Gen Z: Choices and Challenges

Where Are We Going?
- Dietary Behaviors/Treatment
- Eating Disorders
- Dangerous Lifestyle Choices
- Oral Hygiene
- Communication Skills

Generation Y: 1980 to 1995
- Also known as the Millennial Generation
  ⇒ Echo Boomers
  ⇒ Generation Next
  ⇒ Net Generation
- More than 70 million Americans born
- Tech savvy
- Favors social platforms like Facebook and Twitter
- Smart, fast learners
- Short attention span
- Need variety
- Prefer action to listening

Generation Z: 1996 to Present
- Also known as iGen
  ⇒ Most web-savvy
  ⇒ App-friendly generation
- 23 million born in US
- Highly diverse environment
- Accelerated achievement opportunities
- Grew up in highly sophisticated media and computer environment
- Compared to Gen Y: More expert and Internet savvy
- Plugged-In: 44% check in on social media at least hourly
  ⇒ Favors immediate social platforms like Snapchat
  ⇒ Sharing personal details on social media is the norm
  ⇒ Social technology is embedded deeply within all aspects of life
- Need instant gratification
- Self-Reliant, Prefer to learn at their own pace

Each Generation Uniquely Captivated
- Silent = Conversation
- Boomer = Cell
- Gen X = Email/Text
- Gen Y = Text
- Gen Z = Facebook/Tweet

Resources:
Getting to Know Generation Z
www.gettinggenz.com/genz/
Dietary Trends/Treatments

- Obesity—#1 Health Concern Among Parents in US
  ⇒ Increase in body fat
  ⇒ BMI ≥ 95 percentile
- Overweight
  ⇒ BMI ≥ 85 percentile for age
  ⇒ <95 percentile for children and adolescents

Sugar Limitations

- Added Sugars = Empty Calories
- Contributes to 40% of daily calories
- Approximately half of empty calories come from soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk

Worst Cereals

Obesity and Adolescents

- Cardiovascular Diseases
  ⇒ High Cholesterol
  ⇒ High Blood Pressure
- Pre-Diabetes
- Bone and Joint Problems
- Poor Self Esteem

September—National Childhood Obesity Awareness

Drop in Soda Pop Consumption—Largest Change in American Diet

High Sugar Consumption

- Soda Pop 20oz = 16–18 tsp
- Frappuccino 16 oz = 12 tsp

Energy Drinks

- Caffeine levels range 6mg–242mg/serving
- Caffeine levels are not mandatory
- Safety limits are still being studied
- Red Bull 110 calories
  ⇒ 27g sugar
  ⇒ 76mg caffeine
- 5-Hour Energy 4 calories
  ⇒ 0g sugar
  ⇒ 242 mg caffeine
- Amp 220 calories
  ⇒ 58g sugar
  ⇒ 142mg caffeine

Hidden Truths of Bottled Water pH

- Tap Water = 7.0 neutral
- Aquafina = 5.4
- Propel = 3.4
- Vitaminwater = 3.4
- Dasani = 3.0

Obesity Prevention—Read Nutrition Facts Labels

According to Jeff Novick, MS, RD, LD, LN:

- Never believe claims
- Read Nutrition Facts Label and Ingredients
- Identify Servings
- Identify Calories
- Compare Sodium to Calories
- Read Ingredient List: No Bad Fats, Limited Sugars, “Whole” Grains

Resources:


Overweight in Children

www.heart.org/HEARTORG/HealthyLiving/Overweight-in-Children_UCM_304054_Article.jsp#.V3FIKvkrLrc

Center for Disease Control and Prevention. 2000 CDC Growth Charts: United States. Center for
Teenage Dental Needs

Dental Caries Risk Assessment
- Diagnostics
- Fluoride
- Diet
- Restorative

Managing Erosion
- Diminish Frequency of Acid Challenge
- Enhance Defense Mechanisms  
  ⇒ Increase salivary flow
- Enhance Acid Resistance  
  ⇒ Remineralize
- Improve Chemical Protection
- Decrease Abrasive Forces
- Provide Mechanical Protection
- Monitor Stability

Silver Diamine Fluoride
- Antimicrobial, desensitizer liquid
- Off-Label use by US Dentists for caries arrest and prevention
- Pros: Low cost, no drill
- Cons: Black stains, Irritates soft tissue, silver allergy

Eating Disorders—25 million Americans Diagnosed
- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder

Anorexia
- >90% Adolescent and Young Women
- 1 Million Males = “Manorexia”

Bulimia Nervosa
- Most Common
- 2<hours
- Over 20,000 calories
- Normal or slightly overweight

Cotton Ball Juicing
- Soaking in Juice/Eating
- Indigestible
- Creates Obstruction
- Possible Association with Compulsive/Eating Disorders

Oral Manifestations
- Erosion
- Parotid enlargement
- Pharyngeal erythema
- Aphthous ulcers
- Anterior open bite
- Loss vertical dimension

Dangerous Lifestyle Choices
- Huffing
- Sniffing
- Dusting
- Bagging

Signs of Inhaling Abuse
- Hidden chemical-soaked clothes
- Eyes/nose is red/runny  
  ⇒ Sores around mouth
  ⇒ Unusual breath odor
- Loss of appetite/nausea
- Paint or chemical stains face or fingers

What? Identify teen patients with high caries rates
Who? All staff participate in nutritional counseling
When? Identify patients every day at schedule review

Resources:
- The Center for Eating Disorders
  www.eatingdisorder.org
- Johnson L., Recognizing the Signs, Dimensions
  July 2013

Eating Disordered Behavior in Men: Prevalence, Impairment in Quality of Life, and Im-
The Chocolate Trend
- Offered at day-time raves that do not serve alcohol
- "High Vibe" with a flood of happy endorphins

Diverse Cultural Diets Impacting Oral Health—Bidis and Kreteks
- Addictive/Euphoria
- Causes oral cancer
- Deep staining
- Incisal/Occlusal wear

Marijuana/Teen Addiction
- No decline in use
- Teens perceive as less risky
- Potential negative effects developing brains

Medical Cannabis
- 29 States Medical
- 2 Pending States
- 13 States Failed Legislation

Synthetic Drugs
- Synthetic marijuana
- Dried herbs sprayed with chemicals
- Can cause immediate paralysis
- Use in hookah pipes

Methamphetamine
- Potent High Dopamine
  - Chocolate 100ppm
  - Cocaine 350ppm
  - Meth 1,200ppm
  - 10.4 million users >12 years
- Options
  - Oral, Smoke, Snort
  - Injected rectally, vaginally, opthalmically
- Misc.
  - 12 hour high vs. 1 hour cocaine
  - 5% recovery rate
  - Life expectancy: 7 years

Oral Implications of Meth
- Unaccounted/Accelerated Decay
- Buccal & Anterior Interproximal Decay
- Advanced Perio
- Meth=Vasoconstrictor
  - NO Anesthetic with EPI

Electronic Cigarettes/Vaping
- Doubled in popularity between 2011-2012
- Limited research
- Cartridge may contain nicotine, flavors, chemicals
- Rechargeable battery activates on inhale

E-Cigarettes Vaporize Cannabis
- High school marijuana vaping
- Vape hash oil & waxy substance contains THC
- Discreet
- Less vapor odor
- Hash oil more potent

Latest Designer Drugs—Bath Salts
- Ivory Wave and Vanilla Sky
  - "Legal" Synthetic Stimulants
  - $25-40 pack
  - Convenience Stores/Head Shops
  - DEA has invoked Emergency Authority

Resources:
Petal C., Dimensions, Feb 2014 The Dangers of Betel Quid Chewing.
Access – March 2011 by Khairunisa Hashmani, RDH, BS and RDH mag July 2011 "Areaca Nut and betal quid use" by Nancy Burkhart, RDH, EdD
Pros and Cons
www.ProCon.org
National Institute on Drug Abuse for Teens
www.teens.drugabuse.gov/drug-facts/marijuana
Bath Salt Dangers
- 2012 Legislation bill enacted on federal level
- No online or interstate sales
- Increase in ER Admission
- Combative destructive behavior

Hookah
- One hour session
- 100-200x smoke volume
- Higher nicotine levels
- No water filtration

Hookah Harmless High?
- Shisha contains high carcinogen levels
- Smoke transports nicotine
- 3x more than smoking cigarettes
  ⇒ Increases risk addiction
- Teens perceive as “safe”

Dangerous Teen Trends
- Vodka Eyeballing
- Gin Sniffing
- Drinking Sanitizer
- Vodka Soaked Tampons

Bullying
- 28% US Students Grades 6-12 are bullied
- 16% Students Grades 9-12 are cyberbullied

Choking Game
- 9-16 yrs.
- Straight “A” Students
- “How to” found on Internet
- Many cases deemed suicide

HPV and Oral Cancer:
- Most common sexually transmitted virus and infection
- HPV 16 found in oral cancer
- Routine oral cancer screenings critical

When To Biopsy
- Sore, discoloration, induration, prominent tissue, irritation
- Hoarseness
- Not resolved in two weeks
- With or without treatment
- Consider suspicious
- Worthy of referral

Dating Violence
- 1 in 3 girls
- 1 in 10 students have been physically hurt
- Girls btw 16-24 yrs. experience highest rate
- 33% never told anyone

Sexting Coercion
- Pressures partner to send explicit pictures
- Traumatizing to victim
- Picture is no longer under victims control
- Can be altered or shared and never erased

Human Trafficking—Modern Day Slavery
- Young children
- Teens, Men, Women
- Sexual exploitation
- Forced labor

Resources:
- Shisha Pipe UK
  www.theshisha.com
- Bath Salts
  www.aapcc.org/alerts/bath-salts/
- Facts About Bullying
  www.stopbullying.gov/news/media/facts/#listing
- Games Adolescents Shouldn’t Play
  www.gaspinfo.com
- The Oral Cancer Foundation
  www.oralcancerfoundation.org/hpv
- US National Domestic Violence Hotline:
  800.799.7233
- National Center for Victims of Crime
  www.ncvc.org
  gethelp@ncvc.org
Oral Hygiene with Gen Z
- Motivation
- Not enough time
- No system
- Inadequate technique
- Interdental cleaning

Flossing and Interproximal Caries—Systematic Review
- 4 out of 6 trials NOT statistically significant
  ⇒ Flossers vs. Control Group
- No evaluations in real world clinical situations
- Questionable evidence flossing impacts interproximal caries reduction

Teen Trends: Oral Piercing & Body Modification
- Tongue
  ⇒ Longer barbell = increased recession
  ⇒ Longer barbell worn = greater recession
- Lip
  ⇒ Facial recession
- Chips and Fractures
  ⇒ Molars—>Premolars

Involving Teens in Customized Care
- Co-Diagnosis Process
- Disease Ownership
- Healthy Gums Don’t Bleed
- Assess Every Patient
- Integrate Patient’s Wants and Needs
- Use Customized Care Approach

Teen Slang Awareness
- Raves
  ⇒ All night dance parties including drugs
- Co-Pilot/Ground Man
  ⇒ Friend designated to stay sober/hallucinogenic-free
- Guide
  ⇒ Dealer or experienced drug user

Flirtexing
- Rules
  ⇒ Timing is precious
  ⇒ Don’t be dumb
  ⇒ No text after 10pm
  ⇒ Proofread!
  ⇒ Be discrete
  ⇒ Drunk=Stupid test

Unplug
- National Day of Unplugging
- Rediscover hobbies
- Engage in conversations
- Software available to disable social media

Sleep Deprivation
- 95% teens sleep with multiple devices
- Tech devices emit light
  ⇒ suppresses melatonin
  ⇒ delays sleep/wake patterns
- “FOMO” Fear Of Missing Out
- Potential fire hazard

What? Use tech savvy procedures and products
Who? All staff during patient education
When? Continually upgrade your office technology

Resources:


Association of Professional Piercers
www.safe piercing.org

Oral Piercing—American Dental Association
www.ada.org

Teen Slang
www.teens.lovetoknow.com/Teen_Slang

Zoobuh! (Teen Chat Decoder)
www.zoobuh.com/tools/chatdecoder