

Royal Throne

"Use your smile to change the world; do not let the world change your smile." - Anonymous

I-Smile™ is a dental home initiative that helps Iowa children connect with dental services. Staff provide oral screenings, fluoride varnish, counseling and dental education, and link families with a dental home. The **I-Smile™** program is a result of legislation passed in 2005 stating that every child under 12 that receives medical assistance shall have a dental home where dental screenings and preventative care are obtained.

Where can you find an I-Smile™ Dental Hygienist?

@ WIC Clinics

Dental hygienists provide dental screenings, fluoride varnish treatment, oral health education, and dentist referrals at WIC clinics. They see children that are under 0-5 years old as well as expectant moms.

@ Preschools & Head Starts

Dental hygienists provide oral screenings, fluoride varnish treatment, and oral health education to the children in Head Start Centers and preschools.

@ Schools

Students in grades kindergarten and 9th grade are required to have a dental screening. **I-Smile™** dental hygienists go to the schools to collect the data and report it to the state.

@ Back-to-School events, Health fairs & Community events



Community Water Fluoridation

The U.S. Department of Health and Human Services recommends all community water systems provide a fluoride level of 0.7 mg/L to prevent tooth decay. Even with the availability of other fluoride-containing products, water fluoridation safely prevents 25% of tooth decay in both children and adults! Of the Iowa residents served by a community water system, 90.2% are receiving fluoridated water. However, the Iowa Department of Public Health can only verify that 63.6% of that 90.2% are receiving optimal fluoridated water to prevent tooth decay on a daily basis.

Community water fluoridation is a cost effective way to prevent and reduce tooth decay; for every \$1 spent on CWF, \$38 in dental treatment costs are saved!

<https://ismile.idph.iowa.gov/education>

You can check the current fluoride levels in your community by contacting your local community water operator or visiting the [My Water's Fluoride](#) website!

Have questions about I-Smile™?

Contact New Opportunities I-Smile™ Coordinator

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A Tip from the Financial Literacy Coordinator

An easy way to improve your credit score is to keep your credit card balances under 30% of your credit limit!