



TOOTH BE TOLD



SJ TEETH NEWSLETTER

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*Welcome to **Tooth Be Told** – Winter 2022*

February is **National Children's Dental Health Month**. This month-long reminder brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children and their families.

This year's campaign theme—"Sealants Make Sense"—focuses on raising awareness for dental sealants as part of comprehensive dental health. Safe, non-toxic sealants prevent dental decay in primary and permanent molars.

To help expand the reach of this national health observance:

- SJ TEETH joins Smile, California in statewide campaign promoting Medi-Cal coverage of molar sealants up to age 21
- San Joaquin County Board of Supervisors will proclaim February 2022 National Children's Dental Health Month



For more information or to download free flyers, posters, and kid's activity sheets, visit www.ada.org.

Drink This, Not That

Did you know... A 9-year-old who drinks just one 12-ounce soda daily far exceeds their recommended amount of added sugar. In fact, the leading sources of added sugars in the U.S. are sugary beverages, desserts, and sweet snacks. For young children, the higher consumption of these added sugars increases their risk for dental cavities, often leading to dental problems as adult.

Children under age two should avoid all foods and drinks with added sugar. Those two and over should reduce added sugars to no more than 10 percent of total calories each day. *[Source: 2020-2025 Dietary Guidelines for Americans]*

We often consume more sugar than we realize. If you drink sugary beverages, "Rethink your drink" – to swap, reduce, or avoid extra sugar. Small changes to what you drink can help cut added sugar throughout the day.

Try these quick and easy tips to lower sugar for kids and up their dental health:

- Add fresh fruit slices to unflavored sparkling water for a natural soda. Or try out some already-flavored sparkling waters. **Fruit-flavored carbonated water eliminates 16 teaspoons of sugar**, compared to a 20-ounce soda.
- Serve more fruits and vegetables to satisfy your kid's sweet tooth and see what ones they really like. **You never know... they might love carrots, sweet potatoes, strawberries, and maybe even a kiwi!**
- Pack fun, healthy snacks for on-the-go. **Fruits, veggies, hummus, nut butters, trail mix, and nuts are low sugar and travel well.**



Kids can't avoid tempting foods and sugary drinks all the time, but a few good habits can really add up.



A New Year... A Renewed Commitment to Connect Community to Dental Care

PILOTING THE MEDICAL DENTAL REFERRAL AND NAVIGATION (MDRAN) SYSTEM IN SAN JOAQUIN COUNTY IN 2022

San Joaquin County is rich in its diversity – for race, ethnicity, languages, cultures, and socioeconomics. And while access and inequities to oral health care remain a challenge, the SJ TEETH Collaborative continues to lay the groundwork to positively impact the oral health for all our county residents.

That's why Children Now and Oral Health Solutions are partnering with First 5 San Joaquin, Public Health Services, and the SJ TEETH Collaborative to pilot the Medical Dental Referral and Navigation (MDRAN) system in San Joaquin.

MDRAN was developed as part of Sacramento County's Dental Transformation Initiative pilot program **Every Smile Counts!** This program helped with referrals to primary care physicians, as well as dental care for children from birth to age 20 enrolled in Medi-Cal.

Although the pilot ended in December 2020, Children Now and Oral Health Solutions continued to expand the MDRAN userbase beyond the physician's office – to more than 125 users across Sacramento County, including a wide array of Medi-Cal service providers, programs, and organizations.

With adaptations, MDRAN can function in San Joaquin County's fee-for-service delivery system. The MDRAN pilot will build on the partnerships established through SJ TEETH to serve the County's Medi-Cal population. This pilot program would provide dental care referrals to community health centers, schools, and other organizations and providers working with Medi-Cal users.

These referrals will then be triaged by dental care coordinators and tracked in the MDRAN system until a dental claim associated with each referral shows a dental visit has occurred.

Want to learn more? Join us on at the next SJ TEETH meeting on Friday, Feb. 18. Children Now will provide a deeper look at the MDRAN project

Or contact Katie Andrew, Associate Director of Health for Children Now at kandrew@childrennow.org.



Staff Updates

First 5 San Joaquin, a co-leader of the SJ TEETH initiative with PHS, is excited to welcome **Marisela R. Pineda, MPH**, as its new Executive Director. In her previous role as Health Education Program Coordinator for PHS, Marisela oversaw the Health Promotion and Chronic Disease Prevention Unit for nearly 10 years and was instrumental in the development and implementation of the SJ TEETH initiative. Marisela's experience and expertise will continue to benefit SJ TEETH as we work together to advance oral health outcomes in San Joaquin County.



Nicole Peterson joins the Local Oral Health Program in San Joaquin County. She has a B.S. degree in Human Services, more than 20 years of experience teaching young children, and 10+ years as a parent educator. Nicole has worked in family shelters throughout San Joaquin, providing in-home education services to parents and children working through childhood trauma and adversities. Nicole strives to empower the community she lives in through education and awareness to those who want to do better, so they can be better.

QUICK BITES

- Check out the new [Oral Health in America: Advances and Challenges](#) report released by the National Institute of Dental and Craniofacial Research.
- Dental care can still be fun on Valentine's Day. [Download these funny dental-themed cards](#) from the American Dental Association.
- Make toothbrushing fun for kids with [this 2-minute sing-along video](#) by Crest. Share it with a child today!



SJ TEETH Collaborative Meeting Dates in 2022

MEETINGS HOSTED BY: FIRST 5 SAN JOAQUIN AND
PUBLIC HEALTH SERVICES LOCAL ORAL HEALTH PROGRAM

DATE	TIME	LOCATION
Friday, February 18	9 – 11 AM	Online via TEAMS/ZOOM
Friday, May 20	9 – 11 AM	Online via TEAMS/ZOOM
Friday, August 19	9 – 11 AM	Online via TEAMS/ZOOM
Friday, November 18	9 – 11 AM	Online via TEAMS/ZOOM

Note: Meetings via video due to COVID-19 restrictions and subject to change.

COVID-19 QUICK FACTS

- Children are as likely to be infected with COVID-19 as adults. Kids can also have short- and long-term health complications from COVID-19.
- Children age 2 and up should continue to wear a mask. And make sure your mask has a good fit and filtration.
- Young children should not wear masks when asleep, when might fall asleep (like in car seat or stroller), or when continual supervision not possible.
- Vaccinating children helps protect family members, like siblings not eligible for vaccination and family members at increased risk of getting very sick.
- Remind families vaccinating children ages 5+ can help keep them in school and help them safely participate in sports, playdates, and group activities.

For more on Vaccine Eligibility for children, visit [California COVID-19 Vaccination Program](#) and [COVID19 Vaccine Eligibility Chart](#).

Tooth Be Told shares success stories, challenges, and oral health related news. If you have comments or want to update your email preferences, contact SJTEETH@sjcphs.org.

For more program information, visit www.sjteeth.org or www.sjcphs.org/healthed/Oral_Health.

Seal Today to Prevent Decay

PROTECT YOUR CHILD'S TEETH AGAINST CAVITIES

What are molar sealants?

Molar sealants are clear, protective coatings put on permanent first and second molars to help keep them healthy and protected from cavities.

When should my child get molar sealants?

You should schedule an appointment for your child to get molar sealants when their permanent back teeth have grown in. This happens as early as five years old!

How are sealants applied?

Sealants are painted on your child's back teeth. They are quick and painless to apply! The whole process only takes a matter of minutes.

Can my child eat right away?

Yes! Your child is fine to eat after having the sealants applied.

What are the benefits of sealants?

Molar sealants are safe and protect your child's teeth from harmful bacteria, cavities and tooth decay.

How long will sealants last?

Sealants can last for several years! Ask your dentist when your child should get sealants reapplied.

Will sealants replace fluoride?

No. Both sealants and fluoride are needed to protect teeth from cavities and tooth decay.

Are sealants covered by the Medi-Cal dental benefit?

Yes! With your Medi-Cal dental benefit, molar sealants are covered for children and teens up to age 21.

Children without sealants have almost three times more cavities than those with sealants.*



Text **SMILECA** to **31996** to receive healthy dental tips from *Smile, California!*

Visit **SmileCalifornia.org** to locate a dentist to make an appointment for your child to get molar sealants.



*Source: Centers for Disease Control and Prevention. www.cdc.gov/vitalsigns/dental-sealants/index.html