Inappropriate Nutrition Practices for Children (C)

425.8 Inadequate Dietary Supplements

**Description**
- Often not providing supplements recommended as essential:
  - <36mo: 0.25mg fluoride, 36-60mo: 0.5mg fluoride and 400 IU Vit D for child receiving <1 quart of fortified milk a day

**Assess Readiness for Change:** with open ended questions

- “What did Sam’s dentist suggest regarding fluoride for Sam?”
- “Sam is not getting a fluoride supplement. Why did you choose not to give one?”

**Discussion, Counseling and Education**

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tr>
<td><strong>Not ready</strong></td>
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<td>“Too much fluoride is toxic. I’m not going to give it.”</td>
<td>“You’re right, too much is dangerous, as when a child swallows toothpaste. &gt;2yr olds need a “pea size amount of toothpaste. 6mo to 2yrs, ask your dentist how much toothpaste to use and if he needs fluoridated toothpaste.”</td>
<td>“Sam is eligible for WIC because he does not get enough fluoride. Since your water is not fluoridated, a supplement is recommended. It sounds like you are against giving fluoride? Would you like some information on the causes of fluoride toxicity?”</td>
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<td>Raise awareness &amp; personalize change</td>
<td>“Besides his toothpaste, where else is Sam getting fluoride?”</td>
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<td>“What has Sam’s Dr and Dentist recommended?”</td>
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<td><strong>Unsure</strong></td>
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| “I thought since I brush his teeth that was enough.” | “Brushing is important. Not all toothpaste contains fluoride but many do. Check your label. Even if it does, a supplement is recommended since your water is not fluoridated. How comfortable would you be in using a supplement?” | “Fluoride:
  - Anchorage-fluoridated. Others-ask water supplier
  - Have well tested- some naturally contain fluoride
  - Bottled- may or may not have added fluoride
  - Not all toothpaste contains fluoride
  - Excess fluoride- causes pitting/staining of teeth
  - Toxic at high levels
  - Children 2-6yr, limit toothpaste to “pea size”, 6mo to 2yr dentist should recommend amount |
| Raise awareness & confidence & identify barriers to change | “On a scale of 1-10, how worried are you about using a fluoride supplement?” | “400 IU Vitamin D supplement when any child consumes <1qt of fortified milk a day” |
| **Ready**        |                           |              |
| “I’m on a well. I was told wells contain fluoride naturally.” | “Some but not all wells do contain small amounts of fluoride. The water would need to be tested. How would you feel about getting your water tested for fluoride content?” | “You can get water tested in town at xx (or refer to local Health Department or Environmental Health Department).” |
| Help plan change-support | | |

**Record Plan or Goal**

- Mom does not want fluoride. Referred mom to CDC toxicity site & dentist. See if mom still against next appointment.
- Mom unaware needed supplement. Agrees to talk to Dr about prescription. Follow-up if obtained next appointment.
- Family renting. Mom will talk to landlord to see if well was tested. Gave mom contact to state Department for testing.

**Education Resources**

- [http://www.ada.org/4378.aspx](http://www.ada.org/4378.aspx)
- [http://www.cdc.gov/fluoridation/fact_sheets/#1](http://www.cdc.gov/fluoridation/fact_sheets/#1)
- [http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Vitamin-D-On-the-Double.aspx](http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Vitamin-D-On-the-Double.aspx)
- [http://www.ada.org/](http://www.ada.org/)
- [http://www.cdc.gov/](http://www.cdc.gov/)