



TOOTH BE TOLD



SJ TEETH NEWSLETTER



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Welcome to **Tooth Be Told** – November 2023

Happy Fall! What a busy year it has been! Tooth Be Told is back for quarterly oral health news and updates. Read below about some exciting oral health updates in San Joaquin County.

- Learn about the amazing work that the Local Oral Health Program (LOHP) and Community Medical Centers (CMC) has done on **page 2!**
- Oral health mascot Stella has won a Gold Addy Award! Read about it on **page 3!**
- Lessons in a Lunchbox Program is back! Read more on **page 4!**
- School nurses were trained by LOHP staff to provide fluoride varnish in schools. Read more on **page 4!**



School-linked Oral Health Program

School-linked dental screenings are back in schools! During the 2022-2023 school year, the LOHP and Community Medical Centers (CMC) were able to provide oral health screenings, fluoride varnish, sealants, and education in three local school districts.



Altogether, almost **600** children were screened and received education about oral health with interactive books and demonstrations. Staff engaged students using a fun educational presentation with Stella and learned about proper brushing techniques, how healthy foods are good for your teeth, and the importance of seeing their dentist.

Children also read fun, interactive oral health books along with detailed pictures of different good and bad oral health conditions. After the presentation, children better understood the importance to maintaining their good oral health by brushing and flossing regularly. Children were given a take home toothbrush kit after receiving services to continue those habits at home.



CMC and the LOHP have begun scheduling school screenings for the school-linked dental program during the 2023-2024 school year. The program looks forward to providing dental screenings and education for children throughout the county.

For more information about the program, contact Breanna Williams at bwilliams2@sjcphs.org.

Stella Wins A Gold Addy Award!

The American Advertising Awards is the advertising industry's largest competition, with more than 25,000 entries each year in local American Advertising Federation (AAF) Club competitions. SJTEETH is excited to announce that Stella's Shiny Smile Activity Kit received the 2023 Gold Addy in Sacramento back in March!



As part of the "Stella's Shiny Smile" campaign launched in 2020, this activity kit was produced by Runyon Saltzman (RSE), First 5 San Joaquin, and Public Health Services to further teach young children about the importance of good dental health and how to properly brush their teeth. In this activity kit, Stella comes to life as a puppet. She interacts with children as the storybook is read and plays the "Good Things Come in 2s!" memory game. A smaller leave-behind kit helps put the education into practice. It includes the "Stella's Shiny Smile" storybook, an adorable Stella finger puppet, and mirror cling reminding children to brush their teeth for two minutes, two times a day. View it in the photo below.

Read more about the exciting win [here](#).

✨ ✨ ✨ **Congratulations Stella!** ✨ ✨ ✨



The Stella Activity kit features a Stella hand puppet, Stella's Shiny Smile book, and the 'Good Things Come in 2's' card game in English and Spanish.

“Lessons in a Lunchbox” is Back!

Dr. Winifred Booker is a pediatric dentist based in Maryland. In 2008, she founded “Lessons in a Lunch Box: Healthy Teeth Essentials & Facts About Snacks,®” an oral health literacy program aimed to provide children and their families with education about routine dental care, oral health hygiene, good dietary choices and more using a “dentally designed” lunch box. The program is one of the many initiatives under The Children’s Oral Health Institute (COHI), a 501(c)3 organization created to combat dental neglect and oral abuse among children.



Dr. Winifred Booker

The goal of COHI is to improve the attitudes and behavior of children and families on a variety of oral health issues through early health promotion and disease prevention education. The Lessons in a Lunchbox Program was put on pause in 2020, likely in response to the pandemic.

The Lessons in a Lunchbox Program has delivered over 65,000 lunchboxes and has been presented in all 50 states. Additionally, retailers Crest + Oral B have featured their free course **“Improving Oral Health Literacy: Teaching Primary School Students through the Lessons in a Lunch Box Program”** as a Continuing Education Credit. Though the course aims toward dental professionals, any health professional can take the course to learn about proper oral hygiene and to introduce the program to students. A certificate is awarded upon completion.



An example of the lunchbox and its contents

Dental schools and school staff are encouraged to apply! Registration is open now until December 1st or until supplies are gone. You can apply on the COHI website at <http://mycohi.org/lunchbox.html>.

Fluoride Varnish Training Program

According to the Association of State & Territorial Dental Directors (ASTDD), school nurses can play an essential role in identifying children in need of dental care. In August, Public Health Services LOHP staff established an Memorandum of Understanding (MOU) with schools that allows school nurses to apply fluoride varnish in the school setting.

The first fluoride varnish training occurred in September at the San Joaquin County Office of Education during the quarterly School Nurse Administrators meeting. The training was provided by LOHP staff in partnership with Health Plan of San Joaquin and their subcontracted registered dental hygienist, Irene Alvarez.

The training was successful, with a total of 12 nurses participating. Six nurses returned evaluations with overall positive feedback and planned to implement the program in their schools. Trained nurses are required to track and report fluoride varnish applications in the Healthy Futures database and data will be used to measure the program's impact.

Note: This training was adapted from the [Child Health and Disability Prevention Program's fluoride varnish training](#).



If you have any questions about the fluoride varnish program, contact the LOHP Coordinator Breanna Williams at bwilliams2@sjcphs.org or (209)468-0354.



Image from SmileCalifornia.org.

SJTEETH Collaborative

Meeting Dates in 2023-2024

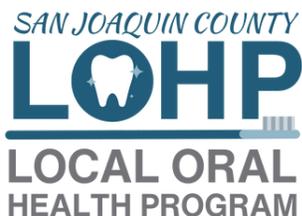
MEETINGS HOSTED BY: **FIRST 5 SAN JOAQUIN** AND
PUBLIC HEALTH SERVICES LOCAL ORAL HEALTH PROGRAM

| DATE | TIME | LOCATION |
|-------------------|---------------|-----------------|
| February 16, 2024 | 9 AM-10:30 AM | Online via ZOOM |
| May 17, 2024 | 9 AM-10:30 AM | Online via ZOOM |
| August 16, 2024 | 9 AM-10:30 AM | Online via ZOOM |

Note: Meetings are held via video on Fridays and are subject to change.

DID YOU KNOW?

The Local Oral Health Program has their own exclusive logo! You may see them more often. View it here in blue (l) and green (r).



FOLLOW US ON SOCIAL MEDIA!



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

