

**Manhattanville in West Harlem Implementation Plan Report
October 15, 2026 Submission**

Declaration Reference and Key Data

Obligation Section Number: **5.07(c)(iii)**

Obligation Title: **Mobile Dental Center for Pre-School Children**

Obligation Page Number: **52**

Obligation Trigger: **Acquisition by ESD or CU of all Initial Stage 1 Condemnation Parcel(s)**

Obligation Start Date: **March 12, 2012**

Obligation End Date: **March 12, 2037 (25 Years from Commencement)**

Obligation Status: **In Compliance**

Obligation: Innovation/Changed Conditions

In accordance with the Declaration of Covenants and Restrictions Section 5.08, Obligation 5.07 (c)(iii) is modified to clarify the obligation. In general, the scope of services to be provided has not been changed. Empire State Development and Columbia University agreed to this modification on November 28, 2018.

Modified Language:

Mobile Dental Center for Pre-School Children. Commencing with the acquisition by ESD or CU of all Initial Stage 1 Condemnation Parcels, and continuing for a 25-year period commencement, CU shall extend its Mobile Dental Center to service pre-school children and seniors from the Manhattanville in West Harlem area. CU's College of Dental Medicine operates a mobile Dental Center. It is fully equipped with two dental operatories, x-ray equipment, waiting/oral health education area and handicapped accessible chairlift. The Mobile Dental Center is staffed with a dentist, pediatric resident, dental hygienist, dental assistant, and driver/data entry clerk. The Center currently travels to over 50 local Day Care and Head Start centers throughout northern Manhattan during the school year offering children ages 3-5 years comprehensive dental care. Parked adjacent to the host site two or more times per month, follow-up appointments are made every six months. Children requiring specialty services are referred to affiliated Community DentCare or Children's Aid Society dental clinics located throughout Washington Heights/Inwood and Harlem. CU's partnership with Alianza Dominicana facilitates enrollment into Medicaid or Child Health Plus for the uninsured.

Innovation: Changed Conditions

While the Declaration states the Mobile Dental Center shall service pre-school children and seniors, dental services for seniors are offered through the ElderSmile program as reflected in the next commitment under Section 5.07(c)(iv).

The Columbia University College of Dental Medicine Community DentCare program partners with neighborhood organizations to provide health screenings and dental services at sites around Northern Manhattan and the South Bronx. The Mobile Dental Center focuses on pre-school children. The ElderSmile Program focuses on seniors. Services continue to be provided within the catchment area defined in the commitment overview above. Visits to each host site by the mobile health clinics are scheduled in coordination with leadership of each host site. The frequency of visits is determined in collaboration with each site based on site availability and preference. Follow-up appointments are made in accordance with each individual patient's dental requirements and in coordination with each site.

Evidence of Compliance

1. Link to website
2. Annual report

Columbia University's Implementation Plan and all supporting documentation are made available on the Columbia Neighbors Webpage at <https://neighbors.columbia.edu/content/community-commitments>.

Manhattanville in West Harlem Implementation Plan Report

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EOC Checklist for Obligation 5.07(c)(iii):

Please check to verify EOC items submitted for review.

- ☐ 1. Link to website
- ☐ 2. Annual report

Monitor's Notes / Comments:

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Status:

Please check to indicate the status of Obligation 5.07(c)(iii):

- ☐ In Compliance
- ☐ In Progress
- ☐ Not In Compliance
- ☐ Not Triggered

Mobile Dental Center for Pre-School Children

Link to website:

<https://www.dental.columbia.edu/about-us/community-and-global-engagement/community-dentcare-program>

COLUMBIA UNIVERSITY IRVING MEDICAL CENTER

 COLUMBIA

COLLEGE OF
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Community DentCare Program

Bringing Care to the Community

Many members of our community face barriers to accessing dental care and other health care. Recognizing this, Columbia University College of Dental Medicine launched its Community DentCare program in 1996 to help address these disparities, with special focus on children and the vulnerable elderly. We partner with around 70 neighborhood organizations to provide health screenings and dental services at sites around Northern Manhattan and the South Bronx. DentCare offers these services regardless of ability to pay.

DentCare has so far logged more than 150,000 patient care visits.

How We Work

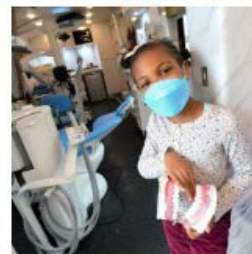
Columbia fosters relationships with community partners—collectively called the Community DentCare Network—to coordinate visits to their locations. Partners include Head Start centers, schools, foster care facilities, senior citizen and community centers, and child care centers. Dental faculty, hygienists, and trainees provide care onboard our Mobile Dental Center or directly on site.

Mobile Dental Center

DentCare operates two mobile clinics. Both outfitted for comprehensive dental care and oral health education. Inside the clinic are two state-of-the-art dental chairs, X-ray equipment, and a patient education and reception area. The Mobile Dental Center also has a lift to bring wheelchair-bound patients on board.



We offer a number of services aboard the mobile clinic including exams, cleanings, fillings, extractions, crowns, sealants, and fluoride treatment. Additionally, the newest van, launched in the spring of 2023, is equipped to offer interdisciplinary preventive care, including vaccinations, and is outfitted with dental instruments that capture biometric information to improve clinical care through the college's Center for Precision Dental Medicine.



Annual Report: Mobile Dental Center for Pre-School Children

State Submission Annual Reporting Period: **October 2025 - September 2026**

The mobile clinic is staffed by faculty and students at Columbia University's College of Dental Medicine and travels to neighborhood schools, Head Start programs, daycare centers, foster care facilities, schools, nursing homes, rehabilitation centers, and health clinics in Harlem, Inwood, Washington Heights, and the South Bronx. The mobile clinic provides onsite oral health care and preventive health services to members of the population with a focus on children and seniors through Columbia's DentCare program. Only those sites located within the "local" catchment area as defined by the Declaration of Covenants and Restrictions have been included in the report below.

The New York State Department of Health (NYSDOH) determines where the mobile health clinic can provide services.

As patient needs require, the clinic provides comprehensive care and treatments (such as deep cleanings and fillings). As such, fewer patients may be seen as those services require more time and resources than screenings and referrals.

Date of Service	Site Name	Site Address	# of Children Screened	# of Referrals Given	# of Preventative Cleanings	# of Fluoride Treatments
10/9/2025	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	10	0	0	9
10/14/2025	Sugar Hill Museum Preschool	898 St Nicholas Ave, New York, NY 10032	10	0	8	8
10/28/2025	Ft. George I	4467 Broadway, New York, NY 10040	9	0	7	8
11/5/2025	ECDO 144th St	249 W 144th Street, New York, NY 10030	10	0	10	10
11/12/2025	ECDO Adam Clayton Powell Early Learn Center	25 West 132nd Street, New York, NY 10037	17	0	17	17
1/27/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	12	0	0	12
2/4/2026	Community Life Center Mt Morris	15 Mt Morris Park West, New York, NY 10027	7	3	7	7
2/17/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	7	2	0	7
3/3/2026	Washington Heights Child Care Center	610 W 175th Street, New York, NY 10033	12	3	11	11
3/10/2026	ECDO 144th St	249 W 144th Street, New York, NY 10030	12	6	12	12
3/31/2026	East Cavalry Day Care Center	1 West 112th Street, New York, NY 10026	16	6	15	15
4/6/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	16	1	0	15
4/20/2026	Washington Heights Child Care Center	610 W 175th Street, New York, NY 10033	12	6	0	0
5/13/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	14	1	10	14
6/2/2026	ECDO Adam Clayton Powell Early Learn Center	25 West 132nd Street, New York, NY 10037	9	4	8	8
6/15/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	4	4	0	4
6/17/2026	Community Life Center Mt Morris	15 Mt Morris Park West, New York, NY 10027	14	4	13	13
7/14/2026	Community Life Center Mt Morris	15 Mt Morris Park West, New York, NY 10027	7	5	7	7
8/12/2026	Dominican Women's Development Center	519 W 189th Street, New York, NY 10040	14	6	12	12
9/22/2026	Harlem Children's Zone	2491 Frederick Douglass Blvd, New York, NY 10030	15	2	15	14
Total			227	53	152	203

The HIPAA Privacy Rule establishes national standards to protect individuals' medical records and other personal health information and applies to health plans, health care clearinghouses, and those health care providers that conduct certain health care transactions electronically. The Rule requires appropriate safeguards to protect the privacy of personal health information, and sets limits and conditions on the uses and disclosures that may be made of such information without patient authorization. The Rule also gives patients rights over their health information, including rights to examine and obtain a copy of their health records, and to request corrections. Columbia University follows the HIPAA Privacy Rule.

Additional Supporting Documentation

- Copies of public notifications and/or announcements of clinic visits
- Copies of information and materials distributed to patients



Columbia University College of Dental Medicine Dental Van

- *Exams*
- *Cleanings*
- *Fluoride application*
- *Oral health counseling*
- *Dental sealants*
- *Referrals*

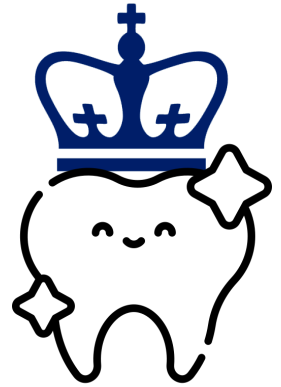


www.dental.columbia.edu

Dentcarecdm@cumc.columbia.edu



Columbia University College of Dental Medicine Mobile Dental Clinic



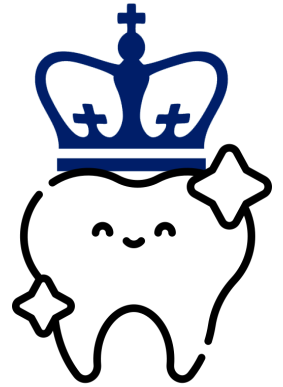
- Exams
- Cleanings
- Fluoride Application
- Adult & Child Oral Health Counseling
- Dental Sealants
- Referrals

Check out our mobile clinic by scanning this QR Code:



www.dental.columbia.edu
dentcarecdm@cumc.columbia.edu

Columbia University College of Dental Medicine Mobile Dental Clinic



- Exámenes
- Limpiezas dental
- Aplicaciones de fluoruro
- Consejería de salud dental familiar
- Sellantes dental
- Referidos

Escanee este código para ver nuestra clínica dental móvil:



www.dental.columbia.edu
dentcarecdm@cumc.columbia.edu

COLUMBIA UNIVERSITY NEIGHBORS

WINTER/SPRING 2026 NEWSLETTER

INSIDE

- Little Lions Camp Scholarships
- Finding the Music with Jazz Power Initiative
- Peek Inside Saint Nicholas Miracle Garden
- The Powerhouse Behind Taste of Harlem
- Remembering Lloyd Williams

On October 19, 2025, Columbia partnered with JCC Harlem for **The Longest Table**, a joy-filled community event that brought people together for a shared potluck on 118th Street.

Columbia's Little Lions Camp Offers Scholarships for Local Kids



Every summer, dozens of local children spend their days swimming, playing, and exploring through Columbia's **Little Lions Camp**. And, since 2009, Columbia has offered more than 360 scholarships to those who live in **Manhattan Community District 9** through a partnership between the University and the **West Harlem Development Corporation** (WHDC).

"We're honored that Columbia University can collaborate with WHDC and Community Boards 9 and 12 to offer 25 scholarships to the Little Lions Camp throughout the summer," said Matt Hall, Camp Director.

Scholarships provide free, full-day summer camp experiences for children entering grades 1–7, giving young neighbors the chance to explore Columbia's Dodge Fitness Center and enjoy a classic summer camp experience close to home.

"The campers are exposed to the lifestyle that is at Columbia University," said Hall. "They see student life happening, they see student athletes at work, and they really get engaged with the entire campus. We want to inspire all our campers to lead lives of service and leadership and eventually become athletes, student athletes, or University participants themselves."

General camp applications for Summer 2026 open in January 2026. Learn more at perec.columbia.edu/littlelionscamp and neighbors.columbia.edu/little-lions.



Little Lions Summer Camp Lottery Opens in February

Families living in Manhattan Community District 9 can apply for the Little Lions Summer Camp Lottery through the West Harlem Development Corporation. The program helps ensure that local children can participate in summer recreation and enrichment opportunities at no cost. The application can be found at westharlemdc.org.

A Lens on Local



From school-supply giveaways to celebrations of Uptown culture, recent Columbia-hosted and community events brought neighbors together to connect, learn, and celebrate. Clockwise, from top left:

Taste of Harlem | July 2025

Guests sampled bites from local restaurants and soaked in the sounds of summer at this culinary celebration of Uptown's vibrant flavors at the Lee C. Bollinger Forum on Columbia's Manhattanville campus.

Backpack Drive | August 2025

Hosted by the 26th Precinct, the 10th Annual Back-2-School Block Party in Harlem offered school supplies, music, and joy to hundreds of families, with support from Columbia Community Service, Columbia University Facilities and Operations, and Columbia's Department of Public Safety.

Morningside Lights | September 2025

A luminous procession of handmade lanterns from Morningside Park to Columbia's campus once again lit up the night sky, honoring creativity and collaboration.

Harlem Holiday Lights Legacy Awards | November 2025

The 125th Street BID, Columbia University, and Community Board 9 co-hosted the Harlem Holiday Lights Legacy Awards, honoring Pastor Michael A. Walrond Jr., Senior Pastor of First Corinthian Baptist Church.

Meet the 13th Cohort of A'Lelia Bundles Community Scholars

Columbia's A'Lelia Bundles Community Scholars program welcomed its newest cohort of Upper Manhattan-based scholars, each pursuing independent projects that explore and uplift their neighborhoods' cultural, social, and historical legacy.

From artists and activists to educators and historians, the cohort joins a community of more than 70 Bundles Scholars who have used Columbia resources to advance their work.

This year's scholars and projects are:

Gail Addiss is working to increase public awareness of the importance of Revolutionary War sites in shaping northern Manhattan's public parks.

Miles Edwards is researching the history of financial institutions serving the Harlem community to conduct an analysis of the current landscape of financial services and develop solutions to address any gaps for both the general public and small business owners.

Dan Gluck is creating a multidisciplinary nonprofit volunteer community to explore small-scale nuclear fusion to retrofit fossil-fuel plants, aiming to cut emissions and combat climate change.

Gretchel Hill is developing two



healthcare-related components: a wearable biosensor embedded in a sanitary pad with 3D absorbent cores, and a wireless real-time mobile app that monitors key health metrics.

Kristina Maria Lopez is writing a memoir and developing a workshop series that investigates the psychological and spiritual toll of gentrification in New York City.

Natasha Sutherland is addressing gaps in menstrual health education, wellness, products, and resources available to New York City youth through her Menstrual Equity project.

Next Bundles Scholar Applications Open February 23, 2026

Every spring, Columbia invites our neighbors to apply for the A'Lelia Bundles Community Scholars program, which is open to Upper Manhattan residents who are pursuing independent projects that benefit the local community. The program provides campus access, research support, and opportunities for collaboration across disciplines. Learn how to apply at communityscholars.columbia.edu.

Expand Your Mind Through the Manhattanville Auditing Program

Whether you've always wanted to dive into art history, learn a new language, or explore climate science, Columbia's Manhattanville Auditing Program offers residents of Upper Manhattan, including Randall's Island and the South Bronx, free access to University courses each semester.



Through the program, participants are able to join Columbia classes to study alongside undergraduate and graduate students. No grades or homework required!

For many, the experience is transformative.

"Throughout my career, I always planned to 'move to a college town when I retire,' in order to remain intellectually vital and entertained," said Roy Byrd, a retired computer science researcher and Columbia neighbor. "Living near Columbia helps me achieve that and the courses are part of the intellectual stimulation."

Learn more and check your eligibility at neighbors.columbia.edu/auditing.

Get Around with Columbia's Free Shuttle Service



All local community members who are disabled or senior citizens (including attendants) are welcome to ride Columbia's shuttle buses. The ADA-accessible Intercampus Shuttle is free and connects 96th Street, the Morningside campus, 125th Street, Columbia University Irving Medical Center in Washington Heights, and Harlem Hospital, with stops at nearby subway and transit hubs.

Shuttle bus service runs Monday through Friday, from 9:00 a.m. to 5:00 p.m., except on state and federal public holidays. View and download the map and schedule at transportation.columbia.edu.



Putting Community-Driven Music Education Center Stage

Since 2003, **Jazz Power Initiative** (JPI) in Inwood has been bringing music, culture, and community together across Upper Manhattan. Co-founded by jazz composer and educator **Eli Yamin** and **Clifford Carlson**, the nonprofit provides free and low-cost programs that introduce youth to jazz, improvisation, and music rooted in African American and Latin American traditions.

Yamin shared his early connection to music with Columbia Neighbors: “I started playing the piano as soon as I could reach the keyboard. Music was very important to my family. It was kind of like our family religion, and we leaned on the art form as a source of support.”

Programs for youth include hands-on workshops, ensemble rehearsals, and

community concerts where students learn not just technical skills but also storytelling, collaboration, and cultural history.

JPI’s “Jazz Power Tools” (teaching techniques like stomp clap, shuffle, call and response, improvisation, and polyrhythm) give participants a framework to explore rhythm, melody, and expression. By blending music education and cultural context, JPI empowers students to build confidence and experience the joy of performance.

“We want our kids to know the arts are a source of strength and a way of connecting with their community,” Yamin said.

Learn more about the program at neighbors.columbia.edu/jazz-power.

IN CONVERSATION WITH . . .

Quenia Abreu, President and CEO, New York Women's Chamber of Commerce

Quenia Abreu, the president and CEO of the **New York Women's Chamber of Commerce** (NYWCC), has been a transformative figure supporting women and minority entrepreneurs across New York City.

In 2002, Abreu founded the NYWCC to address the lack of organizations focused on women-owned businesses in the area. Her initiative has been key in advocating for economic empowerment and providing resources to women entrepreneurs.

Abreu has been instrumental in organizing the annual **Taste of Harlem** event, which celebrates the vibrant culinary scene of West Harlem. Held at Columbia University's Lee C. Bollinger Forum, the event showcases local restaurants and vendors, highlighting the neighborhood's diverse flavors and cultures.

Abreu emphasizes the importance of community involvement, telling *Columbia Neighbors*: "From the partners



to vendors and attendees, we want to make sure everyone is involved because this is really a community-driven celebration."

Learn more about Taste of Harlem and Abreu's work with women entrepreneurs at

neighbors.columbia.edu/taste-of-harlem.

Host Your Community Event at Columbia

Local nonprofits serving Manhattan Community District 9 (Morningside Heights, Manhattanville, and Hamilton Heights) can request free event space at Columbia University through its In-Kind program, offered in partnership with the West Harlem Development Corporation and Community Board 9. Applications open the first week of each month.

Learn more at neighbors.columbia.edu/in-kind.

Sowing Seeds of Community Care

In Central Harlem, the **Saint Nicholas Miracle Garden** has blossomed into a hub of education, sustainability, and food justice.

Originally cultivated in 1958 by students of the now-shuttered P.S. 157, the garden fell into disrepair until 2021, when Brooklyn native **Judi Desire** revived it

through her nonprofit, **Uptown & Boogie Healthy Project**. Today, the garden hosts youth programs, seniors' initiatives, and farmers markets that bring fresh produce to the community.



"We take a grassroots approach to everything we do," Desire said. "We need to give the Harlem community what it's asking for. The conversations are there, but there needs to be more effort around access and education, and that's what I feel food justice is."

Recent projects include vertical gardens, a greenhouse with automated watering, and collaborations with local artists and engineers to create habitats for birds, bees, and butterflies. Through these efforts, the Saint Nicholas Miracle Garden continues to nurture both the land and the people of Harlem, planting seeds for a healthier, more connected community.

Read more at neighbors.columbia.edu/miracle-garden.

Finding Community (and Chickens) in Morningside Heights



Just a few blocks south of the Saint Nicholas Miracle Garden, you will find the **Gatehouse Garden** (directly across from Columbia's Morningside Heights campus), which offers a green gathering space for neighbors and students.

What began as a small gardening project has blossomed into a hub for sustainability and connection, complete with chickens who have become neighborhood favorites.

"It is kind of a comfort to know there are people you are going to see so regularly," said Buyi Wang, a Columbia staffer and garden volunteer. "It makes the city a little bit smaller." Read more at news.columbia.edu/gatehouse-garden.

Professor Hisham Aidi: Harlem's Influence on His Life and Work

Hisham Aidi, senior lecturer in the discipline of international and public affairs, has spent his life tracing the sound waves and indelible spirit of global Harlem all the way from his homeland of Tangier, Morocco, to Columbia University's Morningside Heights campus.

He originally chose Columbia for graduate study in part because it sat at Harlem's edge. As a scholar of international relations, Black studies, music, and political economy, he mixes street-level insight with academic analysis. He traces global stories from Harlem's perspective: UN summits, African leaders visiting Uptown churches, the migration of ideas between the Global South and the city's neighborhoods. He also serves as academic advisor to the **Malcolm X and Dr. Betty Shabazz Memorial and Education Center**.

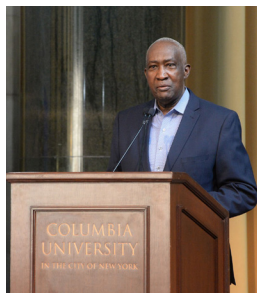
A prolific journalist, DJ, and documentarian, Aidi has cast a spotlight on overlooked figures in Harlem and beyond. He works to preserve elders' archives (vinyl, flyers, photographs), ensuring the cultural memory of the neighborhood endures.

Walking the streets late at night, he sees the intersection of the sacred and profane: churchgoers setting up at dawn, clubgoers drifting home, mosques glowing, music flowing. For Aidi, Harlem is not just a place of study; it is home.

Read more at neighbors.columbia.edu/aidi.



IN MEMORIAM



Lloyd Williams, Harlem's Cultural Champion

Columbia University joins community members in remembering **Lloyd A. Williams**, the late president and CEO of the **Greater Harlem Chamber of Commerce** (GHCC), who passed away on August 5, 2025.

A vocal advocate for economic development, education, and cultural programming, Williams helped shape Harlem's

latest renaissance through initiatives like Harlem Week, one of New York City's largest community celebrations.

Following his passing, GHCC Executive Director Winston Majette released a statement about his impactful legacy, sharing that Williams "worked tirelessly to improve the quality of life and shape both the cultural and economic identity of not just Harlem but the city as a whole."

Read more at neighbors.columbia.edu/lloyd-williams.



Programs and Resources Directory

To find details on more than 100 public programs, resources, and services at Columbia University that are available to Upper Manhattan residents, visit our directory at neighbors.columbia.edu/resources, which includes everything you need to know about programs like these:



Columbia Employment Information Center

connects neighborhood job seekers with résumé help and assistance in finding employment opportunities at Columbia University.



Community DentCare Network

provides preventive and restorative dental care to northern Manhattan residents through mobile clinics and community partners.



Freedom and Citizenship

offers a free summer and academic-year program at Columbia for high school juniors that explores philosophy, civic leadership, and college readiness.



Housing Legal Assistance

offers free legal support for Manhattanville tenants facing eviction or harassment, in partnership with P.A.'L.A.N.T.E. Harlem.

Guide to Local Representatives

Need to contact your local elected officials? *Columbia Neighbors* maintains an updated list of city, state, and federal representatives who serve Upper Manhattan. Find a full list of names, districts, and contact information in our directory at neighbors.columbia.edu/local-representatives. Representatives listed below, as of January 1, 2026:

Governor Kathy Hochul

New York State Capitol Building
Albany, NY 12225
Phone: 518-474-8390
governor.ny.gov

Mayor Zohran Mamdani

City Hall
New York, NY 10007
Phone: 212-788-3000
nyc.gov/office-of-the-mayor

Public Advocate Jumaane Williams

1 Centre St., 15th Floor North
New York, NY 10007
Phone: 212-669-7250
advocate.nyc.gov

Comptroller Mark D. Levine

1 Centre St.
New York, NY 10007
Phone: 212-669-3916
comptroller.nyc.gov

Manhattan Borough President Brad M. Hoylman-Sigal

1 Centre St., 19th Fl.
New York, NY 10007
Phone: 212-531-1609
manhattanbp.nyc.gov

City Council Member Gale Brewer

(District 6)
563 Columbus Ave.
New York, NY 10024
Phone: 212-873-0282
council.nyc.gov/district-6

City Council Member Shaun Abreu

(District 7)
500 W. 141st St.
New York, NY 10031
Phone: 212-928-6814
council.nyc.gov/district-7

City Council Member Elsie Encarnacion

(District 8)
105 E. 116th St.
New York, NY 10029
Phone: 212-828-9800
council.nyc.gov/district-8

City Council Member Yusef Salaam

(District 9)
163 W. 125th St., 2nd Fl.
New York, NY 10027
Phone: 212-678-4505
council.nyc.gov/district-9

City Council Member Carmen De La Rosa

(District 10)
618 W. 177th St., Ground Fl.
New York, NY 10033
Phone: 917-521-1293
council.nyc.gov/district-10

Voting Resource Guide

Keep exercising your right to vote! Stay updated on future elections and get the resources you need in our online guide:

neighbors.columbia.edu/vote.





Manhattanville Community Day 2026

Columbia's Manhattanville Community Day returns this spring with a full afternoon of activities for all ages, including food samplings, music, art exhibitions, and family-friendly science activities.

The annual event celebrates all the connections between Columbia and its Upper Manhattan neighbors, welcoming community members to explore the campus and meet staff from local organizations.

Find more details at neighbors.columbia.edu/events.

COLUMBIA NEIGHBORS



neighbors.columbia.edu
neighbors@columbia.edu

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Toothbrushing



Cleaning in between your teeth



Nutrition advice



Preventing Disease



Cavities



Gum Health



Jaw Problems



Columbia Referral Numbers / Números de Referidos General:

- ☐ Columbia University College of Dental Medicine / Columbia Escuela Dental
(212) 305-6100 (*Medicaid or cash, seguro Medicaid o paga en efectivo*)
- ☐ Columbia-Presbyterian Primary Medical Care / Columbia Atención Primaria
(212) 305-2500
- ☐ Columbia-Presbyterian Emergency Room / Sala de Emergencias
Emergencies after 5pm / Emergencias después de 5pm.
(877) 426-5637
- ☐ Columbia Doctors - Dental Faculty Practice
(877) 426-5637 (*Private insurance or cash, seguro privado o paga en efectivo*)

Scan the links below for low-cost clinics.

Escanee los códigos QR a continuación para clínicas de bajo costo.

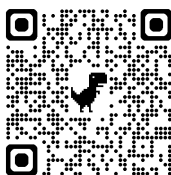
Manhattan



Brooklyn



Queens



Bronx



Staten Island



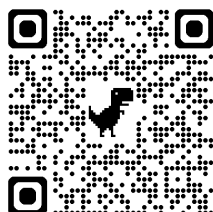
Columbia-Harlem Health & Medical Partnership
521 W. 126th St. New York, NY 10027 (347) 614-2121



Follow the link or scan the following code for a guide to Columbia University College of Dental Medicine services and information.

Siga el enlace o escanee el siguiente código para obtener una guía de los servicios y la información de la Facultad de Medicina Dental de la Universidad de Columbia:

www.tinyurl.com/ColumbiaDentalServices



Tips for Preventing Early Childhood Tooth Decay

Healthy teeth are important

Tooth decay, or a cavity, can begin with a baby's first tooth. It can cause pain, infection and other health problems. Baby teeth are important for eating, speaking and holding space for adult teeth.



AVOID sugary snacks and drinks

- Sugary foods and drinks can cause tooth decay.
- Limit the number of snack times and offer snacks low in sugar.
- Don't give more than 6 ounces of juice per day.



LIMIT the time spent sipping on a bottle or sippy cup

- When juice, soda, milk or formula stay on your child's teeth too long, the sugar in these drinks can cause tooth decay.
- Offer water – it has no sugar.
- Don't put your baby to sleep with a bottle.



BEWARE of cavity-causing germs that can be spread to children through saliva

- Don't share utensils or bites of food with your baby.
- Clean off pacifiers with water, not your mouth.
- Take care of your own teeth to reduce germs in your mouth.



Brush teeth twice a day

- As soon as the first tooth comes in, start brushing with a soft child-sized toothbrush.
- Brush with a small smear of fluoride toothpaste for children under age 3 and a pea-sized amount for children ages 3 to 6.
- Assist and supervise children until they can brush well on their own.

Begin regular dental visits by age 1

- Children should typically see a dentist every six months.
- Speak to your child's dentist or pediatrician about fluoride varnish, a coating painted on the teeth to prevent tooth decay.

Medicaid and Child Health Plus cover dental care

For more oral health information or to find a low-cost dental clinic or provider near you, call 311 or visit nyc.gov and search for "teeth."

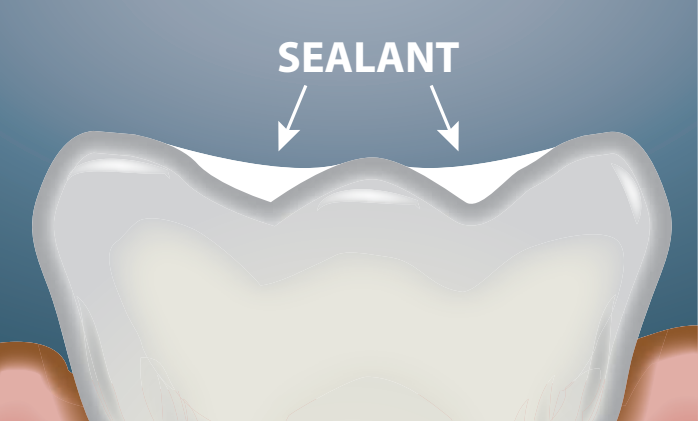
**KEEP YOUR
CHILD'S TEETH
HEALTHY!**



**Help prevent tooth decay
with dental sealants**



Tooth decay (cavities)
can cause pain and may
lead to problems eating,
speaking, playing and
learning. **Dental sealants**
can stop cavities
from forming.



What is a dental sealant?

A dental sealant is a thin white coating applied to the chewing surfaces of the molars (back teeth).

Food and germs can get stuck in the deep grooves of the molars, where toothbrushes can't reach. Sealants cover the grooves to protect teeth from harmful germs. They are safe and effective and can last several years.

Who should get dental sealants?

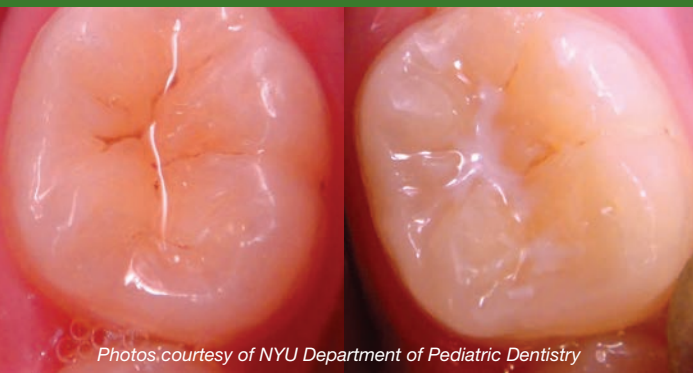
Children should be assessed for sealants when their adult molars come in – ages 5 to 7 for the first permanent molars and ages 11 to 13 for the second permanent molars.

Other age groups may also benefit from sealants. Talk to a dentist to find out what is best for your child.

To find a dentist, or for help getting low- or no-cost insurance, call 311 or visit nyc.gov/health and search teeth.

before

after



Photos courtesy of NYU Department of Pediatric Dentistry

How are sealants applied?

Applying sealants is simple and painless. A dentist or dental hygienist cleans the tooth and applies the sealant with a brush. The protective shield forms instantly.

How can I get sealants for my child?

Most dental insurance providers, including Medicaid and Child Health Plus, cover sealants at low or no cost to you. Check with your child's dentist, or call your dental insurance company for details.

Call 800-698-4543 for more information about signing up for public health insurance or visit nyc.gov/health and search "dental provider" to find a low-cost dental provider near you.



HEALTHY HABITS FOR A HEALTHY SMILE

Developing good dental habits early can help your child avoid tooth decay.

- **Take children to the dentist every six months**, starting with the first tooth and no later than age one.
- **Brush at least twice a day** with a fluoride toothpaste. Floss regularly.
- **Eat healthy.** Limit snacking, especially snacks high in sugar or starch, such as sodas, cookies or candy.
- **Drink tap water.** The fluoride in New York City's tap water helps keep children's teeth strong.



