Per%20Beverage%20Digest%2C%20carbonated%20soft,2018%20growth%20of%20%24.7%20billion

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WHO Sugar Recommendations	https://www.ages.at/en/topics/nutrition/who-sugar-recommendations/
US Consumers' Understanding of Nutrition Labels in 2013: The Importance of Health Literacy	https://www.cdc.gov/pcd/issues/2017/17_0066.htm
Hidden in Plain Sight: Added Sugar is Hiding in 74% of Packaged Foods	https://sugarscience.ucsf.edu/hidden-in-plain-sight/#.X9QPwdhKiUk
Added Sugars on the New Nutrition Facts Label	https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label
Changes to the Nutrition Facts Label	https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label
CDC: COVID-19 Medical Condition Risk Factors	https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html
California Oral Health Plan 2018-2028	https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/CDPH%20Document%20Library/Oral%20Health%20Program/FINAL%20REDESIGNED%20COHP-Oral-Health-Plan-ADA.pdf

Sacramento County Oral Health Needs Assessment 2018	https://dhs.sacounty.net/PUB/OralHealth/Documents/Oral-Health-Needs-Assessment.pdf
Caries Process and Prevention Strategies: Demineralization / Remineralization	https://www.dentalcare.com/en-us/professional-education/ce-courses/ce372
Erosion: What You Eat and Drink Can Impact Teeth	https://www.mouthhealthy.org/en/az-topics/e/dietary-acids-and-your-teeth
American Academy of Pediatrics: Adolescent Consumption of Sports Drinks	https://pediatrics.aappublications.org/content/141/6/e20172784#:~:text=As%20per%20AAP%20recommendations%2C%20clinicians,water%20during%20periods%20of%20prolonged%2C
Dental Sealants	https://www.cdc.gov/oralhealth/dental_sealant_program/index.htm
Fluoride: Topical and Systemic Supplements	https://www.ada.org/en/member-center/oral-health-topics/fluoride-topical-and-systemic-supplements
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Healthy People 2030	https://health.gov/healthypeople
First 5 Sacramento	https://first5sacramento.sacounty.net/Programs/Pages/OralHealth.aspx
California Water Boards: Fluoridation by Public Water Systems	https://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/Fluoridation.html
CDC: My Water's Fluoride	https://nccd.cdc.gov/doh_mwf/default/default.aspx
CDC: Fluoridation Learning Online	https://www.cdc.gov/fluoridation/engineering/training.htm

EPA: Consumer Confidence Reports	https://www.epa.gov/ccr/understanding-your-annual-water-quality-report#:~:text=EPA%20requires%20community%20water%20systems,t heir%20local%20drinking%20water%20quality.
Say This, Not That: Tips for Talking About Community Water Fluoridation	https://ilikemyteeth.org/wp-content/uploads/2014/10/SayThisNotThat.pdf
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OARS Model: Essential Communication Skills	https://rhntc.org/sites/default/files/resources/2017-10/fpntc_oars_model_2016.pdf
Resources	
CDPH: When Sugar Is Not So Sweet Resources for Dental Providers	Step-by-Step Guide: When Sugar is NOT so Sweet (YouTube) https://www.youtube.com/watch?v=NHLo7j3laxg

	<p>When Sugar is NOT so Sweet - Resource guide</p> <p>https://secure-web.cisco.com/1qNMO2SS03e_-yNSSRECI5BNFFLBPIYBrIHFzIq81e-7QtSs3n71EVR96GwMeaY_8Bzjv-a5GjAHA8sxGgobooHnaDTvUGH92Y4ng8fD4u1XdADNF7W_y4jsN5YtqAklZIRQiqoUjtAfrwtqSqb5Z1QqwEv9tU4Yl5AojH66PsPWRAA9nGTbtkfloF2By2K7vwdQNxmPAiXqAgWZZeTjea52qKMHL1GYgmTGMt4Gdt2Yj81grPbvsTnTHqk7l5tV_ZXPCxHZX3jx3A2lT2rXvzc3U4Gnfj_8xsm9Q-E508lwzbLN3dJfMc_orOXOZom/https%3A%2F%2Foralhealthsupport.ucsf.edu%2Fsites%2Ffg%2Ffiles%2Ftkssra861%2Ff%2Fwysiwyg%2FWhen%2520sugar%2520is%2520NOT%2520o%2520sweet%2520GUIDE.pdf</p>
Smiles for Tomorrow (Anticipatory Guidance)	https://www.dentalcare.com/en-us/professional-education/ce-courses/ce04/overview
ADA – Caries Risk Assessment Form (Age 0 – 6)	https://www.ada.org/-/media/project/ada-organization/ada/ada-org/ada/ada/member-center/files/topics_caries_under6.pdf?rev=9d24845ca49e48f6ae77910460829dbe&hash=C15411C8B39CA6B3FBF7B68AFAE14CD9
ADA – Caries Risk Assessment Form (Age >6)	https://www.ada.org/-/media/project/ada-organization/ada/ada-org/ada/ada/science-and-research/files/topic_caries_over6.pdf?rev=13f8726d268544cc8acfba3d151b597d&hash=8598D2508EA1AD923A2BB97DF7F291F2
ADA Brochure: Sip & Snack All Day, Risk Decay	https://ebusiness.ada.org/productcatalog/251/Overall%20Health/W292

Choose Health. Drink Water.	https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/CDPH%20Document%20Library/PPPDS_RYDChooseHealth18x24.pdf
The Drink Pyramid	https://kyoralhealthcoalition.org/the-importance-of-healthy-drinks-for-kids-oral-health/
Campaign for Dental Health: Life is Better with Teeth	https://ilikemyteeth.org/
Rethink Your Drink Day Resources	https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx https://rethinkyourdrinkday.com/
Kindergarten Oral Health Assessment Resources: Sacramento County Oral Health Program	https://dhs.saccounty.net/PUB/OralHealth/Pages/Resources-for-School-Partners.aspx
Potter the Otter - A Tale About Water	https://www.amazon.com/POTTER-OTTER-About-NUTRIA-Cuento/dp/B06W9GR6QJ https://www.first5california.com/en-us/books/potter-the-otter-a-tale-about-water/
Sacramento County Oral Health Program	www.saccountyoralth.net oralhealth@saccounty.net