

## Truckee North Tahoe Dental Coalition

### **Did you know?**

- Babies should see the dentist when they have their 1<sup>st</sup> tooth or by their 1<sup>st</sup> birthday!
- Oral health impacts the entire body. For example, gum disease can increase the risk of stroke, heart attack or preterm delivery/low birth weight babies!
- Poor oral health can reduce a child's quality of life, performance at school and success later in life!
- Cavities are caused by infectious bacteria that can be transferred from person to person!

This is some of the awareness the Truckee North Tahoe Dental Coalition<sup>1</sup> is striving to increase. We want people to know that simple behaviors maintain healthy mouths and encourage:

- ❖ Eating plenty of fruits and vegetables
- ❖ Regular brushing and flossing
- ❖ Drinking water
- ❖ Visiting the dentist and
- ❖ Taking advantage of fluoride varnish applications at well child visits in the medical office setting.

*As a Coalition, we envision a community that supports optimal dental health where all children develop healthy dental habits, are pain-free, cavity-free and have access to regular, preventive and therapeutic dental services including oral health education.*

Our strategies to improve dental health include:

1. Community outreach and education
2. Application of fluoride varnish during well-child checkups
3. Place-based screenings including fluoride varnish application and follow up care coordination

Our reach would not be possible without ongoing support from a wonderful network of volunteers for whom we are grateful. Many local dentists, health professionals and community members have contributed their time to screen children, educate the community, prepare dental kits, and provide expertise to our Coalition.

If you would like to learn more about efforts to improve oral health in our region, or to volunteer with the Dental Coalition, please contact Lizzy Henasey, MPH with Tahoe Forest Health System's Wellness Neighborhood at 530-582-7445 or email [ehenasey@tfhd.com](mailto:ehenasey@tfhd.com).

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<sup>1</sup> Coalition members include Tahoe Forest Health System Pediatrics, Perinatal Care Coordination and the Wellness Neighborhood; Placer County Public Health; Nevada County Public Health; Tahoe Truckee Unified School District; Truckee Pediatric Dentistry and Medi-Cal Dental educators.