

UCLA

School of
Dentistry

Los Angeles County



Oral Health Collaborative Consortium

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Home Visitation and Oral Health Presentation

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& Camilo Cedeno
LA Best Babies Network
March 14, 2022

Oral Health Collaborative Consortium (OHCC)

Los Angeles County (LAC), Department of Public Health (DPH),
Oral Health Program(OHP)

University of California, Los Angeles (UCLA),
School of Dentistry



Director: Dr. Honghu Liu, PhD



COMMUNITY ORAL HEALTH IMPROVEMENT PLAN (COHIP) *STRATEGIC PLAN*

Los Angeles County Department of
Public Health Oral Health Program

Community Oral Health Improvement Plan



2019-2023



COHIP Objectives

1. Oral Health Education

2. Oral Health Access

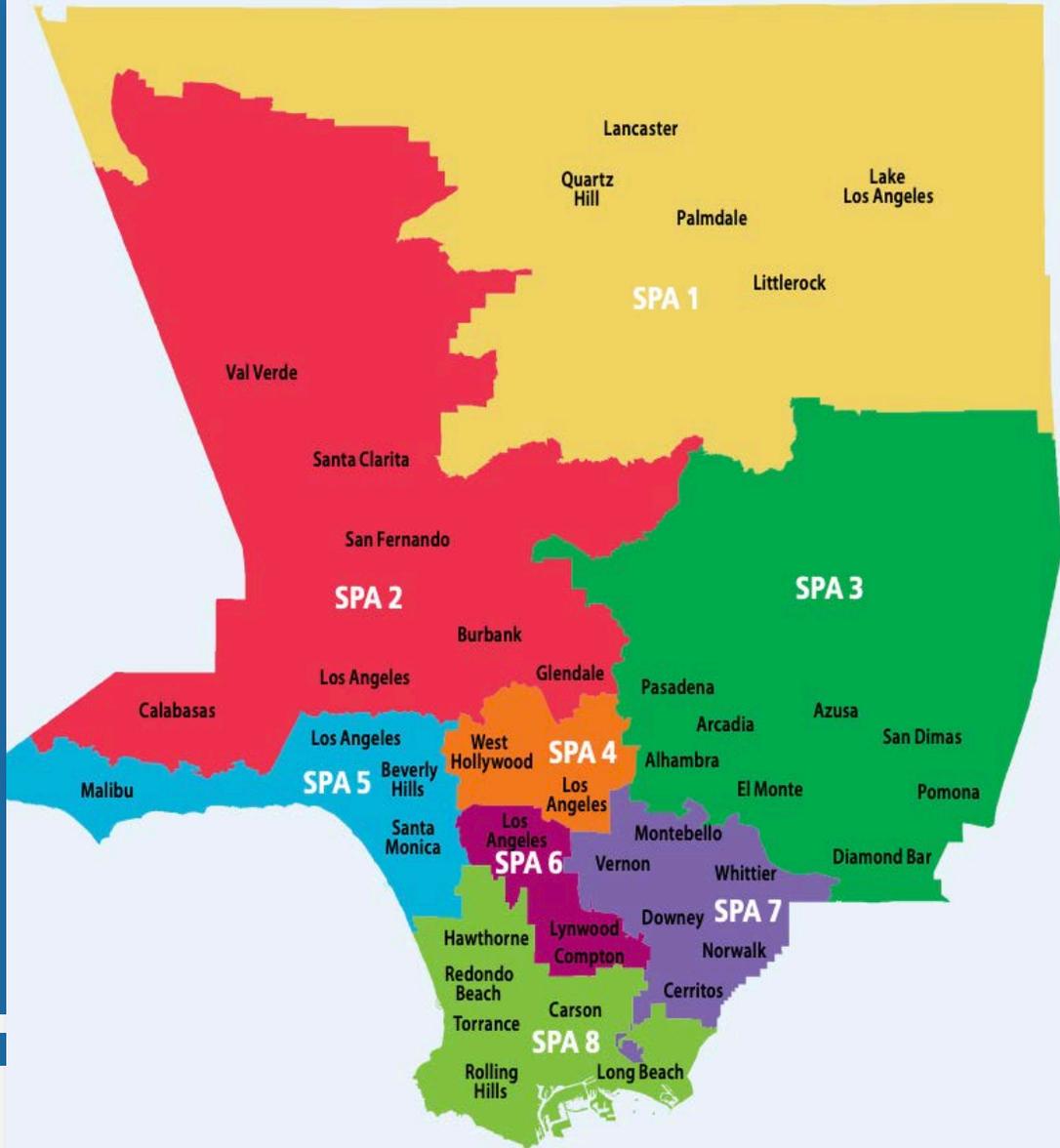
3. Care Coordination

4. Workforce Development

5. Policy

6. Data/ Surveillance

SERVICE PLANNING AREAS (SPAs)



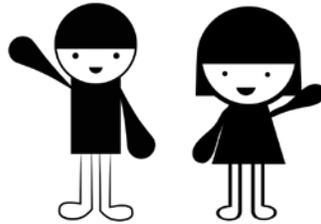
Coverage Areas

-
- SPA 1+2 - TBD
 - SPA 3+4 - Nandita Kapadia
 - SPA 5+6 - Elizabeth Brummel
 - SPA 7+8 - Camilo Cedeno

What is Oral Health?



According to the World Health Organization, “Oral health is a key indicator of overall health, well-being, and quality of life.”¹



The mouth is the 'window' into the health of your body.



Oral health is multifaceted and includes the ability to speak, smell, taste, chew, swallow, and convey a range of emotions through facial expressions with confidence and without pain, discomfort, and disease of the cranofacial complex

Importance of Oral Health

- Oral Health is an essential part of overall health
- The mouth is the window to the body
- Oral disease can spread or increase the risk of bacterial infection, fungal infection and other diseases



[Image Source](#)

Primary Teeth Are Important



Speech development



Appearance and self-esteem



Save space for permanent teeth



Chewing and nutrition



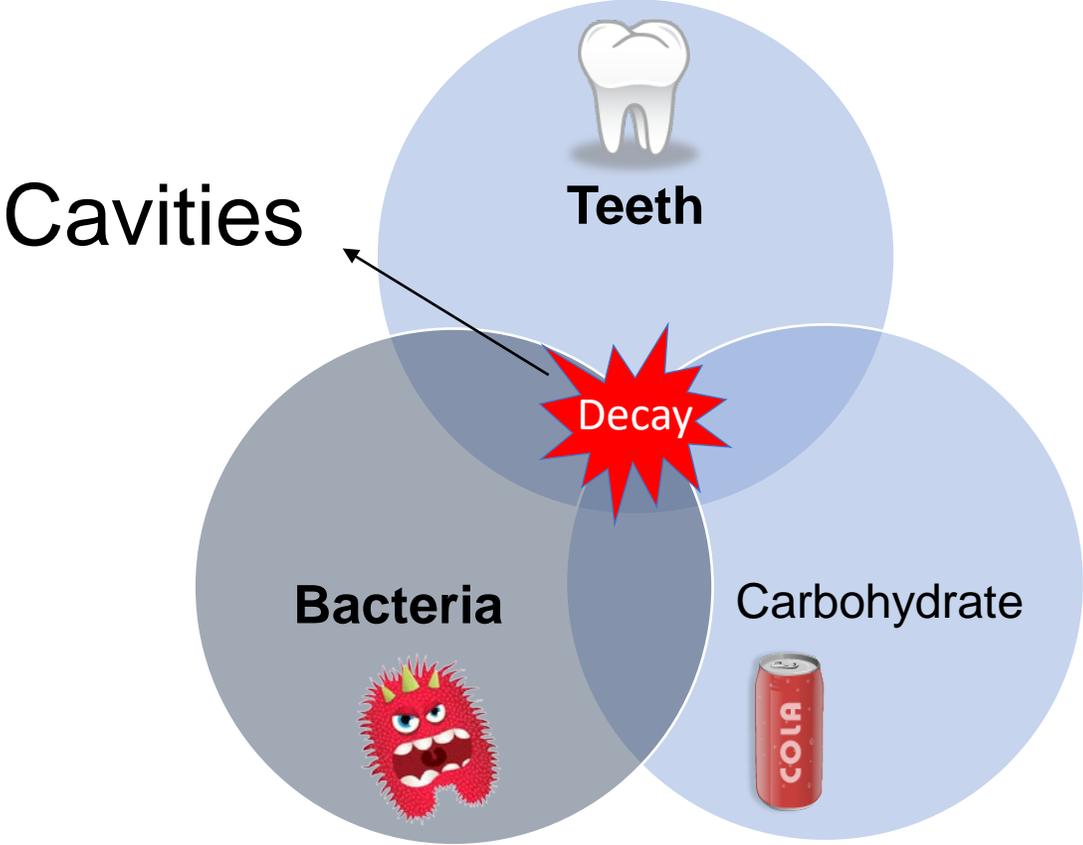
Children's Oral Health in CA

At least 5 of these kids have/will have Early Childhood Caries



- Dental caries remains a common, significant problem
- 54% of CA children have caries experience by kindergarten
 - 28% have untreated decay / 19% have extensive decay
- > 70% of CA children have caries experience by 3rd grade
- Persistent oral health disparities by income and race-ethnicity
- Growing recognition of the importance of early interventions, ongoing risk-based care, innovative collaborative care delivery models, and interventions geared toward systems improvements

Cause of Tooth Decay



Oral bacteria
+ Sugar

= Acid **Time** → **Tooth Decay**



Tooth Decay

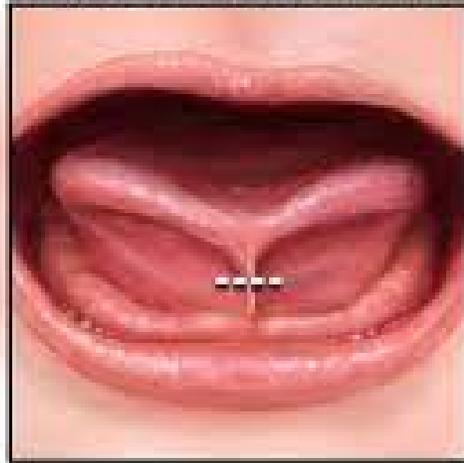
- Destroys the tooth causing:
 - ✓ Pain
 - ✓ Infection
 - ✓ Difficulty chewing
- Upper front, center teeth are least protected and affected first



Photos: Joanna Douglass, BDS, DDS

Tongue – Tie (Ankyloglossia)

Surgical cut releases frenulum



Lingual frenulum

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Tongue-Tie Diagnosis

Variations in the underside of the tongue and how it attaches to the floor of the mouth are common and most are not cause for concern.

Tongue-tie may be suspected in infants or children who have difficulty with the following:

- Breastfeeding
- Lifting their tongue
- Sticking the tongue out (the tongue may appear notched or heart-shaped when the child attempts to do so)
- Moving the tongue from side to side
- Licking their lips or sweeping food debris from the teeth

Tongue – Tie (Ankyloglossia)

! WHAT YOU NEED TO KNOW

- Tongue-tie typically affects boys more often than girls.
- Tongue-tie is not the only reason for breastfeeding difficulty.
- Surgical treatment of tongue-tie may not improve breastfeeding.
- Tongue-tie does not cause speech delay, but can affect a child's speech articulation —the ability to form sounds and pronounce words.
- Tongue-tie diagnoses are increasing as breastfeeding becomes more commonplace.

Tongue-tie Treatment

If tongue-tie is interfering with feeding, speech or oral hygiene or if it is causing discomfort, treatment may be appropriate.

Frenotomy (also called frenulotomy) is a surgical procedure to release the frenulum so the tongue can move more freely. Most babies can feed immediately afterward.

Frenuloplasty is for more complex cases of tongue-tie or for revision procedures, and involves plastic surgery of the frenulum. Speech therapy and tongue exercises may be part of the recovery process.

While the procedures are, in general, safe, there are risks that can occur with frenulum procedures, including severe bleeding, infection, injury to the salivary ducts, and worsening breathing. A child should be assessed for possible contraindications to a frenotomy procedure.

Preventive Practices for Children Once Their Teeth Erupt

- Recommend soft age-appropriate toothbrushes
- Use fluoride toothpaste 2x/day as soon as **FIRST TOOTH ERUPTS**
- Use age-appropriate amounts of fluoride toothpaste for young children:
 - For children **under 3 years**, use a **smear** of fluoride toothpaste
 - For children **3 years and older**, use a **pea-size** amount of fluoride toothpaste

Smear or
rice size



Pea-size



Reassure parents:
It's OK not to rinse.

Preventive Practices for Children Once Their Teeth Erupt, cont'd

Flossing tips:

- Allow you child to choose the floss with you at the store
- Flossers are a great tool for children, better fit for smaller mouths, molar flossers
- Teach parents that flossing can happen anywhere, not just in the bathroom



Give Teeth a Chance: Snack Smart

Health Snacks

- Water
- Fresh fruits
- Nuts
- String cheese
- Fresh vegetables
- Regular milk
- Plain popcorn
- Cottage cheese

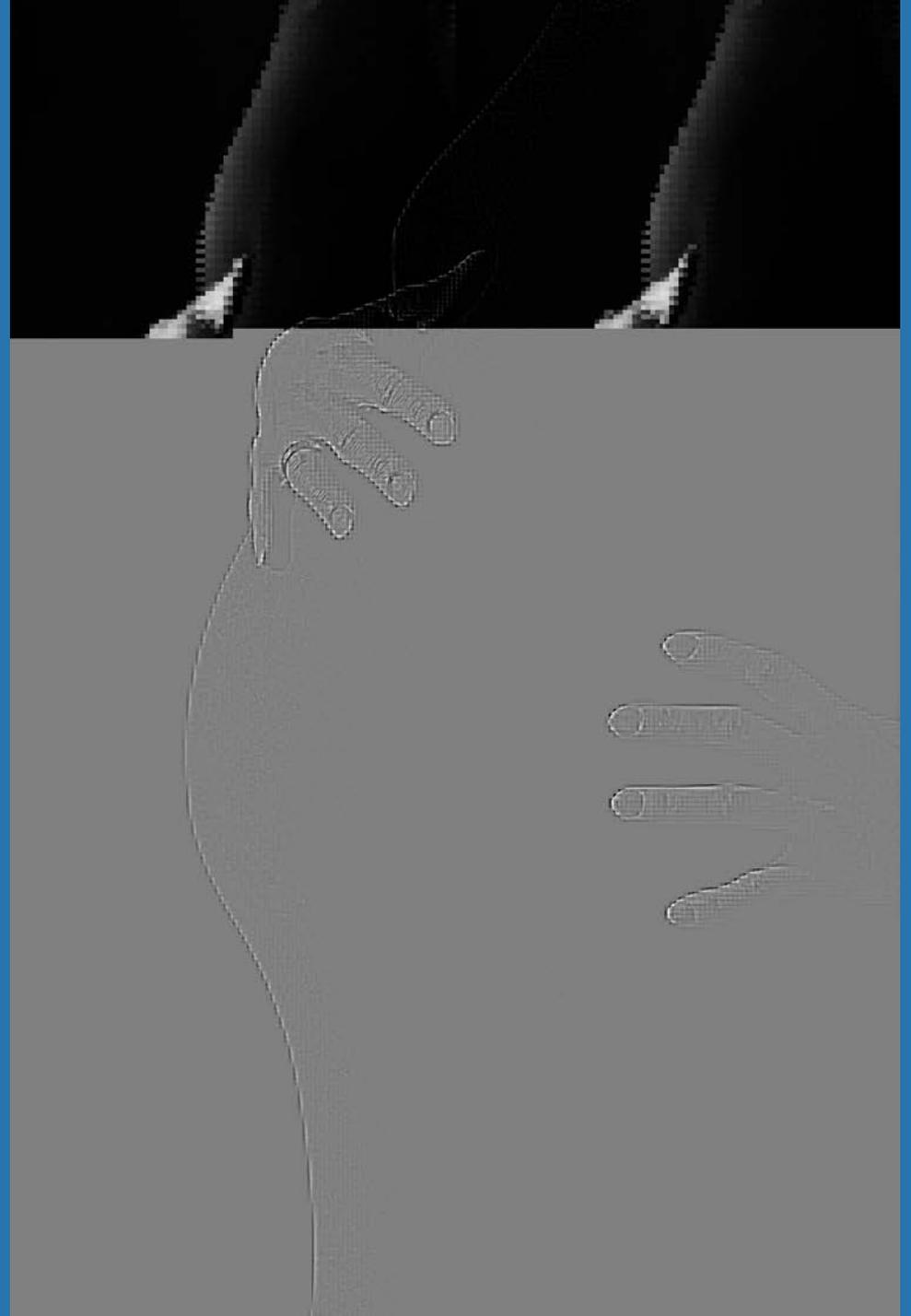


Sometimes Snacks

- Juice
- Soda
- Candy
- Cookies
- Fruit roll-ups
- Gatorade
- Dried fruit



Pregnancy and Oral Health



The Dental Disconnect

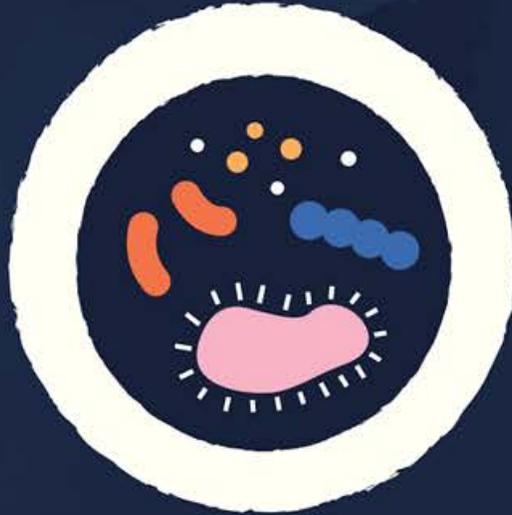
Women frequently do not see a dentist when pregnant

- Only 26-34% of all pregnant women visit the dentist ⁶
- Percentage is even lower for Hispanic women, low SES, and those not aware of oral-systemic linkages
- Only 50% of pregnant woman with a dental problem visit a dentist⁷
- Even among women with dental insurance, dental care rated decline during pregnancy ⁸

Coach women during pregnancy about how the condition of their teeth and mouth can impact their children's risk for tooth decay



Untreated gum disease in pregnant women can harm their systemic health and may be linked to low birth weight/preterm births



Mothers can unintentionally pass cavity-causing bacteria to newborns, increasing children's risk for tooth decay



Children are more than **3x as likely** to have tooth decay if their mothers have high levels of untreated tooth decay

Oral Health During Pregnancy



Brush 2x a day
and floss 1x per
day



Watch sugar
intake



Visit the dentist
every 6 months

Treatment Tips

First Trimester¹⁰

- Care should begin early especially if extensive care is needed
- Schedule visits in the afternoon to avoid morning sickness

Second Trimester

- Ideal time for dental care

Third Trimester

- Encourage standing and walking periodically during long appointments
- Elevating the head helps avoid shortness of breath
- **Promote breast feeding** ¹¹
 - Breast fed children are less likely to develop caries
 - American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life and continuing until at least age 12 months



Family Preparation

To prepare families for oral health supervision visits, health professionals can provide pregnant and postpartum women with a list of topics to discuss at the next visit. Topics may include the following:

- Changes in the teeth or gums
- Oral hygiene practices (frequency, problems)
- Use of fluoridated water for drinking and cooking
- Use of over-the-counter fluoride products (toothpaste, mouthwash)
- Eating practices

In addition to asking the following example questions, we recommend you discuss and issues or concerns the pregnant or postpartum individual may have:

- How often do you brush and floss your teeth? Do you use fluoridated toothpaste and mouthwash?
- Have you had any problems with your gums or teeth? For example, swollen or bleeding gums, a toothache (pain), problems eating or chewing food, or other problems in your mouth?
- Do you have any questions or concerns about getting healthcare while you are pregnant or after your baby is born?
- Since becoming pregnant, have you had morning sickness (vomiting)? How often?
- After your baby is born, how can you help protect your baby's teeth from decay?

Interview Questions



Postpartum Interventions

Childcare:

- Ensure children are not put to bed with a bottle
 - Teeth are at highest risk overnight when saliva levels are low.
- Clean infants' teeth twice daily with a smear of toothpaste (AAP and AAPD recommendation)
- Recommend children see a dentist at 12 months of age or when first tooth appears

Promote breast feeding

- Breast fed children are less likely to develop caries
- Recommendation: exclusively breastfeed for the first 6 months of life and continue until at least 12 months
- Xylitol gum or brief chlorhexidine rinse programs for mothers until child is age 2

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**OHCC
Resources**

LOVE Your Baby's Teeth

Taking care of baby teeth gives your child's smile a happy and healthy start.

Wipe, brush, and visit the dentist.

Ready, Set, Go!

Learn more at
ChooseHealthLA.com



LA County Love Your Baby's Teeth

- OHCC has translated the LA County's Love Your Baby's Teeth Campaign Milestone's materials into 4 different languages
- Languages: Armenian, Chinese, Tagalog, and Farsi

It's time to get ready for baby's oral health care and it starts with prenatal care.



- Go to the dentist during pregnancy.
- It's safe to have exams, X-rays, cleanings, and dental treatment throughout pregnancy.
- By going to the dentist during pregnancy you can avoid swollen gums (gingivitis), which can be caused by hormonal changes during pregnancy.
- Brush teeth for two minutes with a fluoride toothpaste twice a day.
- Avoid sugary drinks and foods. Choose healthy snacks like fruits and vegetables. Drink water throughout the day.
- Floss every day.

After feeding, wipe those gums!



- Put your baby to bed without a bottle in their mouth.
- Gently wipe your baby's gums with a washcloth or a finger toothbrush after every feeding.
- To ease teething pain, use a clean, cold teething ring, or apply a cold, wet washcloth.
- To keep cavity-causing germs out of your baby's mouth, clean pacifiers, utensils, teething rings, and baby-bottle nipples in soap and hot water, a bottle warmer, or a dishwasher after each use and whenever they get dirty. Parents and caregivers should avoid putting these items in their mouths. This can pass cavity-causing germs to your baby's mouth.

LYBT Social Media ToolKit



When should I take my baby to the dentist?

After their first tooth comes in, **OR** by their first birthday. An early dental visit is a "well-baby checkup" for teeth!

COUNTY OF LOS ANGELES
Public Health



Take your baby to the Dentist
by the time they turn 1

COUNTY OF LOS ANGELES
Public Health



Consejos para sonrisas saludables
0 - 6 meses de edad

- Después de alimentarlo, limpia sus encías con una toallita.
- Para aliviarle del dolor cuando le salgan los dientes, usa un anillo mordedor frío o una toallita húmeda y fría.

Desliza para más

COUNTY OF LOS ANGELES
Salud Pública



Dental Health Tips
From 6 - 12 months of age

- Ask the dentist about a thin coat of fluoride called fluoride varnish
- Sooth teething pain with a cold teething ring or cold wet washcloth.
- Avoid sugary beverages and foods.

COUNTY OF LOS ANGELES
Public Health

SMILE,
CALIFORNIA

Medi-Cal Covers Dental During Pregnancy

Keeping your teeth and gums healthy is one of the most important things you can do during your pregnancy. It is also an important part of keeping your baby healthy.



The Medi-Cal Dental Program provides the following free or low-cost services during pregnancy:

- Exam*
- X-rays
- Teeth cleaning
- Fluoride varnish
- Fillings
- Tooth removal
- Emergency services
- Root canals
- Crowns
- Partial and full dentures
- Denture relines
- Scaling and root planing

*Every six months for members under the age of 21, every 12 months for members over the age of 21. More exams allowed when medically necessary.



It is safe and recommended to see your dentist for a cleaning and exam before your baby is born.



As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby.



Eat a balanced diet and limit sugary foods and drinks. Remember, you are eating and brushing for two!

For more information on covered services, how to keep your baby's mouth healthy, or to find a dentist near you, visit [SmileCalifornia.org](https://www.smilecalifornia.org).



 DHCS | Medi-Cal Dental



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

Rev 01-2020

RESTRICTED MEDI-CAL

Pregnancy-Related Services

Pregnancy-related services are services required to assure the health of the pregnant woman and the fetus, or that have become necessary as a result of the woman having been pregnant. These include, but are not limited to, prenatal care, delivery, postpartum care, family planning services and services for other conditions that might complicate the pregnancy. Services for other conditions that might complicate the pregnancy include those for diagnoses, illnesses or medical conditions which might threaten the carrying of the fetus to full term or the safe delivery of the fetus. Pregnancy-related services may be provided prenatally from the day that pregnancy is medically established and postnatally to the end of the month in which the 60-day period following termination of pregnancy ends.

Pregnant members, regardless of aid code, and/or scope of benefits are eligible to receive all dental procedures listed in the Medi-Cal Dental Manual of Criteria (MOC) that are covered by the Medi-Cal program so long as all MOC procedure requirements and criteria are met.

For dental services for a pregnant or postpartum woman who does not have full scope Medi-Cal, write "pregnant" or "postpartum" in the Comments section of claim. If you receive a denial (Adjudication Reason Code 503A or 503B) for a covered service for a pregnant/postpartum member, you should submit a Claim Inquiry Form (CIF) indicating "PREGNANT" or "POSTPARTUM" in the "REMARKS" field plus any additional documentation and radiographs pertinent to the procedure for reconsideration.

Radiograph Requirements for Pregnant and Postpartum Members

For all procedures that require radiographs/prior authorization, no payment will be made if the radiographs are not submitted. "Patient refused x-rays" will not be acceptable documentation for non-submission of radiographs. Additional information regarding dental care during pregnancy can be found at the CDA Foundation website [here](#).

Brushing Techniques and Additional Resources

Proper Brushing Technique

1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.

2 Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.

3 Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.

4 Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.

Kids toothpaste tips:



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

0-3 years: grain of rice



Children 3 years and above should use a pea-sized amount of toothpaste.

3+ years: pea size

Additional Dental Health Resources from the American Dental Association

MouthHealthy by ADA: www.MouthHealthy.org

A-Z Topics: www.mouthhealthy.org/en/az-topics

Pregnancy: www.mouthhealthy.org/en/pregnancy

Babies & Kids: www.mouthhealthy.org/en/babies-and-kids

Teens: www.mouthhealthy.org/en/teens

Dental Visits: www.mouthhealthy.org/en/dental-care-concerns

Nutrition: www.mouthhealthy.org/en/nutrition

Need help finding a dentist near you? Visit SmileCalifornia.org.



TOOTHY TIPS FOR PARENTS



Did you know that healthy baby teeth make way for healthy permanent teeth? Help your children keep their smiles strong and healthy for a lifetime by building good oral health habits now.

- **Brush twice a day.** As soon as your child's first tooth appears, help them brush twice a day, in the morning and at bedtime. You should continue brushing your child's teeth until you are sure they can brush on their own. Once your child can brush on their own, you should continue to supervise, reminding them to use good brushing techniques.
- **Floss daily.** Help your child floss between their teeth as soon as they have two teeth that touch.
- **See the dentist twice a year.** Children under the age of 21 should see the dentist for a cleaning and check-up every six months. If your child doesn't have a dentist, visit SmileCalifornia.org and click on the Find A Dentist button to find a dentist near you.
- **Choose healthy foods and drinks.** A balanced diet is an important part of keeping your teeth and gums healthy. Help your child make healthier food choices. Be sure to limit sugary snacks and drinks, like juice and candy.

Remember, children learn by watching their parents. Be a good oral health role model by taking good care of your own teeth and gums!

Good Oral Health Through the Years

Babies

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. Kids can get cavities as early as age two, so visit the dentist as soon as possible.

Kids

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist about sealants to help protect your child's back teeth from cavities. Sealants are clear, protective coatings that are quick and painless.

Teens

Continuing to eat sugary foods and drinks as teens can put them at a higher risk for tooth decay. Teenagers who get regular dental check-ups maintain good oral health well into adulthood. Keeping a travel-size toothbrush in a locker or backpack to brush after meals can also help reduce the risk of cavities and keep teeth bright — a boost to any teen's self-esteem.

Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.



Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by May 31

in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.



For more information about oral health, and to learn about Medi-Cal dental services, visit SmileCalifornia.org

Finding a Dental Home: First Dental Visit should Occur by the Age of 1 or with the Eruption of the First Tooth!



shutterstock.com - 1938273742

Note: The Los Angeles County Department of Public Health does not provide direct dental care. However, as a service to those seeking low-cost dental care services, organizations providing such services may be listed on this website solely for informational purposes. The listing of these organizations does not imply endorsement by the Los Angeles County Department of Public Health, nor is the department responsible for any content contained on the websites of the organizations listed. If you need any additional help, please dial the 2-1-1 Los Angeles County phone line.

Listings of My Health LA (MHLA) Dental Clinics:

#	DENTAL CLINICS	ADDRESS	PHONE #
1	AVCC-Health and Wellness	45104 10th St. West	Lancaster, CA 93534 (661) 942-2391
2	AVCC-Palmdale	2151 E. Palmdale Blvd.	Palmdale, CA 93550 (661) 942-2391
3	APLAHW-Baldwin Hills	3743 S. La Brea Ave.	Los Angeles, CA 90016 (213) 201-1600
4	Arroyo Vista-Highland Park	6000 N. Figueroa St.	Los Angeles, CA 90042 (323) 254-5221
5	Arroyo Vista-Lincoln Heights	2411 N. Broadway	Los Angeles, CA 90031 (323) 254-5221
6	Benevolence-Crenshaw Community Clinic	3631 Crenshaw Blvd., #109	Los Angeles, CA 90016 (323) 732-0100
7	Chinatown-Community Health Center	767 N. Hill St. #200	Los Angeles, CA 90012 (213) 808-1700
8	Clinica Romero-Alvarado Clinic	123 S. Alvarado St.	Los Angeles, CA 90057 (213) 989-7700
9	Clinica Romero-Marengo Clinic	2032 Marengo St.	Los Angeles, CA 90033 (213) 989-7700
10	ChapCare-Fair Oaks	1855 N. Fair Oaks Ave., #200	Pasadena, CA 91103 (626) 993-1212
11	Comprehensive Community-Eagle Rock	1704 Colorado Blvd.	Los Angeles, CA 90041 (818) 630-6106
12	Comprehensive Community-Glendale	801 S. Chevy Chase Dr., #250	Glendale, CA 91205 (818) 630-6106
13	EVCHC-Pomona Clinic	1555 S. Garvey Ave.	Pomona, CA 91766 (626) 919-5724
14	EVCHC-West Covina Clinic	420 S. Glendora Ave.	West Covina, CA 91790 (626) 919-5724
15	El Proyecto del Barrio-Winnetka	20800 Sherman Way	Winnetka, CA 91306 (818) 830-7133
16	Herald Christian Health Center	923 S. San Gabriel Blvd.	San Gabriel, CA 91776 (626) 286-8700
17	Herald Christian Health Center-Rosemead	8841 Garvey Ave.	Rosemead, CA 91770 (626) 286-8700
18	JWCH-Norwalk	12360 E. Firestone Blvd.	Norwalk, CA 90650 (323) 201-4516
19	JWCH-Weingart	522 S. San Pedro St.	Los Angeles, CA 90013 (323) 201-4516
20	LA Christian-Joshua House	311 Winston St.	Los Angeles, CA 90013 (213) 893-1960
21	LA Christian-Pico Aliso	1625 E. 4th St.	Los Angeles, CA 90033 (213) 893-1960
22	Mission City-North Hills	15206 Parthenia St.	North Hills, CA 91343 (818) 895-3100
23	Mission City-Northridge	8363 Reseda Blvd., #11	Northridge, CA 91324 (818) 895-3100
24	Mission City-San Fernando Mobile Van	9919 Laurel Canyon Blvd.	Pacoima, CA 91331 (818) 895-3100
25	Mission City-Sepulveda	8527 Sepulveda Blvd.	North Hills, CA 91343 (818) 895-3100
26	NEV-San Fernando	1600 San Fernando Rd.	San Fernando, CA 91340 (818) 898-1388
27	NEV-San Fernando High School Teen HC	11051 N. O'Melveny Ave.	San Fernando, CA 91340 (818) 898-1388
28	NEV-Sun Valley	7223 N. Fair Ave.	Sun Valley, CA 91352 (818) 898-1388
29	Ped and Family-Eisner Ped and Family	1530 S. Olive St.	Los Angeles, CA 90015 (213) 746-1037
30	QueensCare-Eagle Rock	4448 York Blvd.	Los Angeles, CA 90041 (323) 669-4301
31	QueensCare-East Third Street	4816 E. Third St.	Los Angeles, CA 90022 (323) 669-4301
32	QueensCare-Echo Park	150 N. Reno St.	Los Angeles, CA 90026 (323) 669-4301
33	QueensCare-Hollywood	4618 Fountain Ave.	Los Angeles, CA 90029 (323) 669-4301
34	South Bay-Redondo Beach	2114 Artesia Blvd.	Redondo Beach, CA 90278 (310) 625-8483
35	St. John's-Compton	2115 N. Wilmington Ave.	Compton, CA 90222 (323) 541-1600
36	St. John's-Dominguez	15301 S. San Jose Ave.	Compton, CA 90221 (323) 541-1600
37	St. John's-Downtown Los Angeles-Magnolia	1910 Magnolia Ave.	Los Angeles, CA 90007 (323) 541-1600
38	St. John's-Dr. Kenneth Williams	808 W. 58th St.	Los Angeles, CA 90037 (323) 541-1600

Questions



Thank you for
your time and
consideration

As community oral health
liaisons, we
would appreciate the
chance to work with you!

If you need further
resources or have questions



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