

PROGRAM OVERVIEW

Local Oral Health was established in San Bernardino County to improve the oral health of county residents. The program is funded by the California Department of Public Health, through funds generated from passage of the **California Healthcare Research Tobacco Act of 2016** (Proposition 56).

WHY IS ORAL HEALTH IMPORTANT?

Our teeth help us **chew, digest food, speak clearly and give shape to our face**. When we do not take care of our teeth, we increase our risk of disease such as gum disease which can lead to heart disease and diabetes.



WHO WE ASSIST

- Children, pregnant women and older adults
- Individuals with intellectual and/or developmental disabilities
- Homeless individuals and families
- Rural communities
- Schools and community organizations
- And many more!



RESOURCES



Find a Medi-Cal Dentist
www.smilecalifornia.org



Find a Low-Cost Dentist
www.tcds.org



Resources for Kids
www.mouthhealthy.org



Resources for Parents
www.themightymouth.org



Find Dental and Other Services
www.connectie.org



Oral Health for Older Adults
www.nidcr.nih.gov



Resources for Pregnant Women
www.mchoralhealth.org

For more information, please contact:
Local Oral Health
909-387-6584

OralHealth@dph.sbcounty.gov
www.sbcounty.gov/dph



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Local Oral Health Program Guide



Public Health

DID YOU KNOW?

About 1 in 3 pregnant women in San Bernardino County had a dental visit during pregnancy.



In San Bernardino County, 3 in 10 kindergarteners assessed suffer from untreated tooth decay.

Almost half of adults in the Inland Empire have lost a tooth to a preventable dental disease.



Students' absences due to dental problems cost California school districts about \$30 million annually.

In recent years, 186,000 children missed school in California because of dental problems.



Many children, aged 1-2 years, end up at the emergency department for preventable dental conditions in San Bernardino County.

www.sbcounty.gov/dph

Focus Areas



Access to Oral Health Care

Increase the availability, accessibility and utilization of oral health services across the county

Oral Health Education



Empower individuals and communities with information to take action to improve their oral health



Oral Health Workforce

Expand and strengthen the workforce to meet the varied oral health care needs of San Bernardino County

Integration of Services



Empower service providers to improve the overall health of individuals through integrated approaches to care



Coordination of Countywide Efforts

Promote partnerships and collective efforts to optimize resources and achieve sustained improvements for oral health

Measurement and Evaluation



Implement a data collection, analysis and reporting system to support countywide oral health efforts



TIPS FOR A HEALTHY MOUTH

Brush your teeth two times a day for two minutes with a soft bristle toothbrush and **fluoride** (floor-ide) toothpaste.

Floss in between your teeth at least once a day.

Eat a healthy diet full of fruits, vegetables and whole grains everyday.

Visit the dentist regularly and replace your toothbrush once **every three months**.