



**Whatcom County Oral Health
Coalition Steering Committee:**

- Mark Brooks, DDS
SeaMar Community Health Center
- Janet Davis, RN, MPH
Whatcom County Health Department
- Grant Deger, MD
Bellingham City Council
- Mary Jo Durborow
Readiness to Learn Coordinator
- Ken Gass, MD
Madrona Medical Pediatrics
- Beverly Jacobs
Community Member
- Maggi Kriger
Access to Baby & Child Dentistry
- Jim McCallum, DDS
General Dentist
- Wilanne Ollila-Perry
Opportunity Council
- Chris Phillips
St. Joseph Hospital
- Lesley Rigg
NW Regional Council
- Marian Russell, RDH
Toothfairy Dental Hygiene Care
- Jenny Shuler, CDA (Chair)
Bellingham Technical College
- Anita Stolpe
Dept. Social and Health Services
- Ken Taylor, DDS
Lummi Tribal Health Center
- Fredrick Wicknick, DMD
Oral Surgeon

Oral Health Matters
For Whatcom County



**Sealant Day 2006
Reveals High Rates of Caries
&
A Dental Community Committed
to Public Service!**

The second annual Whatcom County Free Sealant Day on February 11 was a huge success. During the clinic, held at Interfaith Community Health Center, 82 children ages 1-18 received free dental screenings. Participants represented a high-risk population as 62% of the children have experienced tooth decay, with 13 of the participants (16%) experiencing seven or more decayed teeth. Parents and children shared their stories of not having access to oral health care and expressed gratitude for the high quality and well-coordinated care they received.

During the clinic, volunteers provided 185 sealants, 75 fluoride varnish treatments, 54 bite-wing radiographs, and instruction in oral hygiene for all. Each child was sent home with a bag full of oral health supplies as well. 143 cavities were diagnosed and 42 of the 82 children (51%) were found to need follow-up restorative work. Many of them have already been connected with members of Mt. Baker Dental Society who have volunteered to provide one-time free care in their private practices. Because of this generous response there will be space for most of the children served this year to receive the follow-up care they need.

Given the enthusiastic support and participation of the dental community (over 70 volunteers donated 700+ hours for Sealant Day this year), Sealant Day will continue as an annual event so mark your calendars for the second Saturday in February.

Many thanks to all who helped make this Sealant Day such a success!!

**For more on Sealant Day 2006,
see pages 7 & 8.**



Member Spotlight: Dee Simmons



Dee describes herself as a "get stuff done person" and she certainly is!

Dee is a Whatcom County native who has worked as a full-time Dental Hygienist for the past eight years in the dental office of Dr. Tim Murray. She has been involved with the Oral Health Coalition since it first started, and was an active member of Bellingham Families for Fluoride.

After volunteering in Seattle for years on Sealant Day, Dee approached the Dental Hygiene Society about starting Sealant Day in Whatcom County. With the support of a big group of volunteers, Dee coordinated the first local Sealant Day last year. This year she worked for six months, mostly on her own, to co-ordinate it again (see Sealant Day article pg.1).

Dee says her favorite part of her job is educating patients about brushing, flossing, fluoride, etc. She sees her role as "teaching people how to not need me." When she is not working, Dee enjoys sewing, boating, and camping. She is married and has two daughters in college. Dee says her dream is to become a dentist to serve the underserved.

Invention brushes off the competition!

A poll of 1,000 adults and 400 teenagers across the country asked which of these five inventions could they not live without: automobile, personal computer, cell phone, microwave oven or toothbrush. Among both groups, the toothbrush received the most votes, followed by the automobile.

From Patterson Today, Summer 2003



Walk-in Hours at Lummi Tribal Health Center

Lummi Tribal Health Center has established walk-in hours to provide urgent oral health care for children and adults. The clinic serves Native Americans who meet the enrollment requirements of the health center. People are encouraged to use the dental clinic rather than the hospital Emergency Room for urgent dental problems. In addition to urgent care, Lummi Tribal Health Center focuses on preventive measures including home care instructions, the application of fluoride varnish, and dental sealants where needed and applicable. For more information, contact the Clinical Coordinator at 384-0464x2505

Lummi Tribal Health Center walk-in hours:

Mon-Wed & Fri. 8:00-10:00 a.m.,
Thur. 12:30-2:30 p.m.

CHOMP Workgroup News

“10 Simple Ways to Protect Your Baby’s Smile” Now Goes Home with Mom from the Hospital

In an effort to promote an early start to healthy habits and a healthy mouth, the parent education brochure *10 Simple Ways to Protect Your Baby’s Smile* is now included in all newborn discharge packets at St. Joseph’s Childbirth Center.

Recently updated this attractive brochure provides simple tips for parents as well as local resource information. The *10 Simple Ways* brochure was developed in 2001 with support from St. Luke’s Foundation, St. Joseph Hospital and Whatcom County Health Department. Since that time, this locally created brochure has been printed in three languages (English, Russian, Spanish) and approximately 40,000 copies distributed in Whatcom County.

10 Simple Ways is given to parents at all Madrona Medical Group pediatric 6-month-old well-child visits. There have also been approximately 4700 brochures sent to families with young children in Whatcom County through Washington State *Child Profile* mailings in 2004 and 2005.

Additionally, the brochure has been viewed by thousands nationally and internationally on the HappyTeeth.org website. The brochure has been requested by many dental, medical, and social service providers and has been modified for regional use in a variety of locations in the U.S. and Canada.

To request brochures at no-charge, please contact Maggi Kriger @ 676-6762x32022 or mkriger@co.whatcom.wa.us



<http://www.happyteeth.org/media/pdf/whatcom-english.pdf>

If you know of an oral health program or service that you would like highlighted in a future issue of Oral Health Matters, contact Maggi at 676-6762 ext. 32022 or mkriger@co.whatcom.wa.us

11th Annual Caregiver Conference features Senior Oral Health

Oral Health will be featured at the 11th annual Caregiver Conference on Friday, March 17th in Bellingham. The conference, organized by Elder Service Providers Network, is the biggest such event in the Northwest, and attracts upwards of 400 professional and family caregivers.

The purpose of the event is to celebrate caregivers, and to provide them with education, resources, and support for the tremendous job they do of looking after those who need help in their daily lives.

This year, an afternoon breakout session entitled “Managing Oral Health” will be presented by Jenny Shuler and Marian Russell, RDH.

Jenny trains dental assistants at Bellingham Technical College; she also offers a new CE course especially designed for caregivers. Marian “The Tooth Fairy” offers dental hygiene services in local nursing homes. Their presentation will build on the work done by the Seniors & Caregivers Workgroup of the Oral Health Coalition on training and encouraging caregivers to pay more attention to the oral health of the elderly and disabled people in their care.

There is a fee of \$45, with a reduced fee available.

To receive a conference brochure, call the ESP Conference message line (360) 715-6563 or www.elderserviceproviders.org

For more information about the Oral Health Coalition’s Seniors & Caregivers Workgroup contact Lesley Rigg riggla@dshs.wa.gov or (360) 738-2500.



Research Demonstrates the Efficacy of Fluoride Varnish for Preventing Early Childhood Caries

A recent publication in the Journal of Dental Research¹ described a randomized controlled clinical trial to determine the efficacy of different fluoride varnish application frequencies in preventing early childhood caries. The study involved 376 caries-free children ages 6 mos.- 3 ½ yrs. from low-income Chinese and Hispanic families in San Francisco. The children included as research participants had at least four teeth erupted, no cavities or demineralized white spots, and lived in communities with fluoridated water.

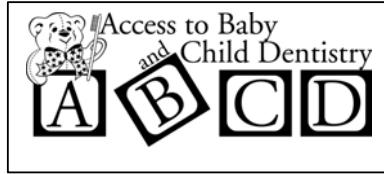
All caregivers received the same counseling annually based on the American Academy of Pediatric Dentistry’s (AAPD) anticipatory guidance recommendations. The children were randomized into three groups: no fluoride varnish, fluoride varnish once per year, or fluoride varnish twice per year.

The results were dramatic. They showed that the children who did not get any fluoride varnish applications were twice as likely to have gotten a cavity as those who received just one fluoride varnish treatment a year. Those who received no fluoride varnish were four times as likely to have a cavity as the children who received fluoride varnish applications every six months.

For the most recent AAPD anticipatory guidance recommendations for young children (and many other useful resources) go to: <http://www.aapd.org/media/policies.asp> then scroll down to “Clinical Guidelines” and select “Infant Oral Health Care.”]

¹ Weintraub, J.A. et al. (2006). Fluoride Varnish Efficacy in Preventing Early Childhood Caries. *J Dent Res* 85(2):172-176.

ABCD



CORNER



Easy Access to High Quality Oral Health Information

Knowledge Path: Oral Health for Children and Adolescents is an electronic guide to a selection of current, high-quality resources that analyze data, describe effective programs, and report on policy and research aimed at improving access to oral health care and quality of oral health for children and adolescents.

The path is aimed at health professionals, program administrators, educators, policymakers, and others who are interested in obtaining timely information about oral health. A separate section contains links to resources for families. This knowledge path will be updated annually. The knowledge path, compiled by the Maternal & Child Health (MCH) Library and the National MCH Oral Health Resource Center (OHRC) at Georgetown University, is available at:

http://www.mchlibrary.info/KnowledgePaths/kp_oralhealth.html

[Federal and National Web Sites](#)

[Additional Federal and National Organizations Materials](#)

[Selected State Web Sites](#)

[Additional State Materials](#)

[Distance Learning](#)

[Print Materials](#)

[Databases: Data, Literature and Research](#), and [Programs](#)

[Electronic Newsletters and Online Discussion Groups](#)

[Oral Health Resources for Families: Find Oral Health Care, Web Sites, Electronic Materials](#), and [Print Materials](#)



WaMedWeb Can Help Save Providers Time & Money \$

WAMedWeb is a free web-based service, which provides the tools and resources to help healthcare providers conduct business electronically with Washington State Medicaid.

By using WaMedWeb, providers can electronically determine whether a patient is eligible for service, check a claim status, obtain a PIC number for a client if they have not brought their coupon to the appointment, and more.

To enroll, contact ACS EDI Gateway by telephone at 1-800-833-2051, or online at <https://wamedweb.acs-inc.com>

Training Medical Providers to Integrate Oral Health into Well-Child Visits

The Training Medical Providers Workgroup of the Oral Health Coalition has focused on encouraging pediatricians and family doctors to integrate basic oral health services into well-child checks for children (6 mos.- 4 yrs. old) who receive DSHS medical coupons. These services include risk assessment, anticipatory guidance, fluoride varnish application, and dental referral.

In 2005, fifty medical providers from SeaMar Bellingham, SeaMar Everson, and Madrona Medical Group received training about basic oral health services. Evaluations completed by providers following the training indicated that they felt they had a clear understanding of the material, but the important question was whether participating in the training had any impact on patient services. Data was collected and analyzed to answer this question. Analysis of data related to application of fluoride varnish is presented here.

Billing data for Medicaid patients was used to determine whether there were increases in the number of providers applying fluoride varnish, and the number of fluoride varnish treatments administered following the training. The tables demonstrate that both of these desired increases occurred.¹

# Providers Offering Fluoride Varnish¹		
Medical Group	Pre-Training	Post-Training
Madrona	4	8
SeaMar Everson	0	2
SeaMar Bellingham	0	4
Total	4	14

# Fluoride Varnish Applications¹		
Medical Group	Pre-Training	Post-Training
Madrona	21	77
SeaMar Everson	0	49
SeaMar Bellingham	0	17
Total	21	143

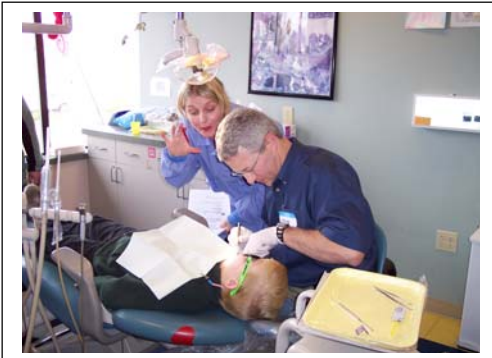
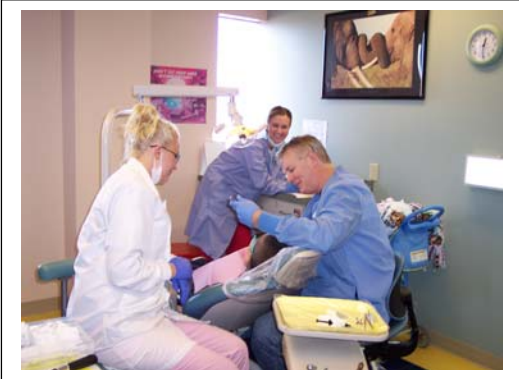
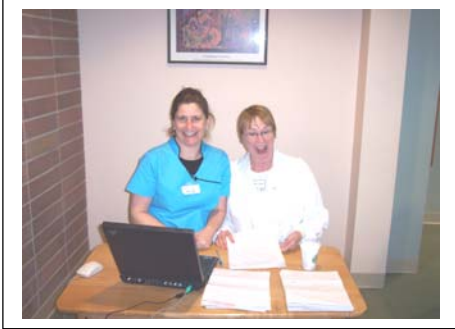
It is encouraging to see that training medical providers does result in more low-income children at high risk for caries getting basic oral health services including fluoride varnish.

The Training Medical Providers Workgroup has just completed a list of recommendations for the OHC and the Health Department based on the workgroups' activities and outcomes evaluation. The recommendations include offering regular opportunities for medical providers to receive continuing education about basic oral health care, and materials and technical support to easily integrate oral health care into every well-child visit.

An additional effort to increase access to fluoride varnish was implemented by Whatcom County Health Department in July 2005, when Public Health Nurses began offering fluoride varnish applications to children on the Whatcom County Health Department's WIC program with medical coupons. A total of 74 applications were done in 2005. For further information contact Maggi Kriger, ABCD coordinator at (360) 676-6762x32022 or email at mkriger@co.whatcom.wa.us

¹ Time periods pre- and post-training differ for each medical group. Madrona pre-training period = 1/05-4/05, post-training period = 5/05-9/05. The Sea Mar clinics did not collect fluoride varnish data pre-training because providers did not offer this service. The Sea Mar Everson post-training period was 4/05-11/05, and the Sea Mar Bellingham post-training period was 9/05-11/05.

To view the complete list of recommendations by the Training Medical Providers workgroup,
please contact Maggi Kriger, ABCD Coordinator,
at 676-6762 x32022
or email mkriger@co.whatcom.wa.us



OUR FIRST DENTAL VISIT

When this Russian mother learned that her children would receive restorative care, she was so happy that she cried!



Sealant Day 2006

Many thanks to:

- Dee Simmons, RDH who coordinated this event with the help of many hygienists from Mt. Baker Dental Hygienists' Society;
- Interfaith Community Health Center for the use of the dental clinic;
- Jenny Shuler (OHC Chairperson) of Bellingham Technical College who taught the Continuing Education session, and her wonderful dental assisting students;
- Dr. Wicknick, Dr. Subedar, and Burkhart Dental (Mike Zimmerman) for their generous donations;
- Kathy Seholm who is connecting children who need restorative care with dentists;
- Anita Stolpe and Nicole Davidson of DSHS who discussed benefits and took applications from families; and translators, Svetlana, Alexandria, and Tatiana;
- Louisa Hicks of SeaMar who provided Spanish translation;
- Ginny Holeman and Carolyn Nordvelt who provided food for all the volunteers;

And all of the dedicated volunteers whom so generously shared their time and expertise!

Special thanks to those private practice dentists who are donating free restorative treatment in their offices on a one-time basis: Drs. Bult, Clough, Fairbanks, Kimberly, Marston, Tetrick, Todd, C. Walter, and Widman (and anyone else who was inadvertently omitted!)

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