Sugar-Sweetened Beverages: Guidance for Dental Professionals

Presented by:
Jan Resler, MPA, RDH

Protect Your *Sweet Smile*

Sugar-Sweetened Beverages *and Oral Health*

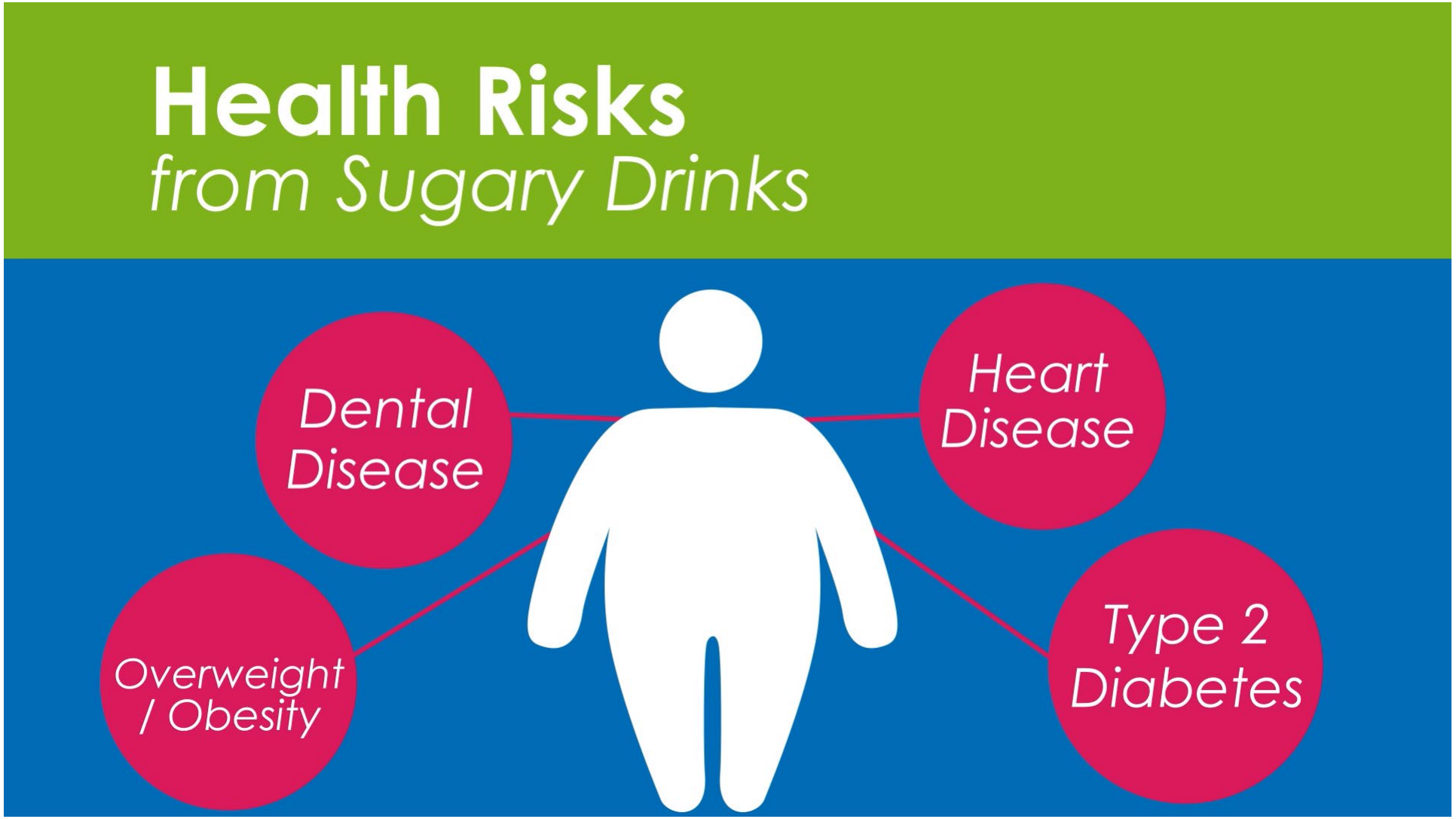
SACRAMENTO COUNTY PUBLIC HEALTH
Promote • Prevent • Protect

SACRAMENTO COUNTY Oral Health Program

rethink YOUR DRINK

- **Reduce** the prevalence of obesity
- **Raise** awareness of the health effects of sugary drinks
- **Promote** the benefits of drinking water

Overall Health Risks



Overall Health Risks

People Who Consume
10-25% *added sugars daily*

are ***30%*** *more likely*

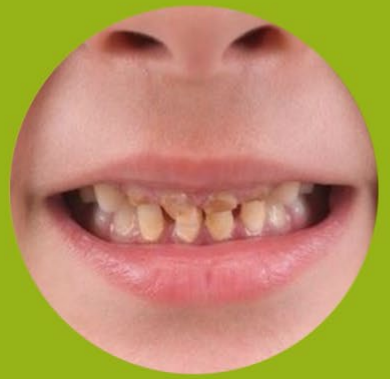
to develop
heart disease

Oral Health Risks - Children

Incidence of Decay in California

Decay experience = have had a cavity.
This may or may not have been treated.

Caries in Children



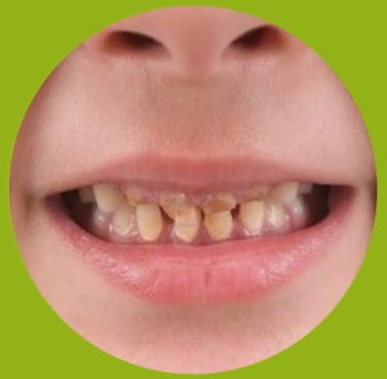
- **#1** chronic disease in children

Oral Health Risks - Children

Incidence of Decay in California

Decay experience = have had a cavity. This may or may not have been treated.

Caries in Children



- **440,000** children ages 5+ missed at least one day of school for a dental concern

Oral Health Risks - Adults

Incidence of Decay *in California*

Decay experience = have had a cavity. This may or may not have been treated.

Adult Tooth Loss

Percentage of adults that have lost a tooth:

- 13% of 18-24 year olds
- 68% of 65+

Financial Impact

Societal Costs of Preventable Disease

Diabetes related medical expenses
$39.4 billion

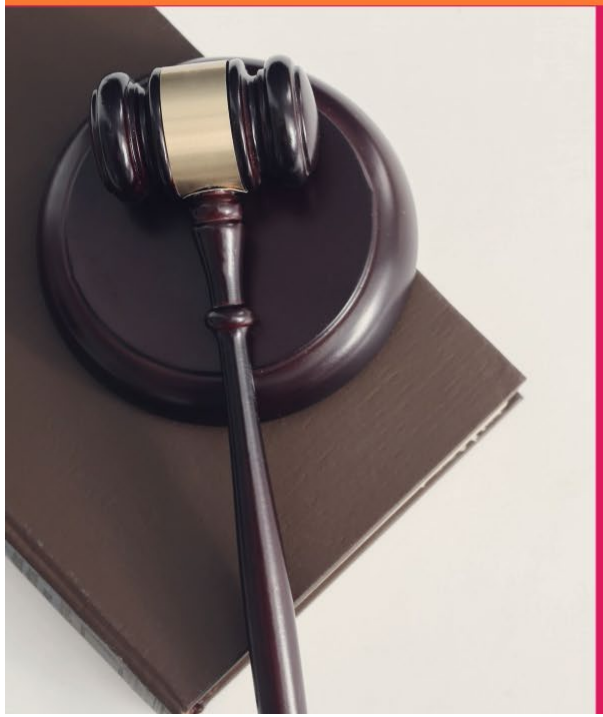
Obesity related medical expenses
$9 billion

Missed school days
$29 million

In California

California SSB Reduction Strategies

CA SSB Initiatives



- *Requiring restaurants to offer water or unflavored milk options with children's meals*
- *Updating labels to include product safety warnings*
- *Limiting container size for fountain beverages*
- *Taxing sodas and other sugar-sweetened beverages*

Average Sugar Consumption

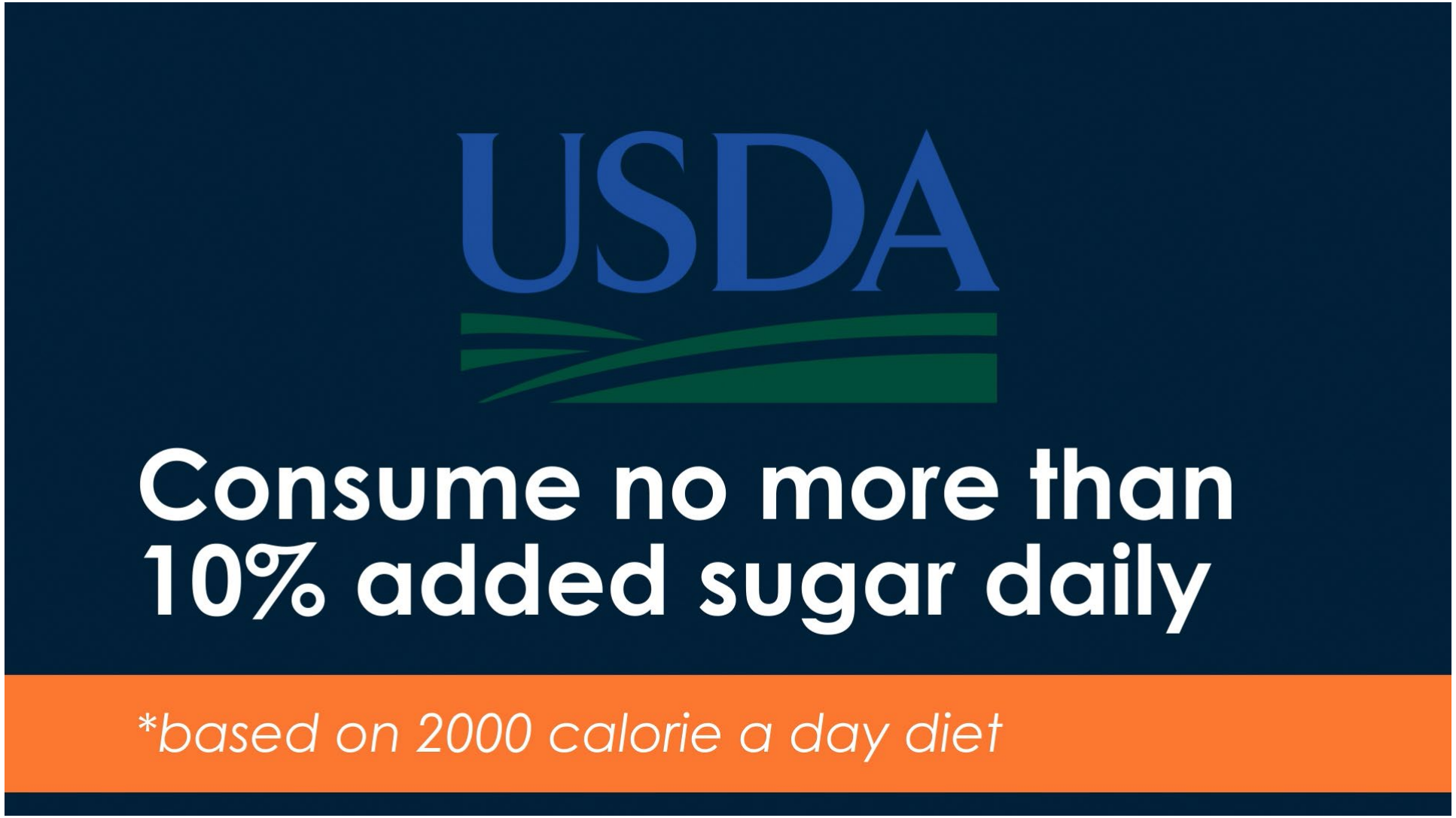
Added Sugars

The average American consumes about 17 teaspoons per day

Which equals 57 pounds of added sugars per year, half from sugary drinks

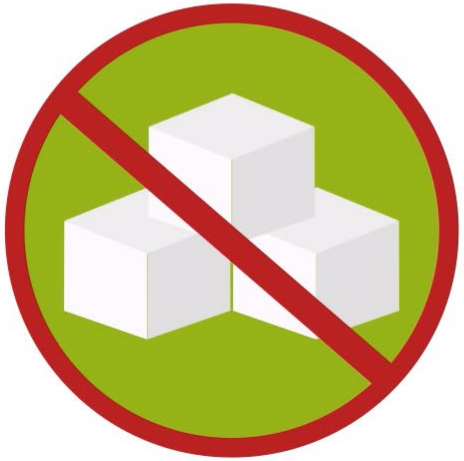
Average Sugar Consumption

Recommendations



Recommendations

American Heart Association.



9 teaspoons or less *of daily added sugars for men*

6 teaspoons *or less for women and children*

0 added sugar *for ages 0-2*

Nutrition Review

Leveraging RYD Messaging

#1 *Identify Sugar*

#2 *Understand Nutrition Labels*

#3 *Calculate Sugar Content*

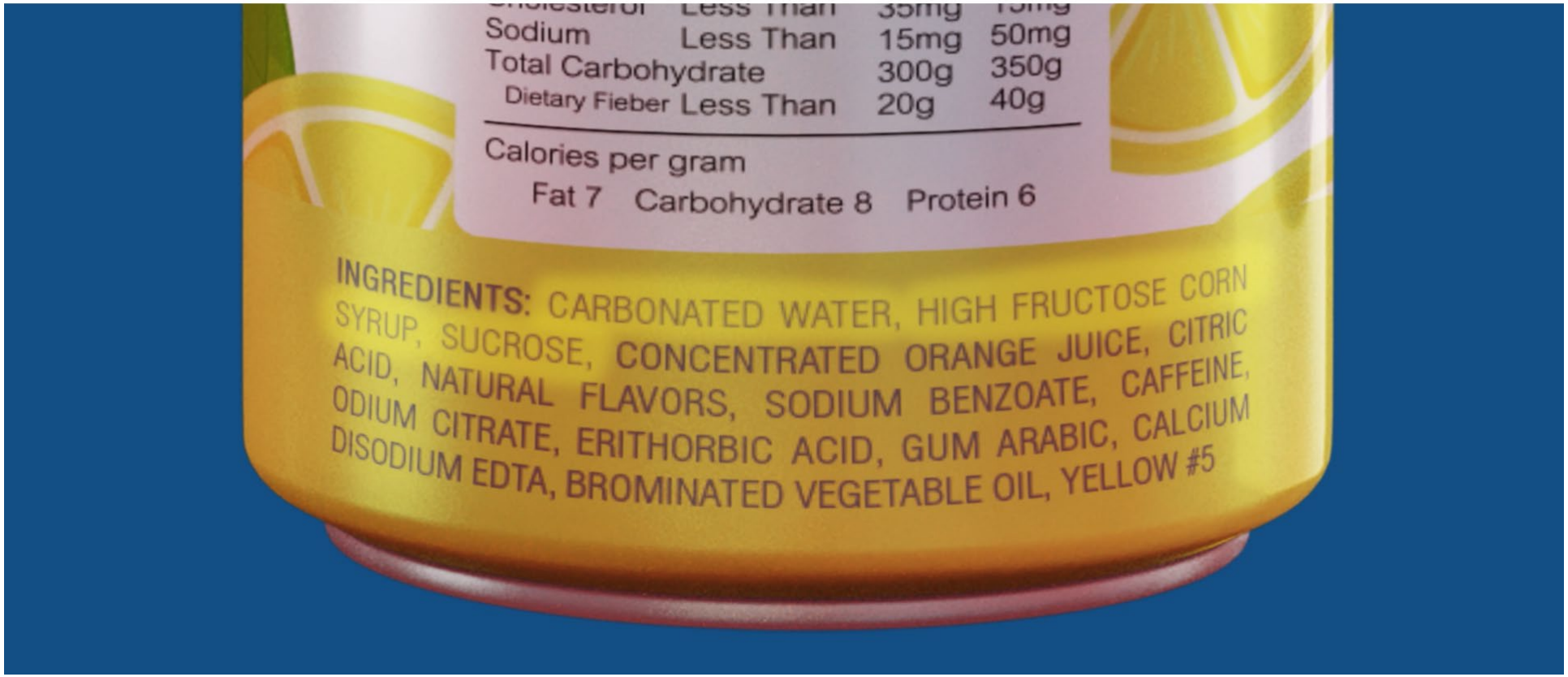
Nutrition Review

#1 Identify Sugar

Brown rice syrup Maltodextrin Corn syrup Crystalline fructose Caramel
Raw sugar Buttered sugar/buttercream Blackstrap molasses Beet sugar
Invert sugar Glucose syrup solids Corn syrup solids Panela sugar Molasses
Sucrose Sugar Coconut sugar Treacle Refiner's syrup Rice syrup Galactose
Cane juice crystals Muscovado sugar Confectioner's sugar Malt syrup
Ethyl maltol Maltose Diastatic malt Sorghum syrup Date sugar
Cane sugar Fructose Golden syrup Golden sugar Sucanat Lactose
Agave Nectar/Syrup Honey Turbinado sugar Maple syrup Fruit juice
Dextrin Florida crystals Yellow sugar Carob syrup Brown sugar Barley malt
Castor sugar Demerara sugar Evaporated cane juice Glucose Grape sugar
High-Fructose Corn Syrup Dextrose Icing sugar

Nutrition Review

#2 Understand Nutrition Labels



Nutrition Review

#2 Understand Nutrition Labels

Old Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories and serving size - larger and bolder

New - added sugars

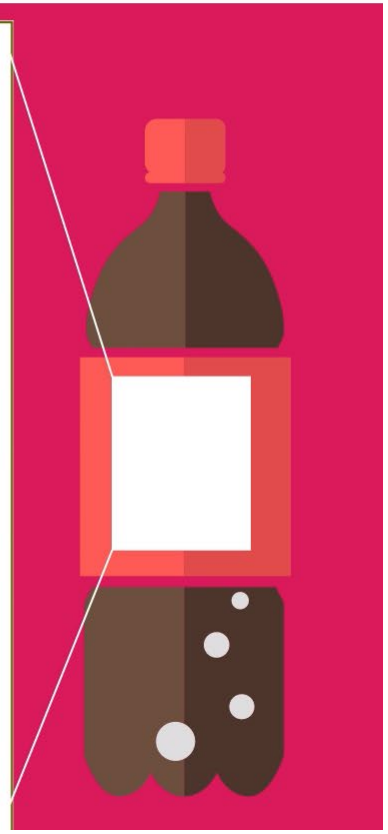
Nutrient list

Nutrition Review

#3 Calculate Sugar Content

Grams ÷ 4 = Tsp*

*check number of servings per container



Pop Quiz!

How many teaspoons of sugar are in this 20 oz bottle of soda?

Nutrition Facts

1 Serving Per Container

Serving Size	**1 Bottle**
Amount Per Serving	
Calories	**240**
	% Daily Value
Total Fat 0g	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 65g	**24%**
Total Sugars 65g	
Includes 65g Added Sugars	**130%**
Cholesterol 0mg	**0%**
Protein 0g	

- 5
- 16
- 21
- 65

= 16.25 Tsp!

American Heart Association.

World Health Organization

USDA

Nutrition Facts

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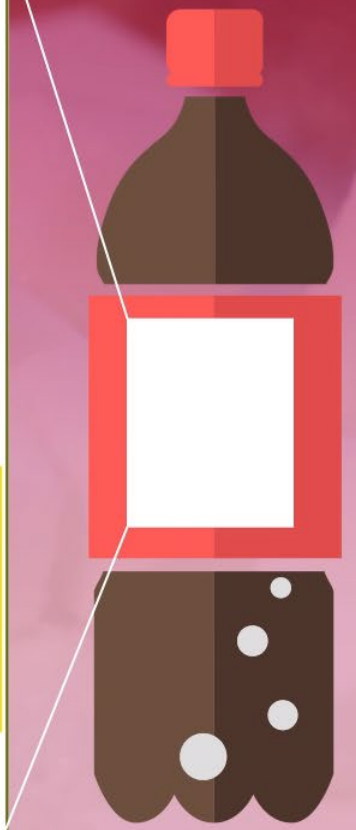
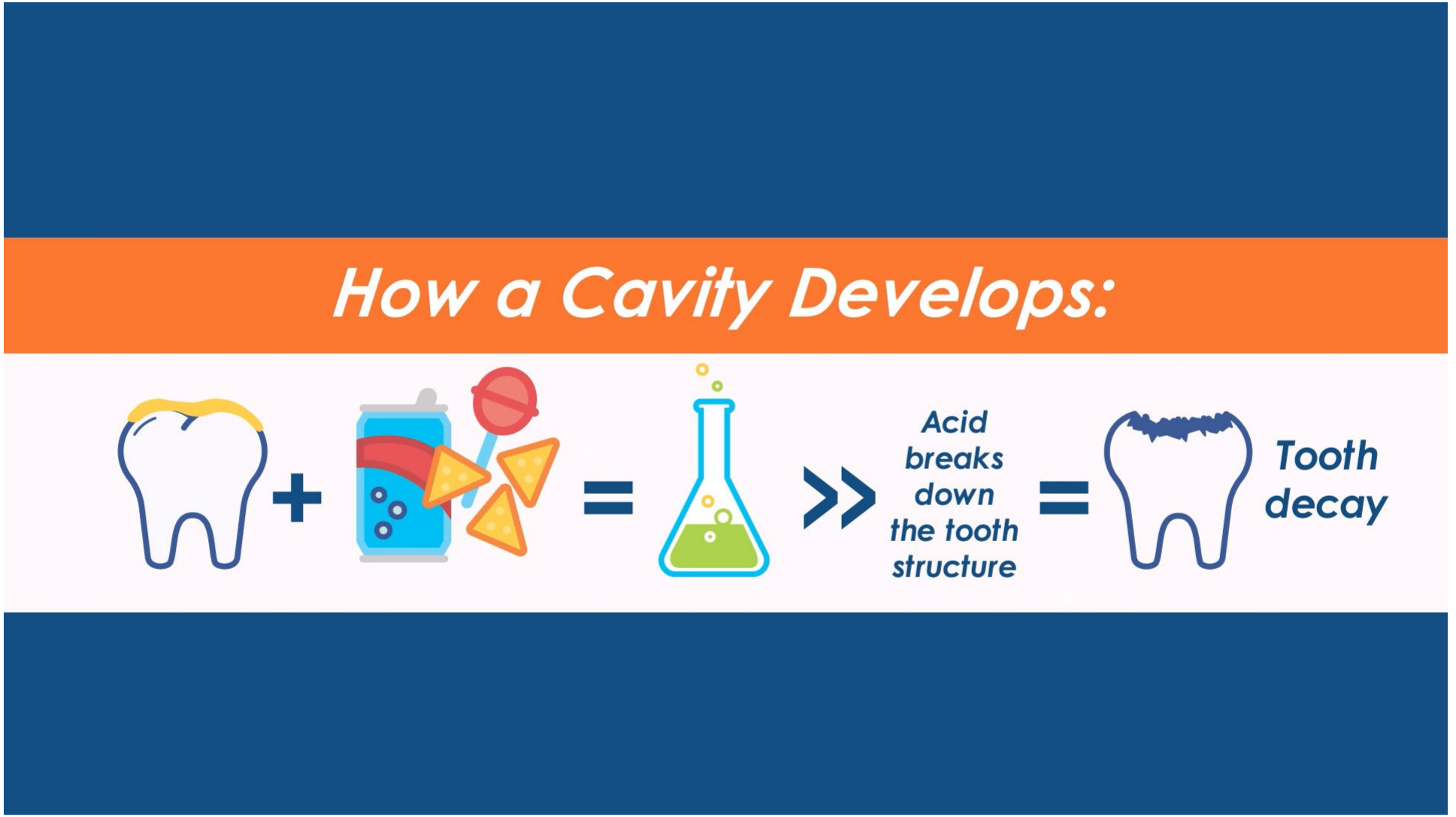
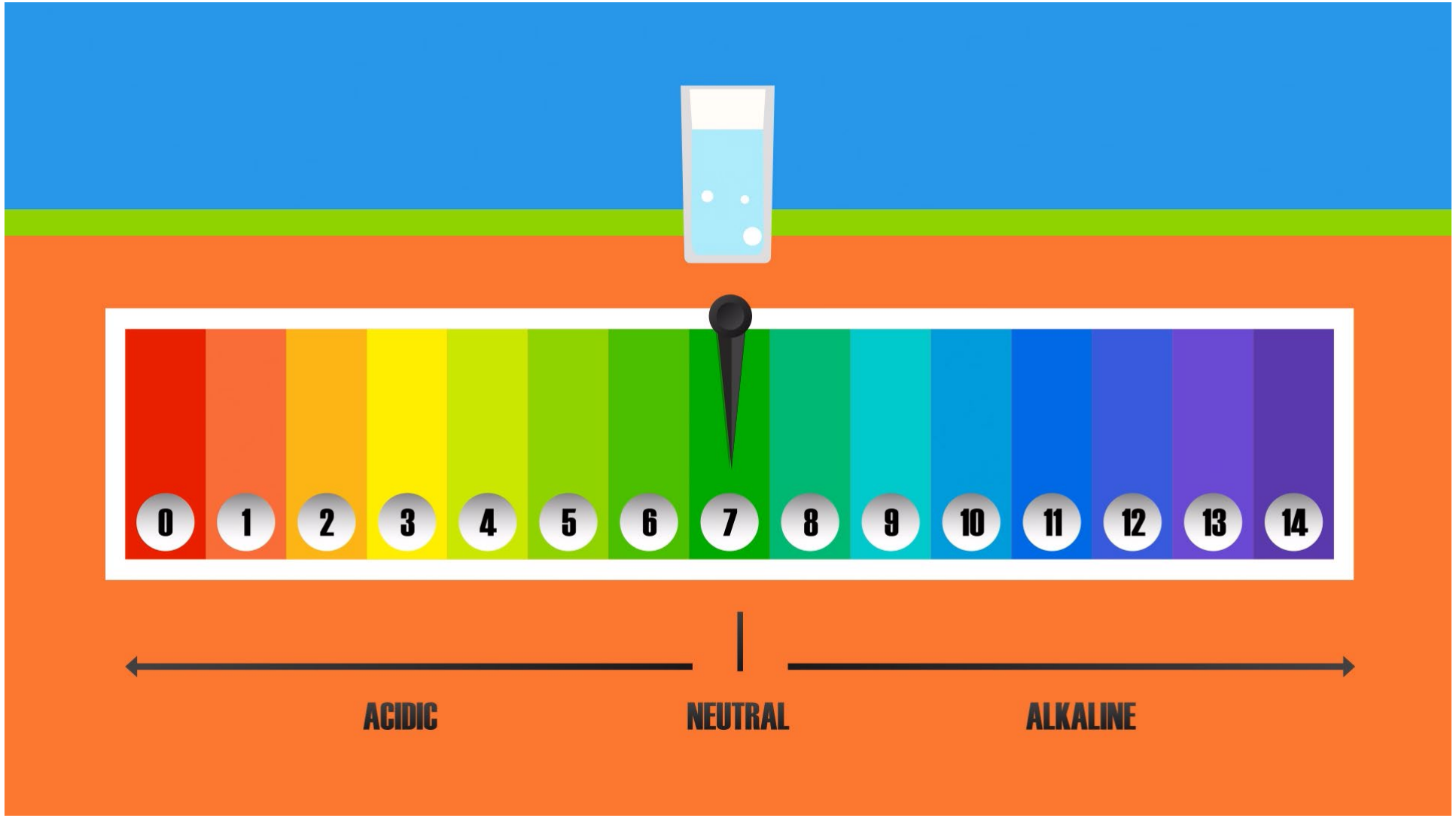


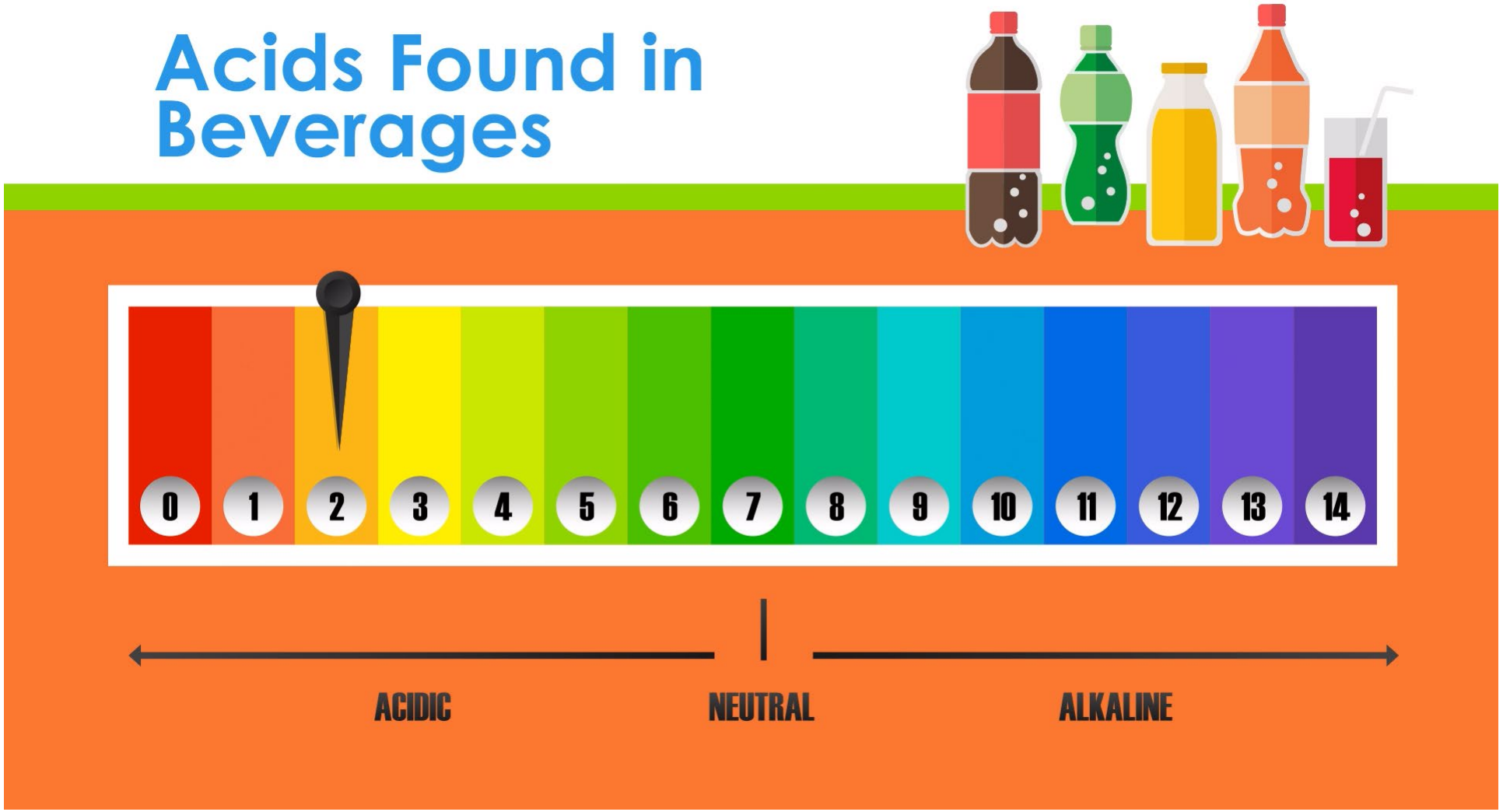
Decay Science



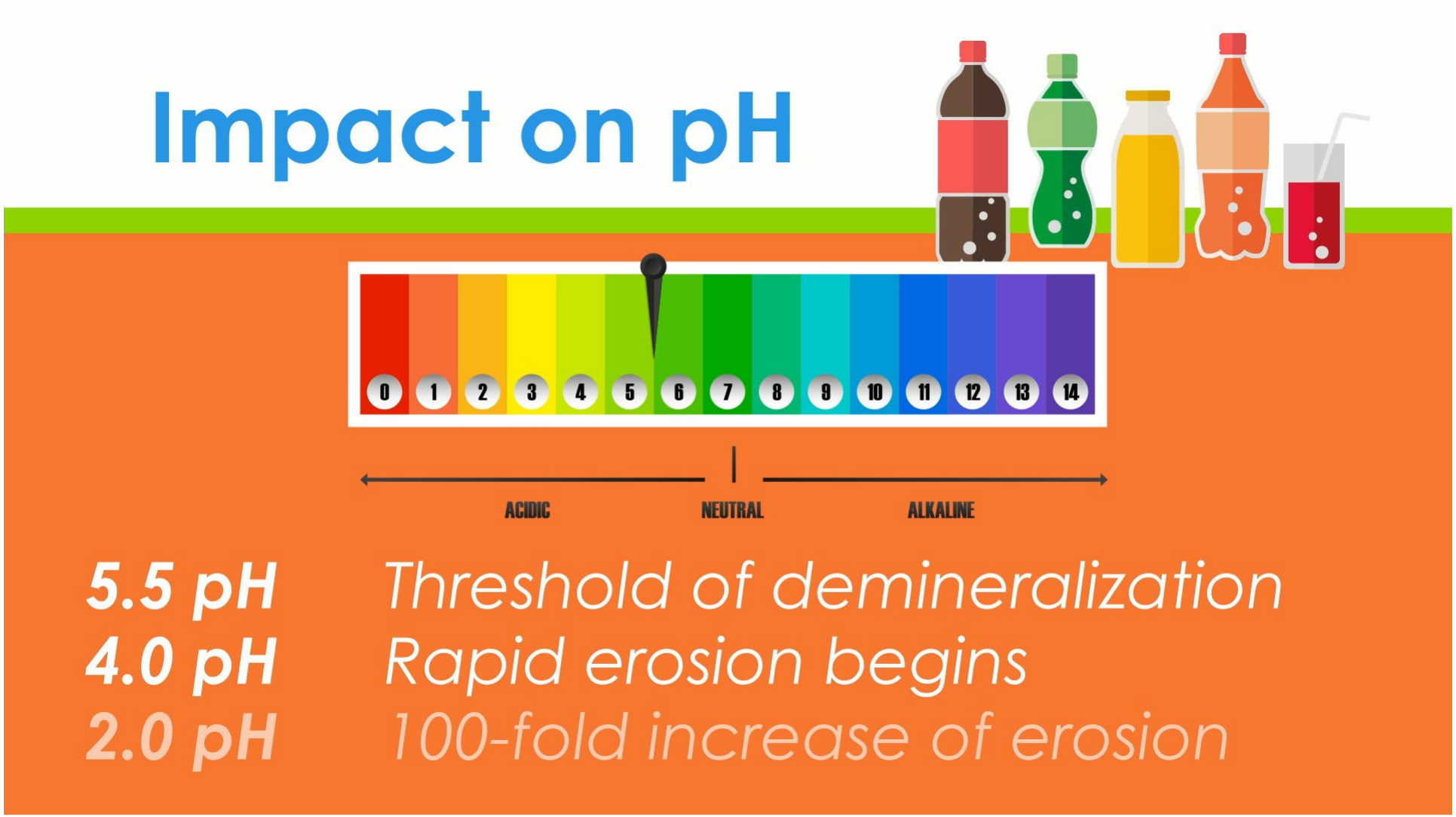
Decay Science



Decay Science



Decay Science



Behavior Change Strategies

Behavior Change Strategies

Protective Behaviors

- *Consume SSBs with meals*
- *Drink SSBs at once and immediately rinse with water*
- *Eat a piece of cheese right after consuming a sugary drink. Milk proteins help protect teeth from the acid attack*
- *Chew a piece of sugarless gum. This will increase salivation and help return the mouth to a neutral pH*
- *Do not brush right away! Brushing right after an acid attack may etch the tooth surface. Wait 60 minutes!*

Behavior Change Strategies

What to Drink Instead of SSBs:

Water:
Plain or flavored with

- *Fruit*
- *Vegetables*
- *Herbs*

Unsweetened:

- *Seltzer water*
- *Coffee*
- *Tea*
- *Sparkling water*
- *Fat-free / lowfat milk*
- *100% fruit juice**

rethink YOUR DRINK

Prevention Strategies

Protective Measures

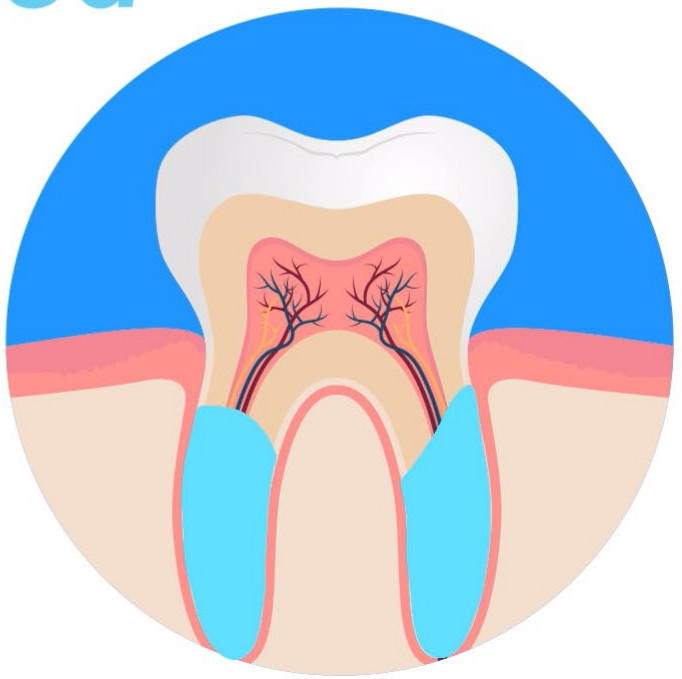
- *Dental sealants*
- *5% sodium fluoride varnish applications*
- *Prescription toothpastes*
- *Xylitol products*
- *Casein phosphopeptide-amorphous calcium phosphate products*

Prevention Strategies

Protective Measures

Fluoridated Water

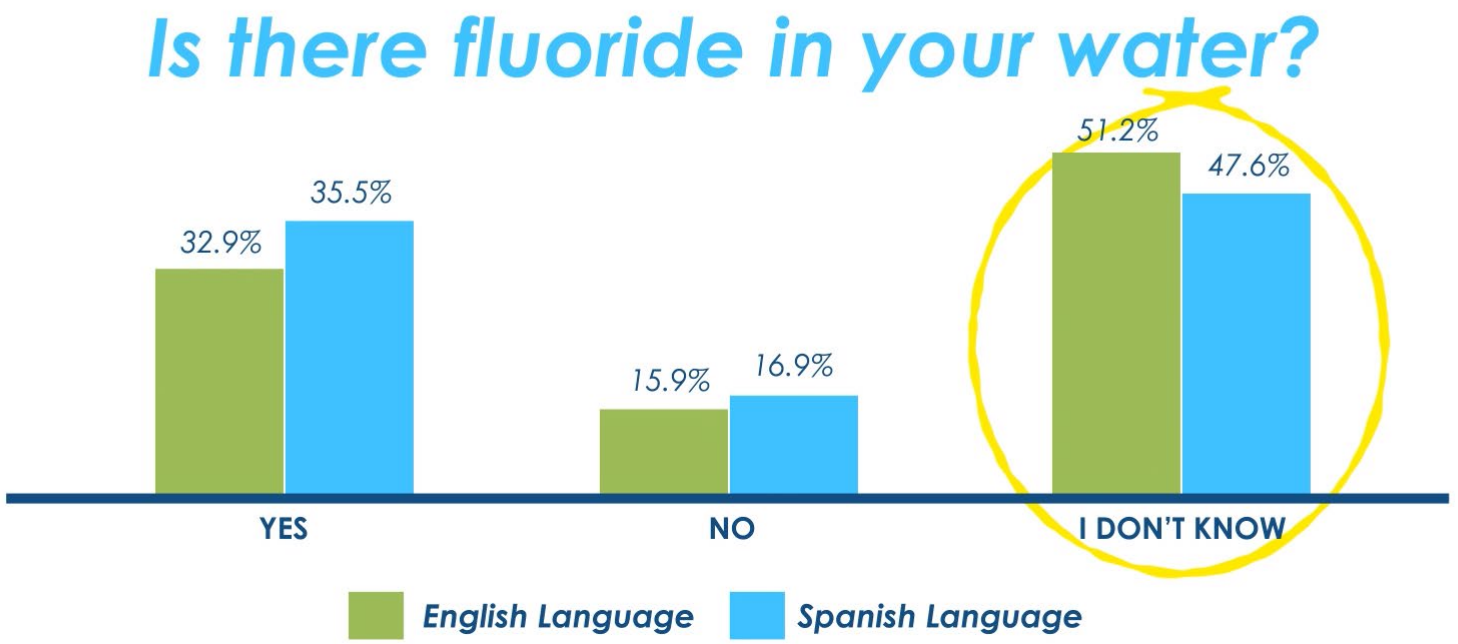
- Topical
- Systemic



Prevention Strategies

Community Oral Health Awareness

Figure 61. Survey Respondents' Understanding of Whether Fluoride is Present in their Tap Water



Pop Quiz!

Do you know if the water in your home is fluoridated?

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

My Water's Fluoride

- My Water's Fluoride Home
- About My Water's Fluoride
- Community Water Fluoridation
- State Fluoridation Reports
- My Water's Fluoride Glossary

Related Sites

- Oral Health Resources
- Other Data Systems

Oral Health Home

Water with fluoride protects teeth from tooth decay

MY WATER'S FLUORIDE

It is Important to know the level of fluoride in your drinking water.

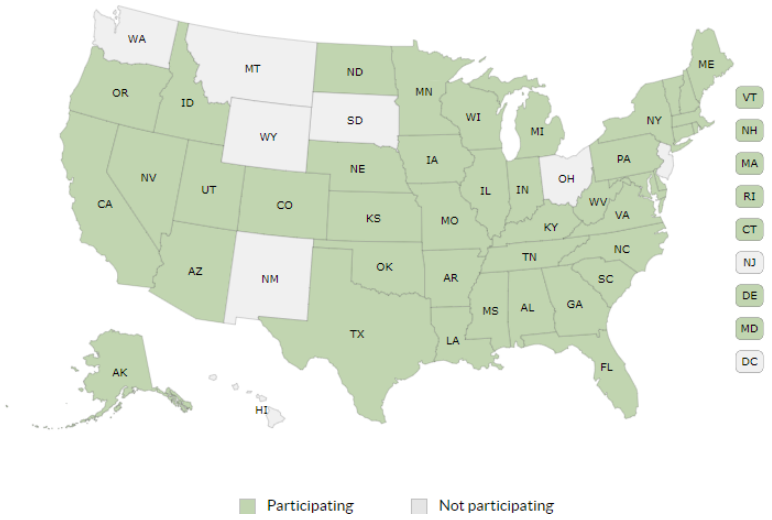
My Water's Fluoride (MWF) allows consumers to learn about the fluoride level in their drinking water. Also, you can find out the number of people served by the system and the water source. Learn more ›

Find Water System Information

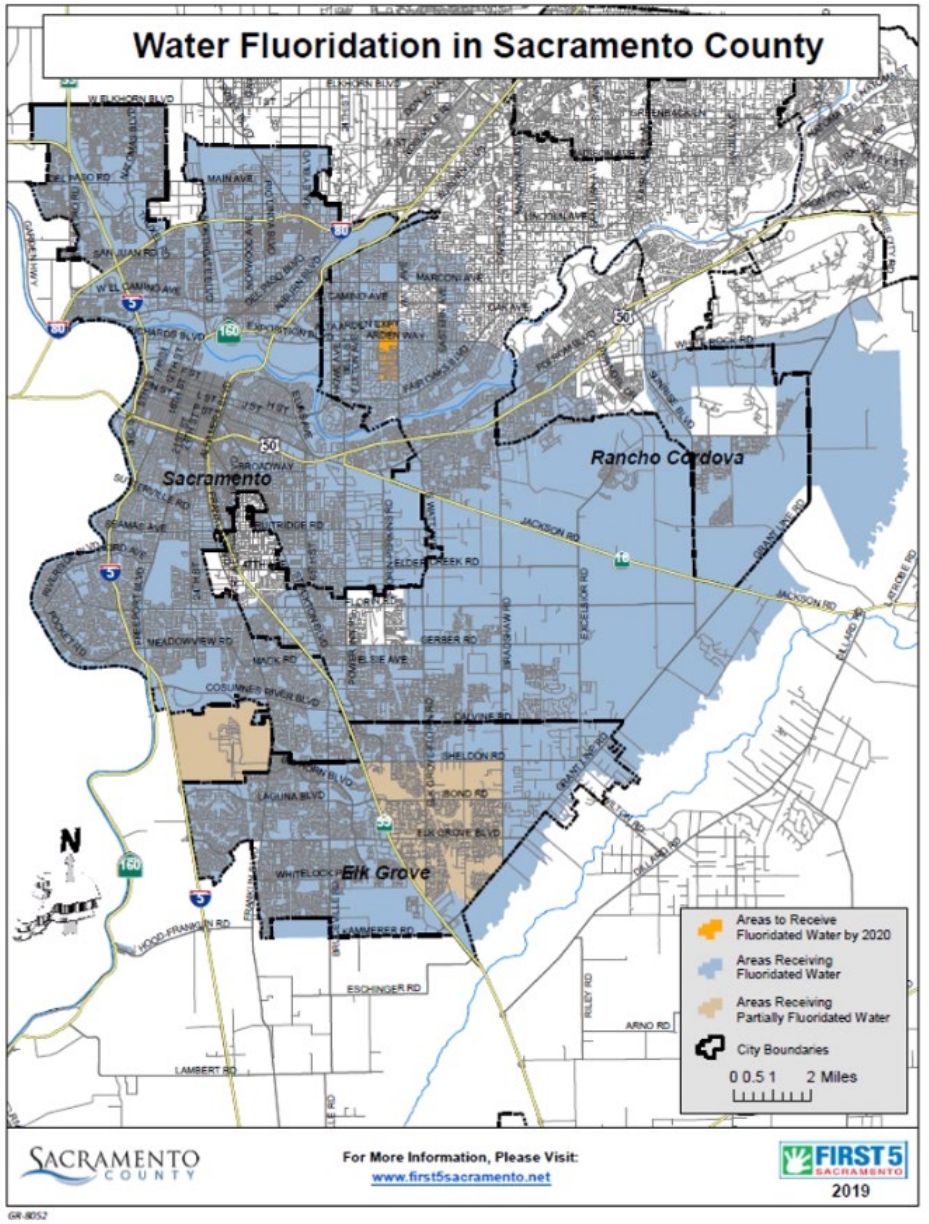
Participating State: Select one

Search by Water System

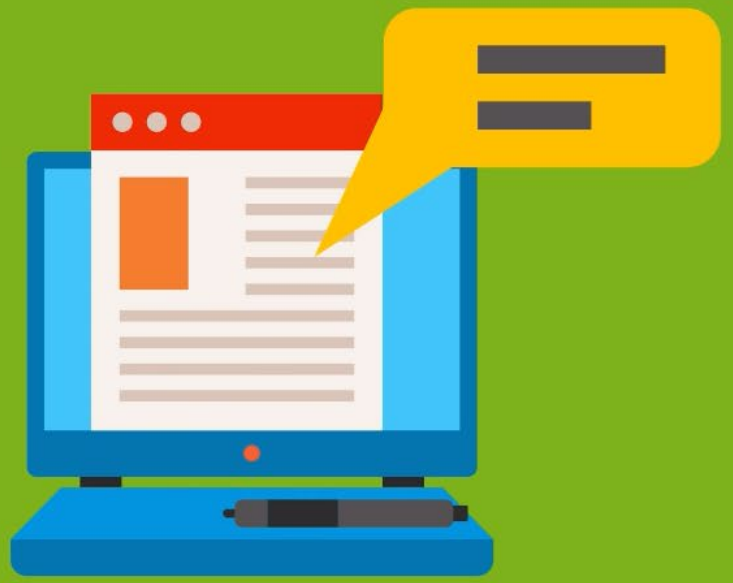
Can't find your state



https://nccd.cdc.gov/doh_mwf/default/default.aspx



Communication Tools & Strategies



- *Medical History and CAMBRA*
- *Anticipatory Guidance*
- *The 5A's*
- *Motivational Interviewing Strategies*

Resources


When Sugar is NOT So Sweet
SODA
SODA
Fruit Flavored Drink
Sports Drink
Powdered Drink
A brief guide to explain how sugary drinks can harm your health

Resources


The Campaign
for Dental Health
THE AMERICAN ACADEMY OF PEDIATRICS
https://ilikemyteeth.org/

Resources

SAY THIS, NOT THAT:

Tips for talking about Community Water Fluoridation

Many people take for granted that community water fluoridation (CWF) in the U.S. is a safe and well-accepted public health practice, but CWF is surprisingly controversial.
As a health professional, it is natural to use technical language. But when talking about water fluoridation, it is important to use words and phrases that don't add to confusion or fear.

These tips are intended to prepare you to have comfortable, productive conversations with patients using "kitchen table" language to address their concerns and inoculate them against common distortions about fluoride safety.

SAY THIS:	NOT THAT:
Fluoride is a proven way to strengthen teeth for people of all ages.	Potential harm from fluoride has been greatly distorted.

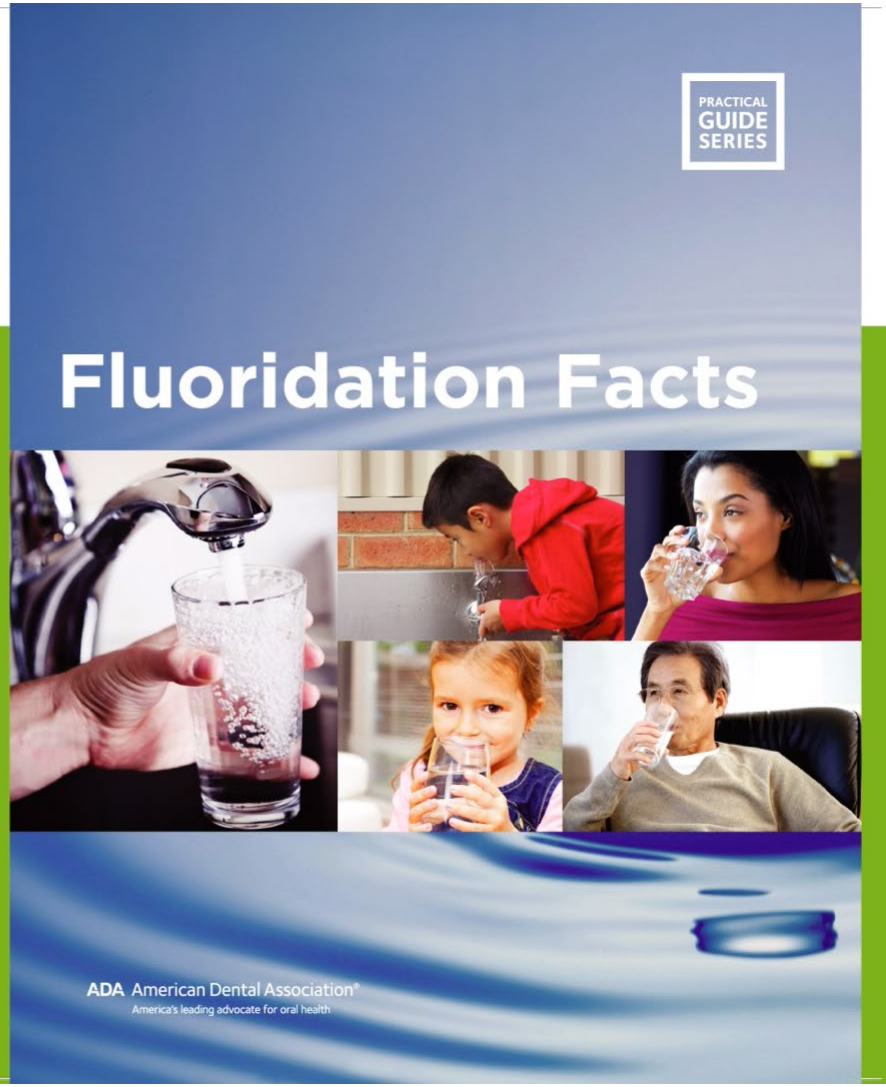
Fluoride opponents use fear and doubt to gain support. Rather than addressing such tactics, focus on the scientifically proven benefits of water fluoridation: stronger teeth lead to better overall health which means that children and adults don't suffer the pain and expense of treatment and get to keep their teeth for a lifetime.

Resources

www.cdc.gov/fluoridation/engineering/training.htm

Resources

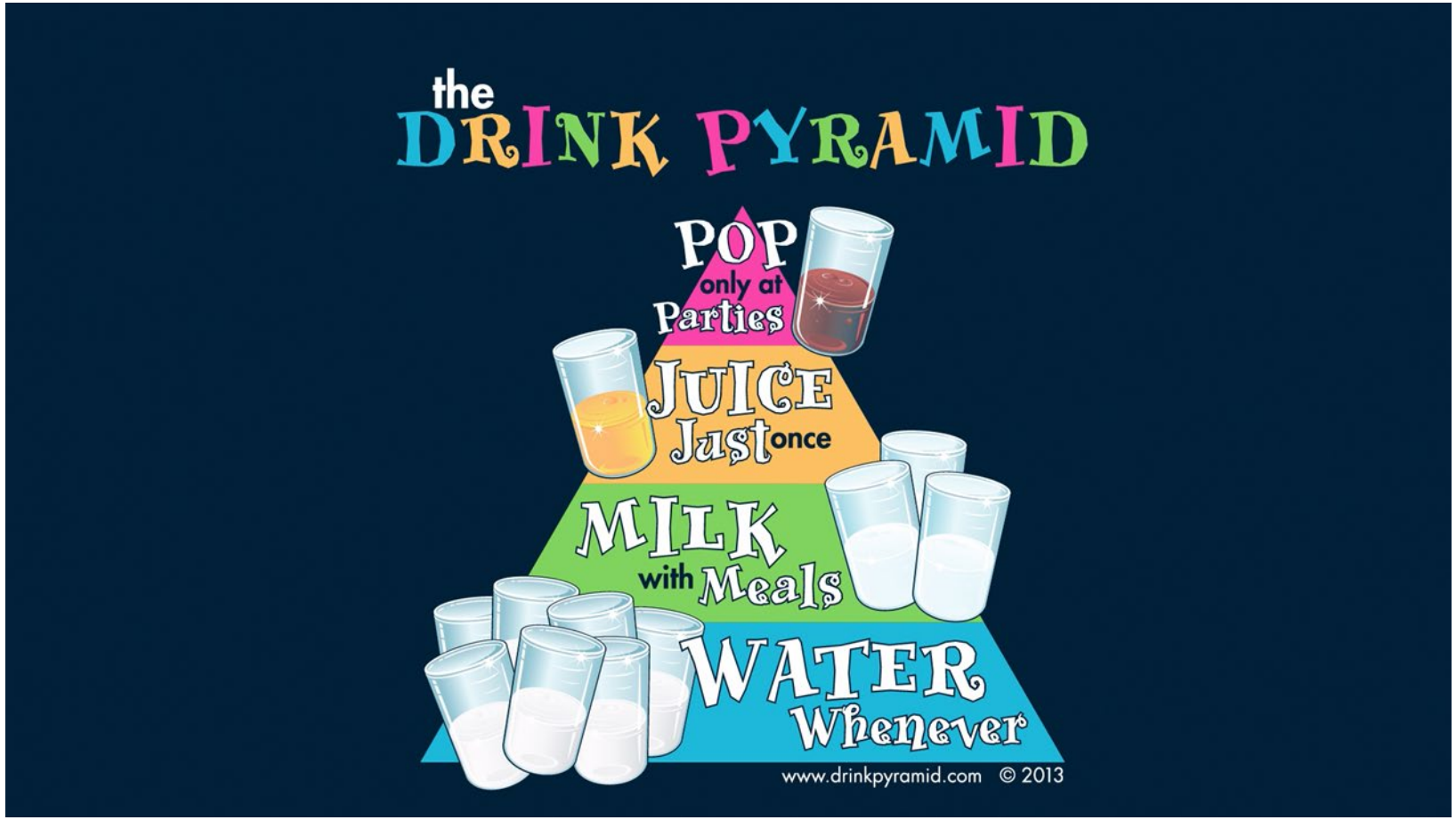
ADA
American Dental Association®



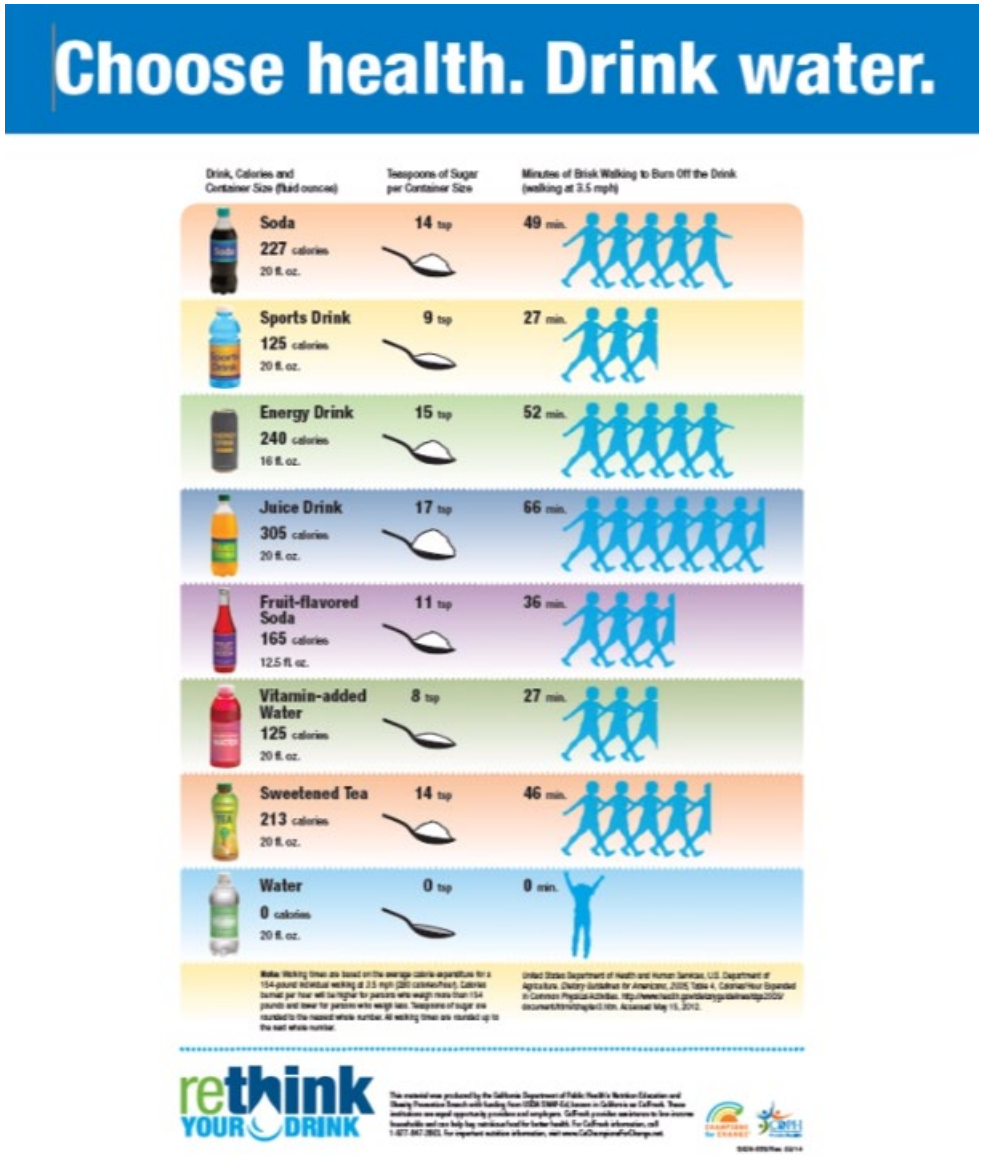
https://www.ada.org/resources/community-initiatives/fluoride-in-water/fluoridation-facts

Resources


Health
Sip and Snack All Day?
Risk Decay!
Dr. Jordan Johnson
Family Dentistry
211 E. Chicago Ave.
Suite 500
Chicago IL 60611
(312) 440-2500
Fax (312) 440-2935
www.jordanjohnsondentistry.com
ADA American Dental Association®
America's leading advocate for oral health

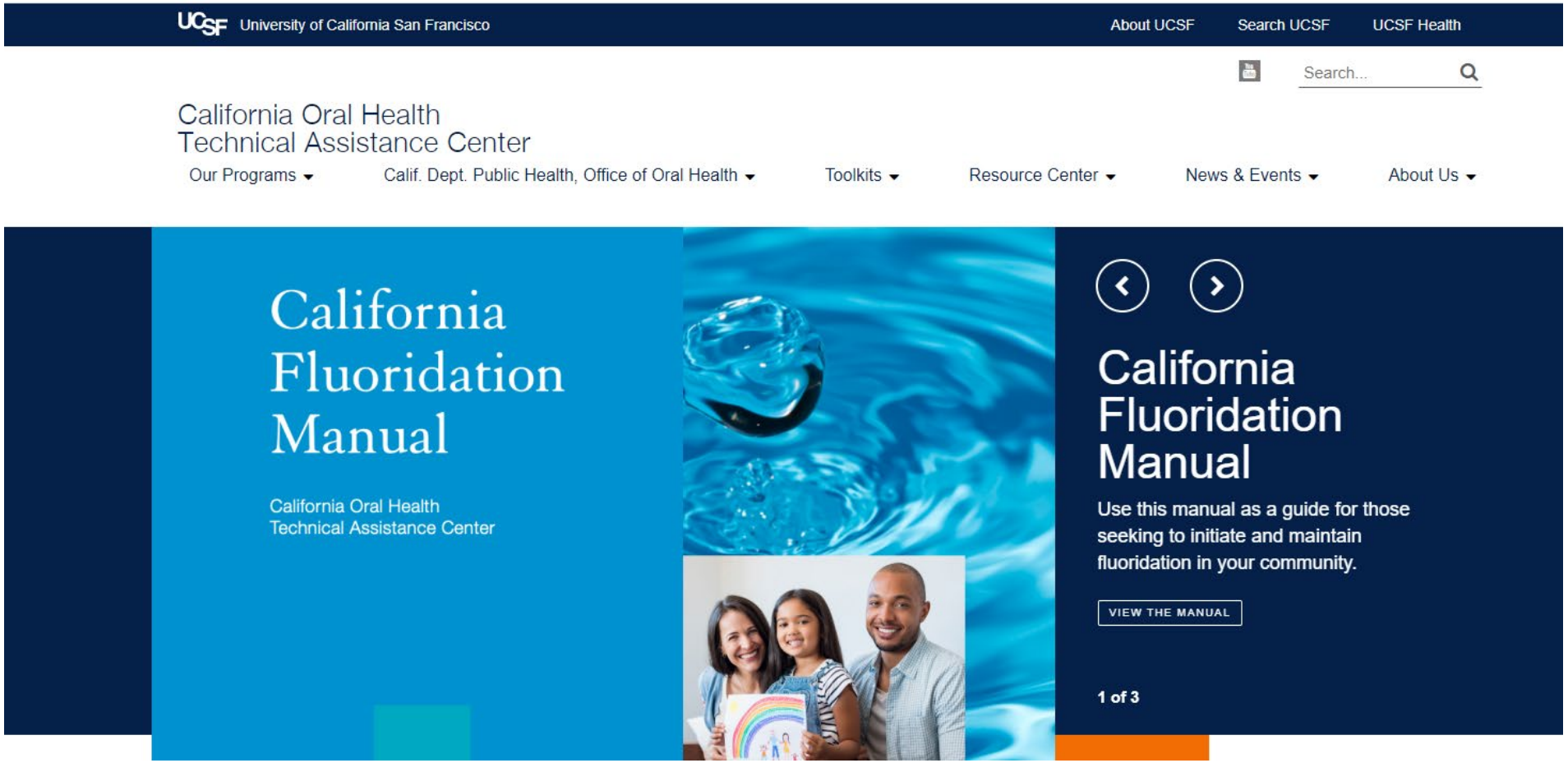

the DRINK PYRAMID
POP only at Parties
JUICE Just once
MILK with Meals
WATER Whenever
www.drinkpyramid.com © 2013

Resources



https://www.first5california.com/en-us/books/potter-the-otter-a-tale-about-water/

Resources



https://oralhealthsupport.ucsf.edu/

Resources

www.saccountyoralhealth.net

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