

In the Beginning...

For a better start in life
start **COLA** earlier!

*- Primary Active Lifestyle!
- Boosts Personality!
- Gives baby essential sugars!*

How soon is too soon?

Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during that early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teen and teen years. So, do yourself a favor. Do your child a favor. Start them on a strict regimen of sodas and other sugary carbonated beverages right now, for a lifetime of guaranteed happiness.

The Soda Poo Board of America

Poor oral health compromises more than health...

Oral pain can restrict activity, impair nutrition, and disturb sleep

- **Adults lose 164 million** work hours each year due to oral complications and dental care
- Older adults with missing or no teeth report lower overall quality of life
- Indirect economic costs: Adults with missing teeth are more likely to report trouble finding employment
- **Children lose 54 million** school hours each year due to oral complications and dental care
- Poor oral health = higher school absence and poorer academic performance
- Impacts language, self-esteem

Access and Affordability Challenge

Dental care is the most common unmet health need

40% of the population lacks dental insurance

2.5x the % who lack medical insurance

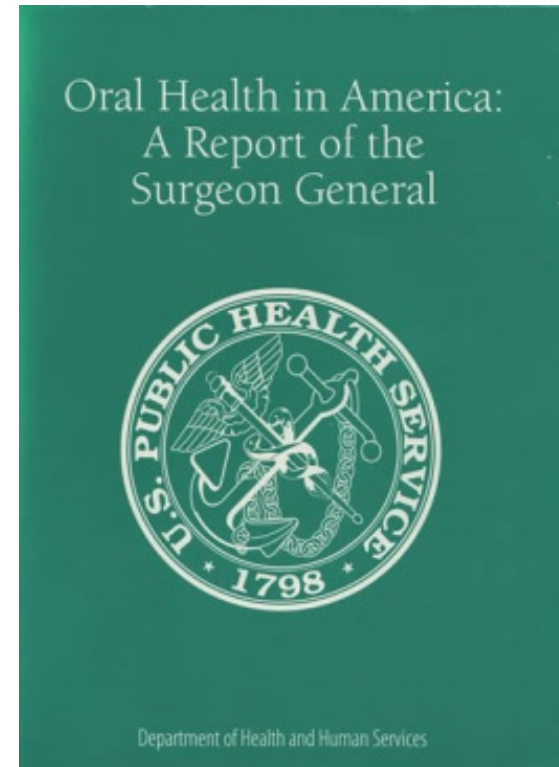
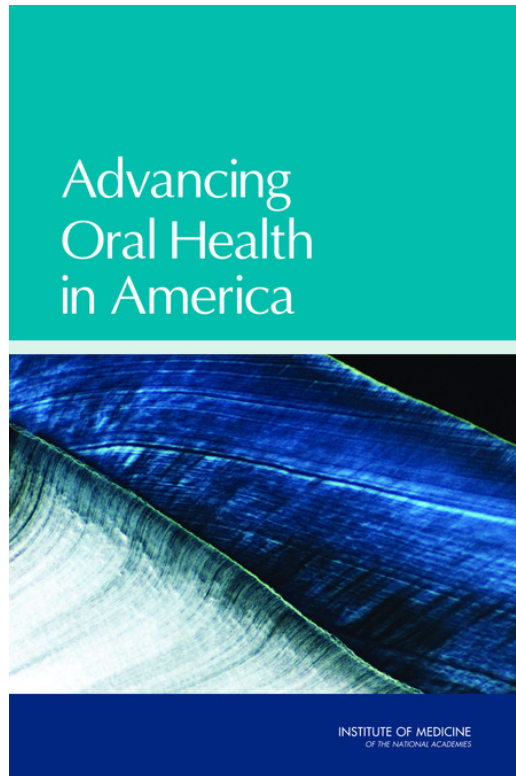
- Even with insurance, dental care is often not affordable
- 47 million live in dental professional shortage areas

Costs of Oral Disease

- \$111 billion spent on dental care in 2012
- Significant spending on restoration and late stage intervention
- 2.1 million ED visits
 - Oral pain
 - Infection
 - Abscessed teeth
- Most EDs are not equipped to treat dental emergencies



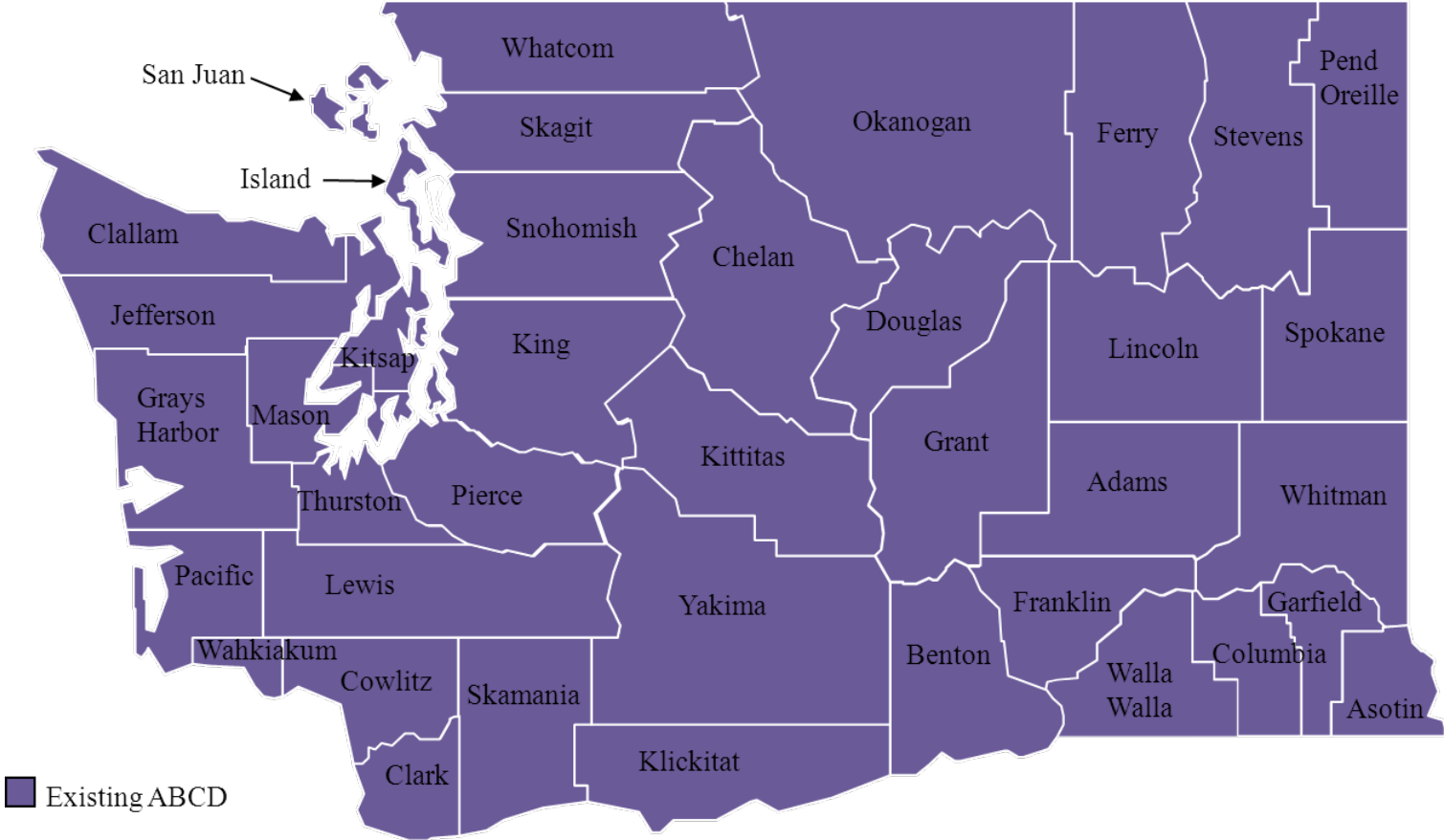
National Recognition of Oral Health



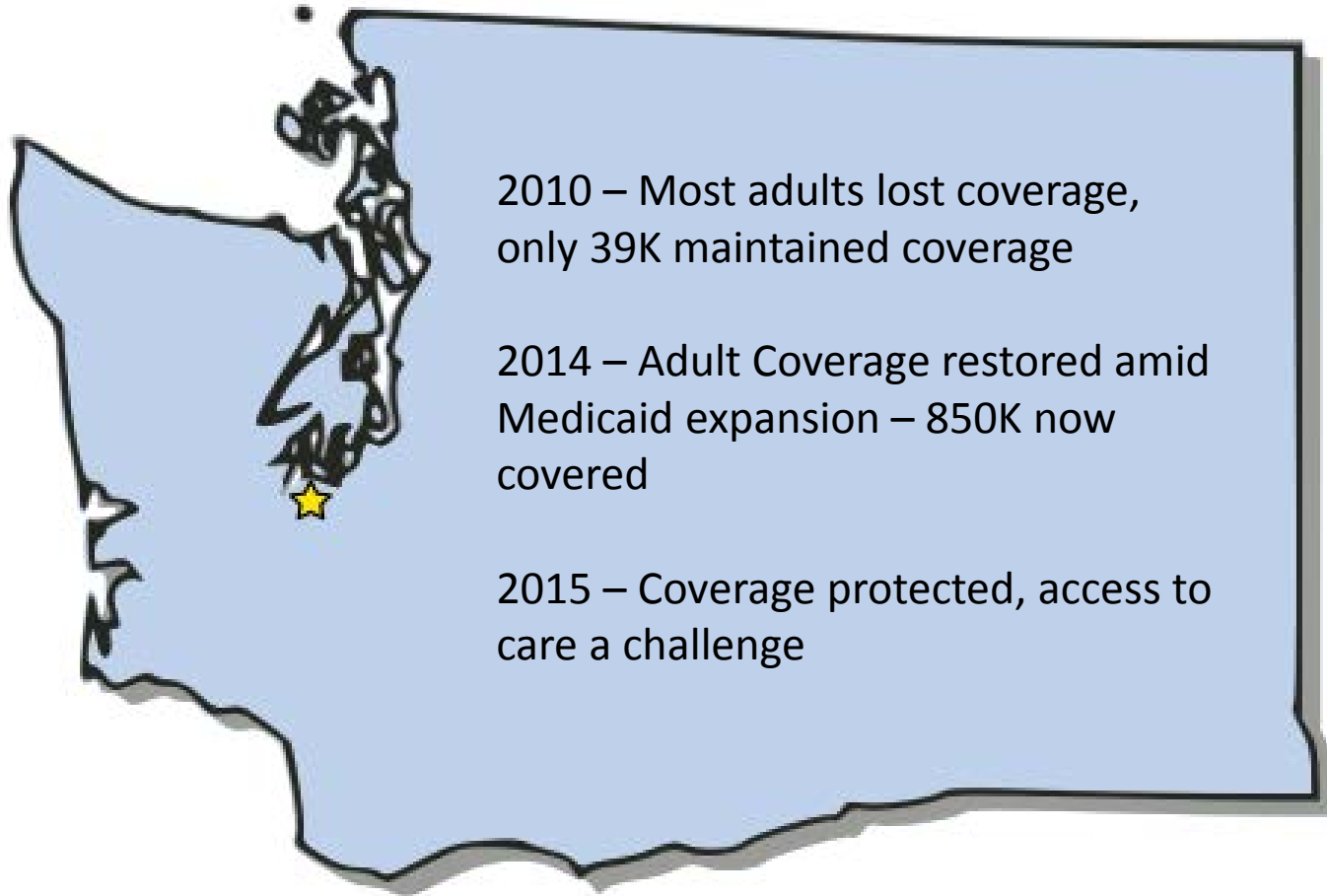
Where We Started



Access to
Baby & Child
Dentistry™



WA Medicaid Adult Dental Policy



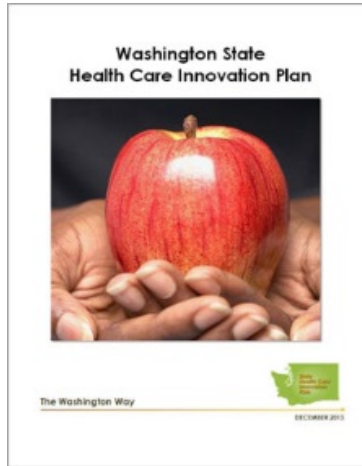
Current Efforts

THE
**MIGHTY
MOUTH™**



Teeth Week in Spokane

A PLAN FOR A
**HEALTHIER
WASHINGTON**



**Patient-Centered Medical Home
Implementation Tools Project**

alz.org® | **alzheimer's association®**

Testing New Caregiver Resource



What's Happening Nationally

Oral Health 2020

Vision: To eradicate dental disease in children & improve oral health across the lifespan.

Goal: Mandatory inclusion of an adult dental benefit in publicly funded health insurance.

Goal: Oral health incorporated into the primary education system.

Goal: Comprehensive national oral health measurement system.

Goal: Eradicate dental disease in children.



National **Interprofessional Initiative**
on Oral Health *engaging clinicians
eradicating dental disease*

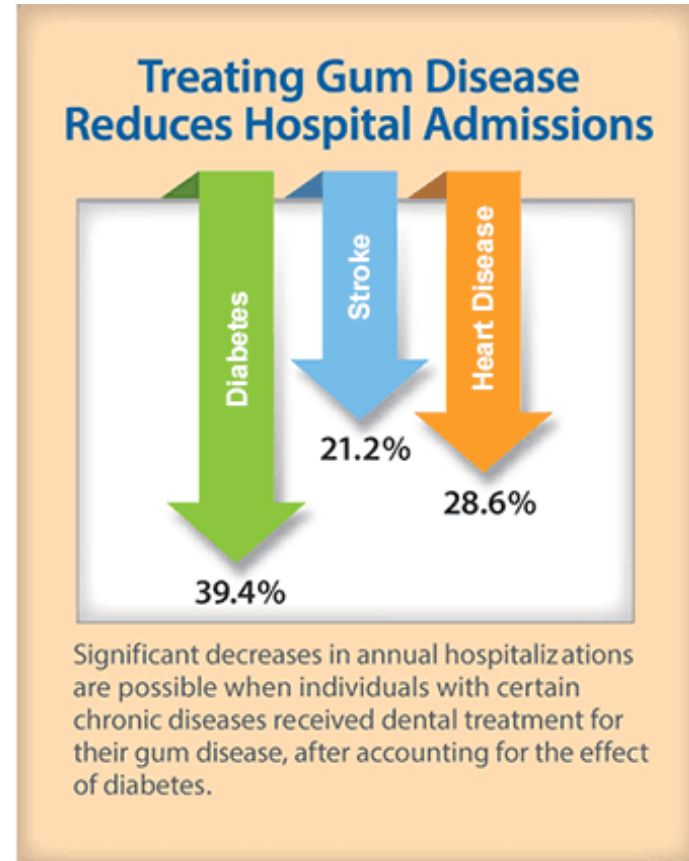
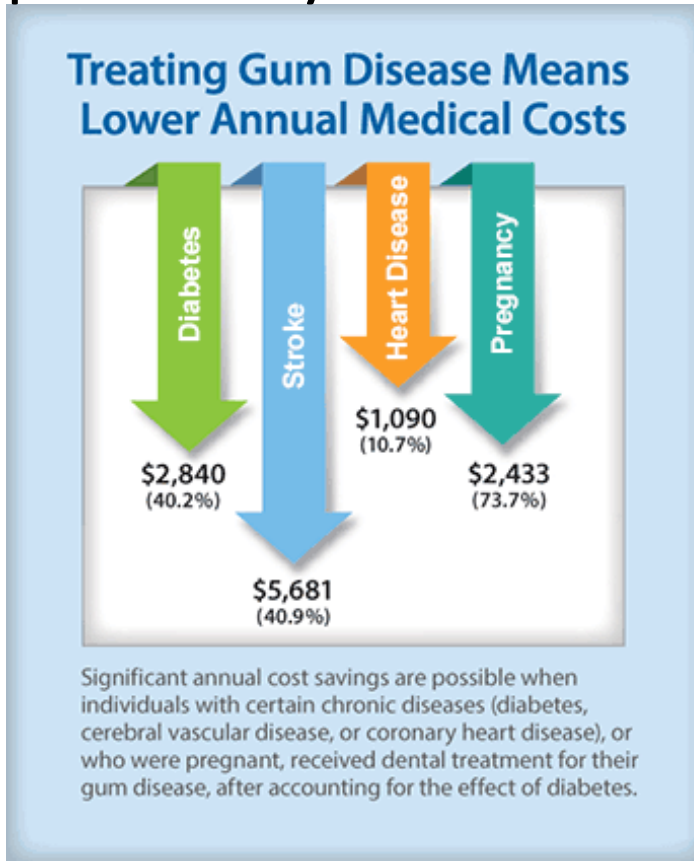


Oral Disease ↔ Systemic Diseases

- People with serious gum disease are 40% more likely to have a chronic condition on top of it.
- Periodontal disease—correlated with a variety of conditions with systemic implications
 - Cardiovascular disease, heart disease, respiratory infections, diabetes, HIV, adverse pregnancy outcomes
- Systemic diseases can have an impact on oral health
 - Dementia
 - Chronic disease medications that cause xerostomia

The Oral Systemic Connection

Periodontal treatment reduces medical costs for people with systemic conditions



Study Conducted by University of Pennsylvania, School of Dental Medicine for United Concordia Dental

Why Address Oral Health in Primary Care?

- Oral health is essential to overall health
- Oral disease is almost entirely preventable
- PCPs play a key role in health education, prevention, and early detection

Meanwhile, the healthcare landscape is quickly changing:

- Primary care clinics are becoming medical homes, ACOs, thinking about better care coordination, increasing focus on prevention and use of population data to drive strategies.
- ACA driving system change: payment reform - expanding use of risk/value based contracting over fee for service, focus on population health outcomes, Medicaid expansion (adult dental benefit restored).

Participating in this initiative can help!

Support for Delivering Oral Health Preventive Services in Primary Care is Growing

- In 2011, the Institute of Medicine (IOM) recommended expanding the role of non-dental healthcare professionals in oral health.
- The U.S. Preventive Services Task Force (USPSTF) has issued a final recommendation (Grade B) for children, stating that primary care providers should apply fluoride varnish to the teeth of all infants and children from the time of primary tooth eruption to age 5.
- The Health Resources and Services Administration (HRSA) recently issued a set of core clinical competencies and supporting recommendations for more fully integrating oral health in primary care, healthcare education, and practitioner standards.

Core Clinical Competencies:

- Risk assessment • Communication and education • Preventive interventions
- Oral health evaluation • Interprofessional collaborative practice



The Maternal-Child Linkage

Mothers/primary caregivers are the main source of the bacteria responsible for causing caries



How are the bacteria transmitted?

- Via saliva contact such as tasting food, licking spoons or pacifiers
- The more active the disease in mother's mouth, the more likely the child is to acquire the bacteria early
- If colonization is delayed until after two years of age, then children have less dental decay



Children

Tooth decay is the most common chronic disease of childhood 5 times more common than asthma

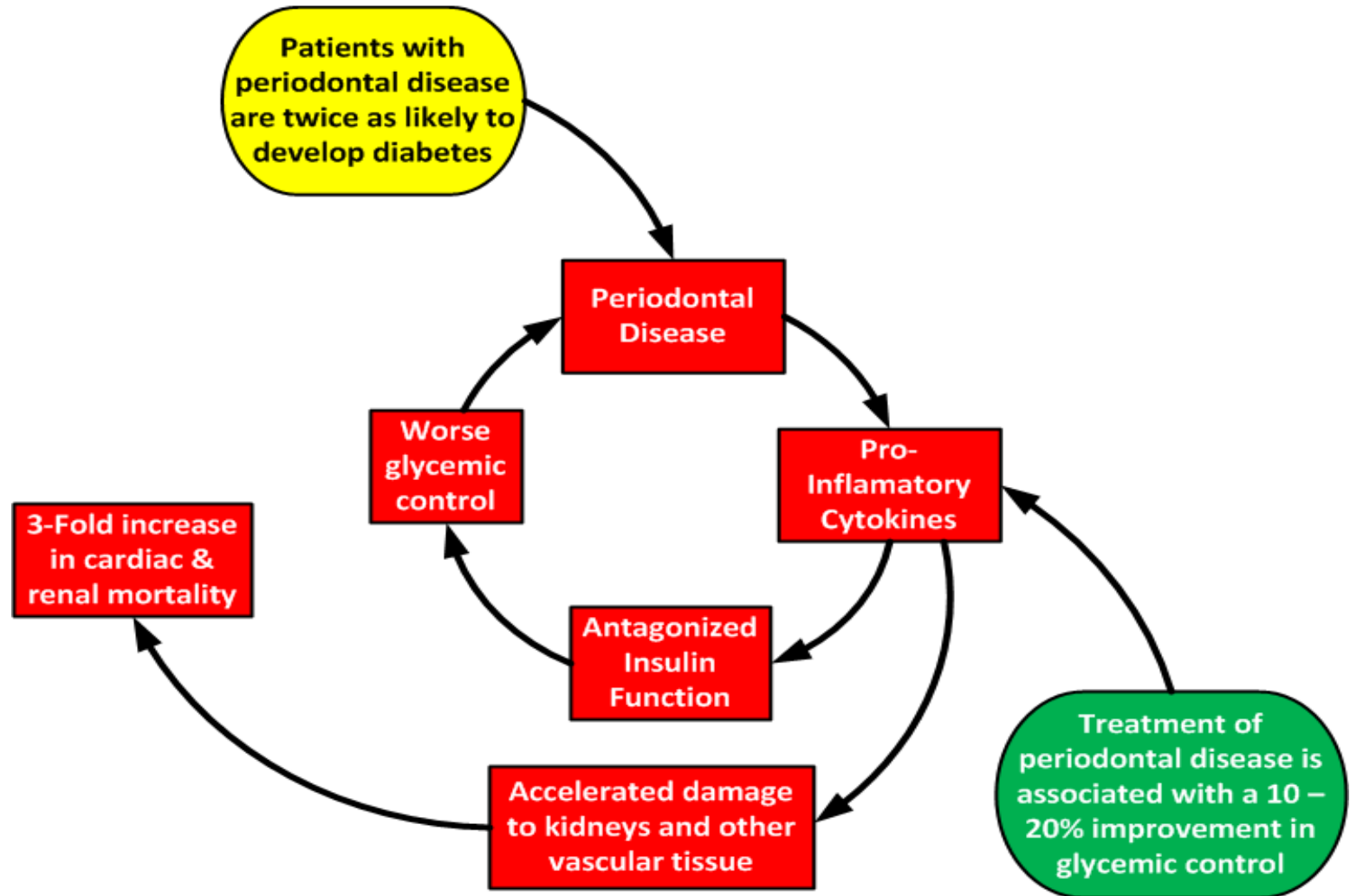
- Nearly 40% of kindergarteners in WA have had tooth decay experience
- 13% of WA children have untreated tooth decay.
- Nationally, 67% of teens ages 16-19 have had decay in permanent teeth

■ **Consequences of untreated tooth decay:**

- Poor school performance & missed school
- Speech and language development problems
- Difficulty eating
- Systemic issues: cellulitis, abscess
- Hospitalization for extractions
- Impacts permanent teeth
- Leads to a lifetime of problems



Patients with Diabetes

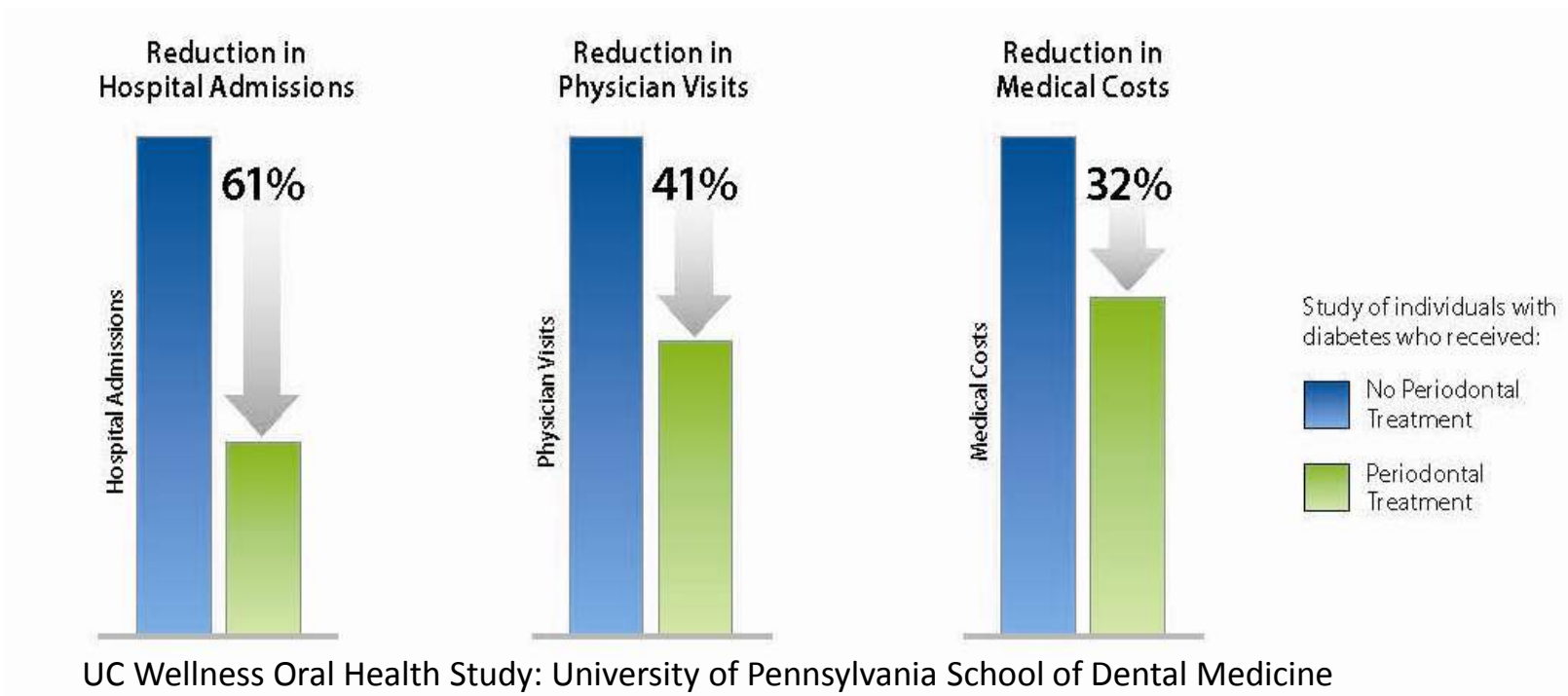


Diabetes and Periodontitis

32% Reduction in medical costs

61% Reduction in hospital admissions

41% Reduction in physician visits



Older Adults

- As older adults retain more of their teeth, there is more need for prevention & restoration
- Prevalence of oral disease in seniors nationally:
 - Periodontal disease: 70%
- Increased risk of caries



Older Adults: Barriers to Care

- 50% of surveyed adults 65-74 years in WA lack dental insurance
 - Medicare does not cover preventive and outpatient dental treatment
 - WA's Medicaid adult dental program was restored as of January 2014 (*for those who qualify for Medicaid*)
- Limited mobility and transportation
- Disability



Dental caries, periodontal (gum) disease, and dry mouth are common problems that negatively impact patients' health and quality of life:

- Periodontal disease is linked to a variety of conditions with systemic implications: diabetes, cardiovascular disease, stroke, respiratory infections, and adverse pregnancy outcomes.
- Caries can lead to pulp infection, abscess, tooth loss and low self-esteem leading to depression.
- Dental pain or missing teeth can make eating and getting proper nutrition difficult.
- Dry mouth, frequently associated with medications prescribed by medical providers, increases the risk of both caries and periodontal disease.