

# ADVANCING HEALTH EQUITY: WHAT CAN ORAL HEALTH PROGRAMS DO?

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> Presentation for Turn the Curve on Oral Health June 21, 2023







### **OBJECTIVES**



- 1. What is Health Equity?
- 2. How has the department of Public Health Services, in the County of San Diego Health and Human Services Agency, embedded Health Equity in public health practice?
- 3. How can a local health department integrate Health Equity into its Oral Health program?



# 1. WHAT IS HEALTH EQUITY?



# EQUALITY VS. EQUITY





### DEFINITIONS





#### **Health Disparities**

### **According to the National Institutes of Health:**

"Health disparities are **differences** in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United Sates."

Source: National Institutes of Health



"Differences in health which are not only unnecessary and avoidable, but, in addition, are considered unfair and unjust."

Margaret Whitehead, Department of Public Health, University of Liverpool



#### **Social Determinants of Health**

Defined as the conditions in which people are born, live, work, learn, worship, and age. (education, poverty/income, genetics, R/E, social status, gender, physical environment)



### Disproportionality

The term "disproportionality" refers to the ratio between the percentage of persons in a particular racial or ethnic group at a particular decision point or experiencing an event (maltreatment, incarceration, school dropouts) compared to the percentage of the same racial or ethnic group in the overall population.



### **Health Equity**

All groups in a population have fair and just opportunities to attain their full potential for health, well-being, and quality of life.

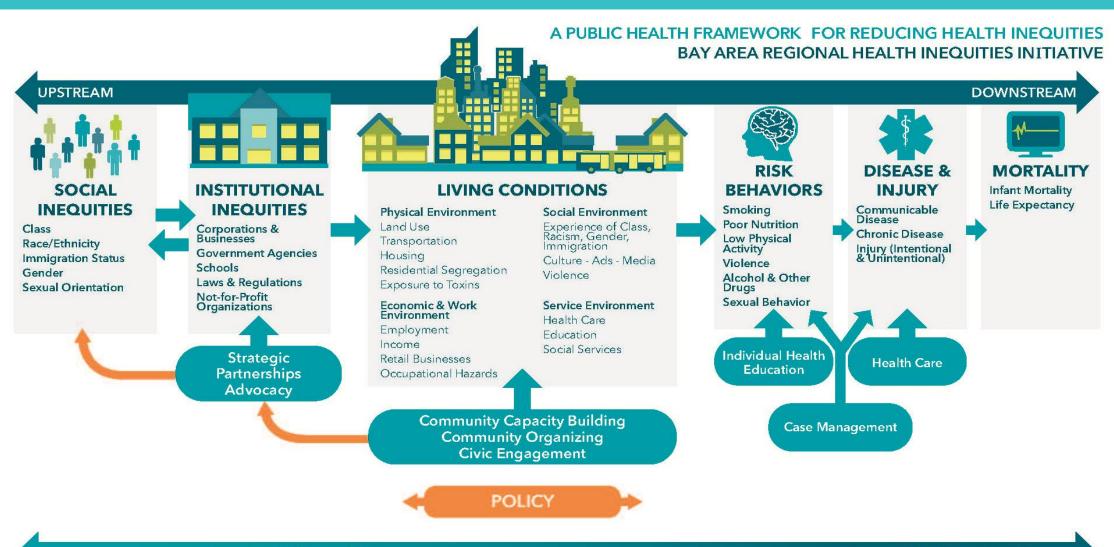
Source: Public Health Services, 2016

Source: World Health Organization

(2016 CAO Priority)

# ADDRESSING THE CAUSES OF THE CAUSES





### **ACHIEVING HEALTH & MENTAL HEALTH EQUITY AT EVERY LEVEL**



Transforming the conditions in which people are BORN, GROW, LIVE, WORK and AGE for optimal health, mental health & well-being.

**HEALTHY PEOPLE** 

**HEALTHY COMMUNITY** 

Prevention

Mental Health Services

Culturally/Linguistically Appropriate and Competent Services

Income Security

Housing

Neighborhood Safety/Collective Efficacy

**Environmental Quality** 

Health Care

Child Development, Education, and Literacy Rates

> Food Security/ Nutrition

**Built Environments** 

Discrimination/ **Minority Stressors** 

**HEALTHY ENVIRONMENT** 



**HEALTHY SOCIETY** 

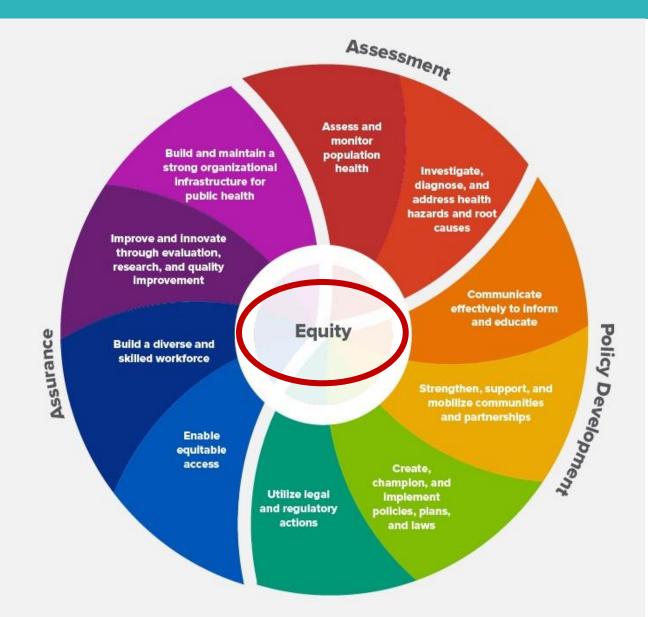
## 10 ESSENTIAL PUBLIC HEALTH SERVICES ( SAN DIEGO





THE **ESSENTIAL PUBLIC** HEALTH SERVICES

To protect and promote the health of all people in all communities





Basis for **PHAB Domains** 

## FOUNDATIONAL PUBLIC HEALTH SERVICES



### Foundational Public Health Services

**Foundational Areas** 

**Foundational** Capabilities

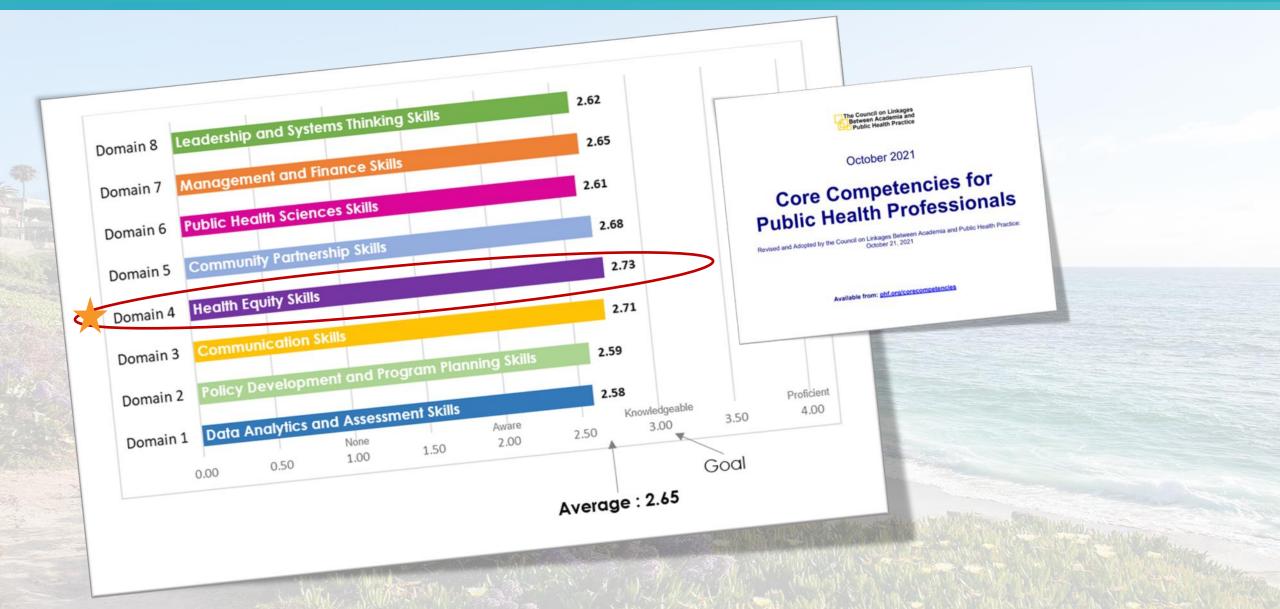






# CORE COMPETENCIES FOR PUBLIC HEALTH PROFESSIONALS



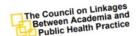


# NEW HEALTH EQUITY SKILLS DOMAIN (6) INVENCED





## **CORE COMPETENCIES**



October 2021

# **Core Competencies for** Public Health Professionals

Revised and Adopted by the Council on Linkages Between Academia and Public Health Practice:

Available from: phf.org/corecompetencies

## Domain 4: Health Equity Skills

- 4.1. Applies principles of ethics, diversity, equity, inclusion, and justice
- 4.2. Engages in continuous self-reflection about one's biases
- Recognizes the diversity of individuals and populations
- Implements organizational policies, programs, and services to achieve health equity and social and environmental justice Reduces systemic and structural barriers that perpetuate health inequities
- Contributes to achieving and sustaining a diverse, inclusive, and competent public health workforce
- 4.7. Advocates for health equity and social and environmental justice



# 2. HOW HAS SAN DIEGO COUNTY EMBEDDED HEALTH EQUITY IN PUBLIC HEALTH PRACTICE?



# CCLHO HEALTH EQUITY FRAMEWORK: FOUR PILLARS



- I. Organization (Internal)
- II. Workforce (Internal)
- III. Community (External)
- IV. Data (External)



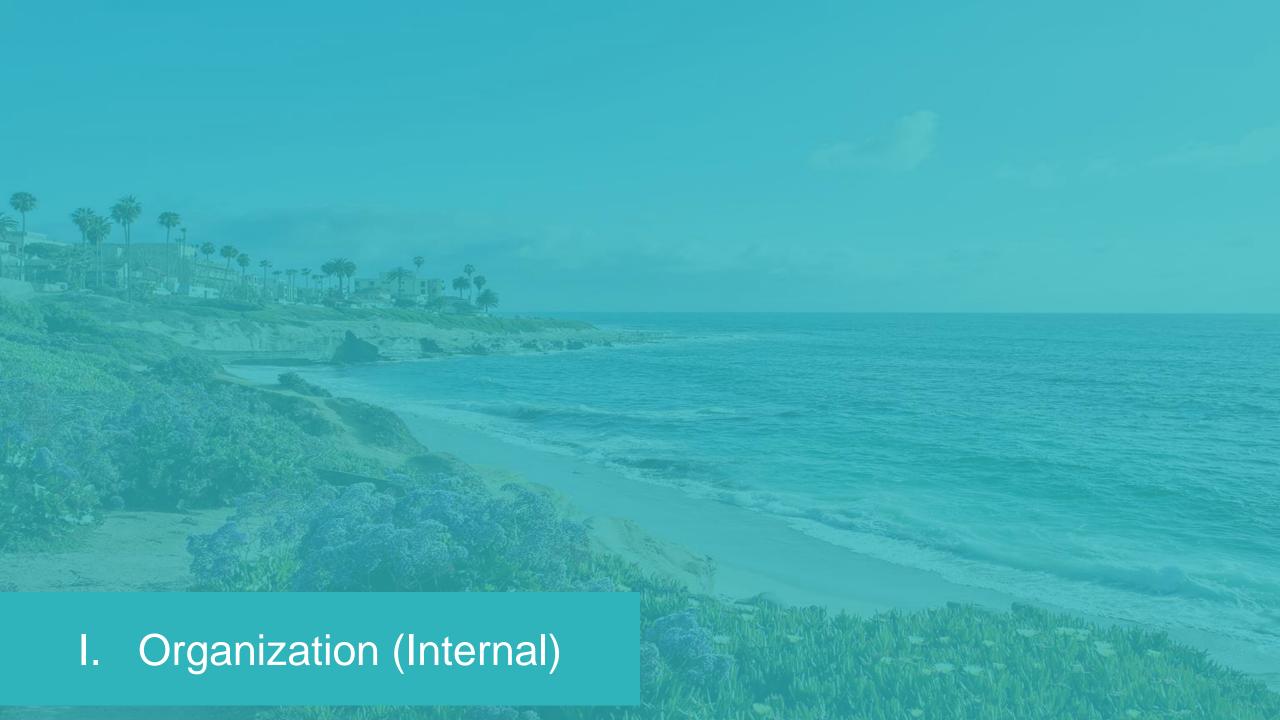
### **CURRENT HEALTH EQUITY** FRAMEWORK

- Publishing the next HE Plan July 1, 2023.
- Transitioning to 2-year cycle.

Public Health Services Health Equity Framework Fiscal Years 2020-2021, 2021-2022, and 2022-2023		
Health Equity Framework Domains	Strategy	
1. Organization (Internal Transformation)	Foster alignment with County, HHSA strategic priorities (racism as a public health crisis, climate change), and broader Health in All Policies efforts that influence the social determinants of health.  Promote policy integration that consistently promotes a	
	health equity agenda (e.g., federal, state, and local); and within the department, embed equity into, and develop policy, procedures, standards of practice, manuals facilitating knowledge transfer.	
	1.3 Operationalize, embed, and center health equity into public health <u>practice</u> ; develop and evolve institutional infrastructure.	
2 Workforce (Internal	2.1 Skillfully lead diverse and inclusive teams (e.g., remote).	
2. Workforce (Internal Transformation)	2.2 Engage staff and develop core competencies (e.g., health equity skills).	
<b>6</b>	2.3 Assess and promote workforce equity, diversity, and inclusion.	
3. Community (External Transformation)	3.1 Partner to advance racial equity, identifying opportunities to replace structural racism, and other forms of bias, with fair, just, and equitable solutions.	
	3.2 Examine opportunities for community and customer engagement and partnership to advance health literacy, resilience and adaptation related to climate change.	
4. Data (Internal and External Transformation)	4.1 Promote population health by combatting misinformation, fostering data literacy, transparent and timely dissemination of accessible data.	
1	4.2 Reinforce quality assurance, performance management, and data driven decision-making.	







### HISTORICAL TIMELINE



2008

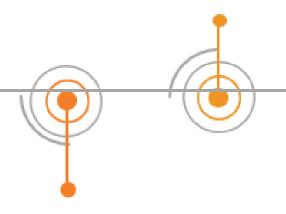
HHSA declared Health Equity a priority

2015

- Office of Health Equity established (PHS)
- County launch of Diversity and Inclusion Strategic Plan (County/PHS)

2017

Updated REHDI Initiative website (PHS)













2001

Reduce and Eliminate Health Disparities with Information Initiative (REHDI) (PHS) 2010

- CAO declared disproportionality a priority
- CCLHO Framework for Health Equity (PHS)

2016

Achieved public health accreditation (PHS)

2021

- Changed name of Office of Health Equity and Climate Change (PHS)
- Declared Racism as a Public Health Crisis (county)

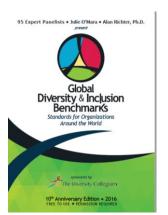
### POLICIES AND PLANS TIMELINE

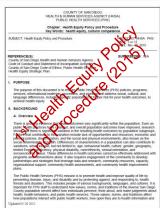


### 2015

- County launched 1<sup>st</sup> Strategic Plan for Diversity, Equity, and Inclusion guided by the Global Benchmarks Document (County/PHS)
- Published the first Health Equity Policy & Procedure (PHS)
- First published Health Equity Plan 2015 2020 (PHS)

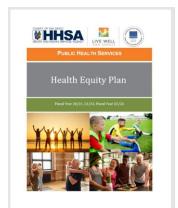














2021

Published second Health Equity Plan

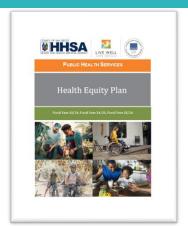
2021 - 2023 (PHS)



Published second Health Equity Policy & Procedure (PHS)



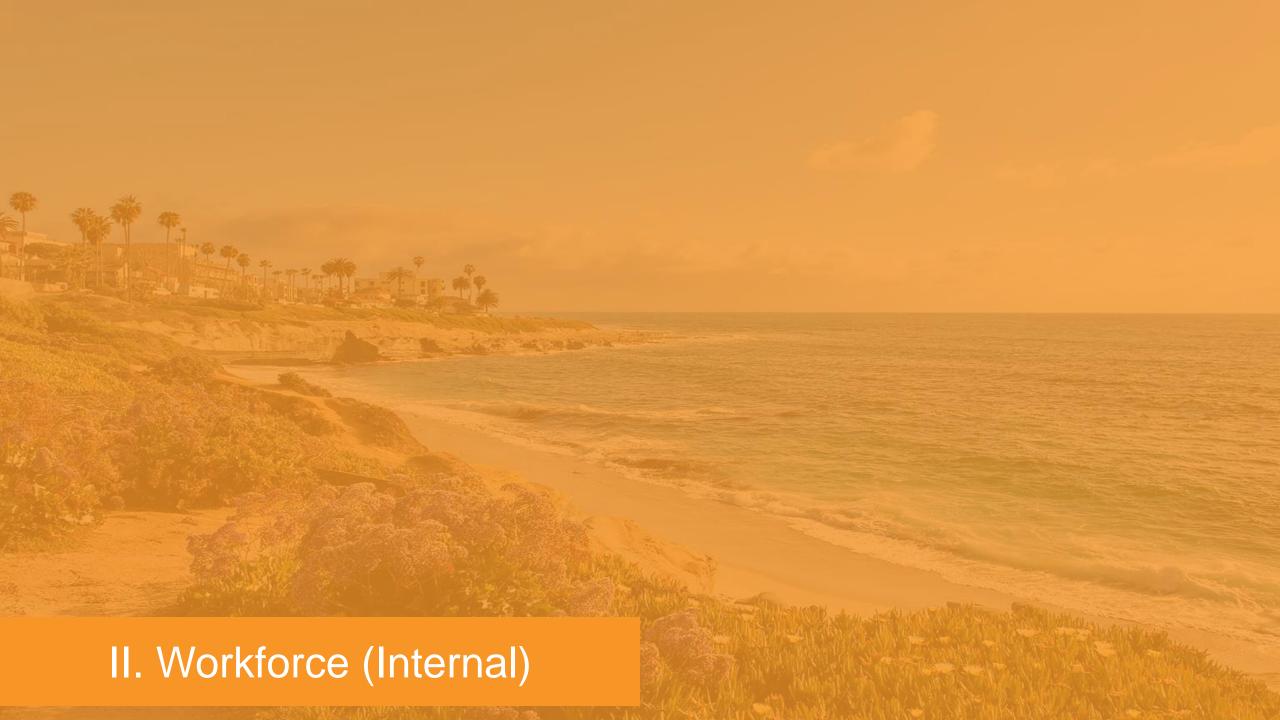






2023

Planning to publish third Health Equity Plan 2023 – 2025 (PHS)

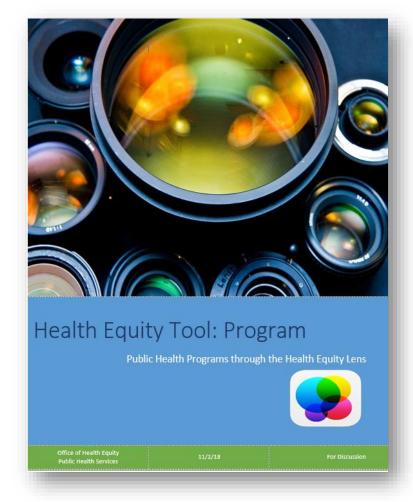




# HEALTH EQUITY TOOL FOR PUBLIC HEALTH PROGRAMS: 12 LENSES



Developed in response to staff asking: "What can I do to advance health equity in my program?"

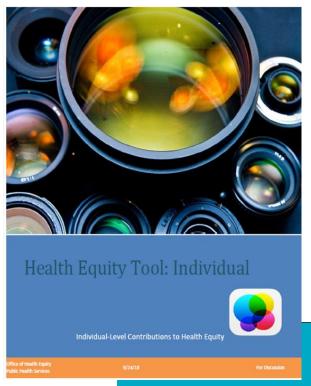


- 1. Referrals and Collaboration
- 2. Customer Service
- 3. Partnerships
- 4. Climate Change (Resiliency/Adaptation)
- 5. Trauma-informed (Resiliency Promotion)
- 6. Diversity and Inclusion (D&I)
- 7. Workforce Development
- 8. Communication
- 9. Data
- 10. Policies and Procedures, & Plans
- 11.Research
- 12.Contracts

# HEALTH EQUITY TOOL FOR INDIVIDUALS







"What I Can Do" Activity (See activity sheet)



### **Take Action**

"To know and not to do is not to know yet." Stephen R. Covey
"I hear and I forget. I see and I remember. I do and I understand." Confucius
"Knowing is not enough, we must apply. Willing is not enough, we must do." Goethe

### **Increase Knowledge**

Education is the most effective means of preventing intolerance.\*UNESCO "Not to know is bad. Not to wish to know is worse." African proverb "Real knowledge is to know the extent of one's ignorance." Confucius

### **Enhance Interpersonal Communication and Compassion**

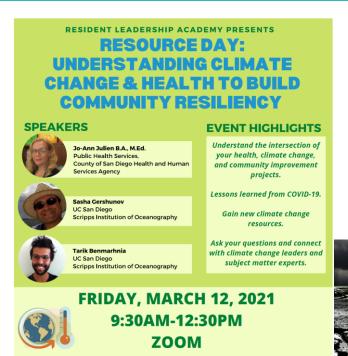
"Love and compassion are necessities not luxuries. Without them, humanity cannot survive." Dalai Lama
"I would like my life to be a statement of love and compassion and where it is not, that's where my work lies." Ram Das
"Never worry about the numbers. Help one person at a time and always help the person nearest you." Mother Teresa



# EXAMPLES OF PARTNERSHIP AND COLLABORATION WITH COMMUNITY TO ADVANCE HEALTH EQUITY



- Collective Impact Live Well San Diego
- Annual Live Well Advance
- Advisory Boards, Family Panels, Focus Groups, Surveys
- Regional Community Leadership Teams (MAPP, CHIP/CHA)
- Chronic Disease and Health Equity Unit grant-funded programs (policy, systems and environmental changes to advance Health Equity)
- Collaboration with the County Employee Resource Groups (e.g., monthly fliers and to be included in Senior Staff meetings)
- Community Workshops on Climate Change and Health Equity



REGISTER

https://rlaresourcedayclimatechange.eventbrite.com

Spanish interpretation available upon request.

For more information, please contact Yeni L. Palomino at <u>ypalomino@sdchip.org</u>







October 28, 2021

2 PM - 4 PM



Facilitated by: Jacquelyn Clark, Chair Environmental & Climate Justice

Committee NAACP San Diego



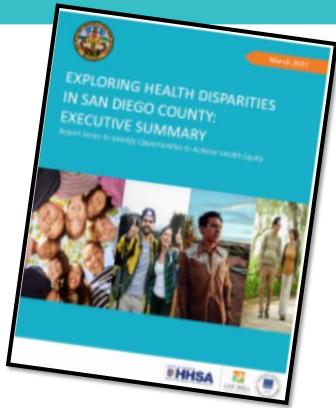
# EXAMPLES OF DATA EFFORTS TO ADVANCE HEALTH EQUITY





- Health Equity Reports series (five lenses)
- Branch Chief presentations on disparities and disproportionality
- Health Equity in Action Workshops (per above)
- Performance Dashboards (3 buckets: Operations, Programs, Population Outcomes)
- Branch Health Equity Priorities
- County Data Portal with Live Well Indicators
- Trainings: Data 101, Data Literacy
- Community Health Assessment (CHA) Data
- Surveys and Assessments: BARHII-based surveys on Health Equity and Cultural Competence,
   Vulnerability Assessment and data on public health impacts of climate change
- See Community Health Statistics Website for full set of products on health equity, health disparities and more





- Executive Summary
- Age
- Gender
- Geography
- Race/Ethnicity
- Socioeconomic Status

# STRATEGIES TO ADVANCE HEALTH EQUITY WITHIN LOCAL HEALTH DEPARTMENTS







Develop a **Health Equity Plan, work plan, and policy**; develop a working group and charter; facilitate regular meetings; track and report progress; conduct program-specific staff workshops; ensure each branch has a health equity goal in the LHD strategic plan including goals/objectives related to D & I, employee engagement, trauma-informed services, and customer service.



Promote a "people first" agenda for the PH workforce; ensure a safe, flexible, engaged, workforce; develop workforce **trainings**, professional development opportunities, and career progression; train workforce on public health 101 training series, including public health history, concepts, data, health equity, climate change, and other relevant topics.



Span boundaries, create relevant **collaborations and partnerships** (e.g., governments, schools, businesses, community- and faith-based organizations, hospitals, universities, student interns), to identify issues and seek opportunities to improve public health programs and services (examine from various perspectives, seek input from community); refer (e.g., 2-1-1) clients to address "social determinants of health" needs.



Openly **share timely data** in a variety of formats for various health literacy levels with communities. Bring evidence to those who have the authority to change policy, or improve programs and services, for residents. Monitor public health programs, services, and outcomes via dashboards. Build a culture of performance management, QI, and data literacy. Create an ADA compliant website to share data resources.



# 3. HOW CAN A LOCAL HEALTH DEPARTMENT INTEGRATE HEALTH EQUITY INTO ITS ORAL HEALTH PROGRAM?



# PILLAR 1 (ORGANIZATION): DEVELOP INFRASTRUCTURE FOUNDED IN HEALTH EQUITY



- Examine data to determine gaps and needs
- Develop a health equity focused vision and mission
- Garner a commitment to equitable outcomes for oral health programs
- Establish infrastructural components founded in Health Equity (e.g., plan, policies, charter, workgroups, reports) to ensure accountability



### PILLAR 2 (WORKFORCE): TRAIN FUTURE PH WORKFORCE TO INCORPORATE ORAL HEALTH EQUITY



During Spring 2023, the Oral Health Team trained dental hygiene students, nursing students, and predental students from two institutions of higher learning on the importance of oral health in public health and promoting equity.



Southwestern College Dental Hygiene Students



# PILLAR 3 (COMMUNITY): ORAL HEALTH OBSERVANCES





#### County of San Diego Oral Health Program

SOCIAL MEDIA MESSAGES February is Children's Dental Health Month

These social media messages are designed for coalitions, groups, individuals, and other stakeholders to use in their educational efforts during Children's Dental Health Month.

A Healthier Smile for a New Beginning
It is time to smile! Take care of your smile by practicing good
dental hygiene habits daily, eating well, and taking care of
dental problems right away. Regular dental visits help you
keep a healthy smile! https://bit.ly/38SrKFS

#### Give Kids a Smile!

Take care of your smile by visiting the dentist. This month dental screenings, sealants, and fluoride varnish are at no cost for children 1-18 years old on Feb. 25 and Mar. 4, 2023. For more information, call 619-692-8858 or visit <a href="https://bit.lv/3AHF2iv">https://bit.lv/3AHF2iv</a>

#### Baby Teeth Matter!

Baby teeth are important to chew, smile, and speak. Brush twice a day with fluoride toothpaste and floss daily if two teeth are touching. Avoid putting baby to bed with a bottle and visit a dentist at first tooth or first birthday. https://bit.ly/3f5osu0

#### Keep A Good Oral Health Routine at Home

You can encourage good oral habits at home by helping or brushing teeth with young children regularly. To keep teeth healthy, use fluoride toothpaste, limit sugary foods and drinks, and visit the dentist regularly. https://bit.ly/3RYVkbl

#### Fluoride is Good for Your Teeth!

By keeping the tooth strong and solid, fluoride stops cavities from forming and can even rebuild the tooth's surface. Brush twice a day with fluoride toothpaste and drink fluoridated water to keep a beautiful smile. https://bit.ly/3RKhluE











# Create Health Observance Tools

### **Oral Health Observances by PHS for 2023 Calendar Year:**

- National Children's Dental Health Month/Give Kids a Smile Day
- June Oral Health Month
- October National Dental Hygiene Month



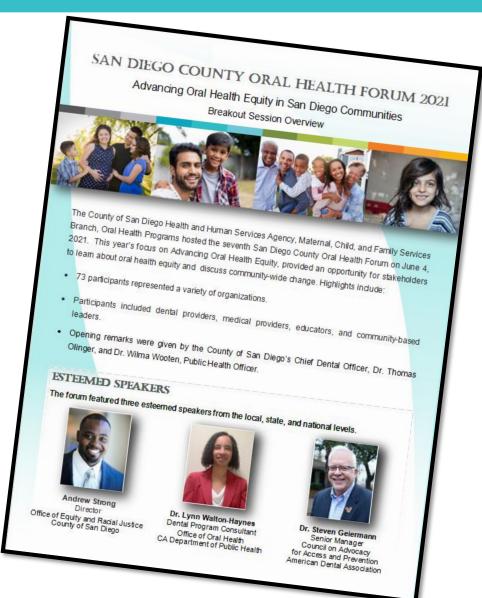




# PILLAR 3 (COMMUNITY): EXAMPLES OF PARTNERSHIP AND COLLABORATION - SAN DIEGO COUNTY ORAL HEALTH FORUM



- June 4, 2021 Seventh San Diego County Oral
   Health Forum: Advancing Oral Health Equity in San
   Diego Communities
- Seventy-three participants represented dental providers, medical providers, educators, and community-based leaders learned about oral health equity and discussed community-wide change.
- Featured speaker included Andrew Strong, Director,
   Office of Equity and Racial Justice.



# PILLAR 3 (COMMUNITY): PARTNERSHIPS AND COLLABORATION - UPDATED AND REVISED HEALTH PROMOTION MATERIALS EMPHASIZING HEALTH LITERACY



- Good Oral Health brochure is available in multiple languages: English, Spanish, Pashto, Dari, Arabic.
- Revised the American
   Academy of Pediatrics Brush,
   Book, Bed one-page flyer for parents.
  - Messages were simplified.

### Buena Salud Bucal



Consejos para usted y su familia





#### KIDS LOVE ROUTINES — BRUSH, BOOK, BED!

Start your routine at the same time every night, 30 minutes before bedtime so you have time to brush teeth, read together, and go to sleep.

#### **BRUSH**

- . From Birth: Use a soft washcloth to wipe your baby's gums after feedings.
- Under 3 years: Once you see teeth, brush twice a day with toothpaste the size of a
  grain of rice.
- 3-6 years: Brush twice a day with a pea size amount of toothpaste and floss once teeth are touching.
- · Limit Sugary foods and drinks: Encourage your little one to drink only water.
- . Visit the dentist regularly: Start going to the dentist at age 1, and go twice a year.



Read Stories Everyday: Children love to hear your voice so sing, talk, and read aloud as much as possible.



Name and Point to Things: As your little one gets older, ask them
questions as you read a book.

#### BED

- Make daytime playtime: Talking and playing with your children during the day will help them sleep longer at night.
- Put your children to bed when drowsy, but awake: This teaches them to fall asleep on their own from being awake.
- Have your babies sleep on their back: The safest place for them to sleep is in their own crib without pillows, blankets, or stuffed animals.



**BOOK** 

Brush, Book, Bed is a program of the American Academy of Pediatrics. For more tips, visit: www.HealthyChildren.org/BrushBookBed

For more information contact the County Oral Health Program at: (619) 692-8858

Funded by the CDPH under Contract #22-10192, 3/2023









### PILLAR 3 (COMMUNITY): EXAMPLES OF PARTNERSHIP AND COLLABORATION -GIVE KIDS A SMILE





### **Give Kids A Smile**

No-cost preventive dental services for children 1-18 years of age.

Call today to make your appointment!

#### Choose a dental clinic near you:

#### Saturday, February 25, 2023 9:00 AM - 1:00 PM

- ✓ Cura Smiles
- ✓ OpSam Health
- ✓ Family Health Centers of San Diego ✓ Vista Community Clinic El Cajon

#### Saturday, March 4, 2023 9:00 AM - 1:00 PM

- ✓ Cura Smiles
- ✓ OpSam Health
- ✓ San Diego American Indian Health

OpSam Health 2835 Highland Avenue, Suite A, National City, CA 91950 Appointments: 844-200-2426 ext. 1563 or 1564

San Diego American Indian Health Center

2630 First Avenue, San Diego, CA 92103

#### Preventive Services Provided:

Visual Exams · Fluoride Varnish · Dental Sealants

#### **Dental Clinic Locations:**

Cura Smiles	
4101 University Avenue, San Diego, CA 921	05

Appointments: 619-789-1832

Vista Community Clinic 1000 Vale Terrace Drive, Vista, CA 92084 Appointments: 760-631-5000 ext. 1011

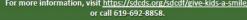
Family Health Centers of San Diego -El Cajon

> 525 E. Main Street, El Cajon, CA 92020 Appointments: 619-906-4515

Scan the QR Code for more information!



For more information, visit https://sdcds.org/sdcdf/give-kids-a-smile/

















### **Give Kids A Smile**

Servicios Dentales Preventivos Sin Costo Para Niños de 1 a 18 Años de Edad

¡Llame hoy para hacer su cita!

### Elija una clínica dental cerca de usted:

ado 25 de Febrero del 2023 9:00 AM - 1:00 PM

ra Smiles

Sam Health

nily Health Centers of San Diego — ✓ Vista Community Clinic

Sábado 4 de Marzo del 2023 9:00 AM - 1:00 PM

- ✓ Cura Smiles
- ✓ OpSam Health
- ✓ San Diego American Indian Health

#### Se ofrecerán Servicios Preventivos:

Evaluación Dental Barniz de Fluoruro · Selladores Dentales

#### Clínicas dentales participantes:

Cura Smiles 101 University Avenue, San Diego, CA 92105 Citas: 619-789-1832

Vista Community Clinic 1000 Vale Terrace Drive, Vista, CA 92084 Citas: 760-631-5000 ext. 1011

ily Health Centers of San Diego -El Cajón

525 E. Main Street, El Caión, CA 92020 Citas: 619-906-4515

OpSam Health

2835 Highland Avenue, Suite A, National City, CA 91950 Citas: 844-200-2426 ext. 1563 o 1564

San Diego American Indian Health Center 2630 First Avenue, San Diego, CA 92103 Citas: 619-234-2158

¡Escanea el código QR para obtener más información!



Para más información visite https://sdcds.org/sdcdf/give-kids-a-smile/ o llame al 619-692-8858













# PILLAR 3 (COMMUNITY): EXAMPLES OF OTHER PARTNERSHIP AND COLLABORATION



- Examples of other oral health efforts with a health equity focus:
  - Reaching rural communities
  - Educating the foster care community
  - Collaborating with organizations that serve refugees and newcomers
  - Providing toothbrush kits in school meal distribution during COVID-19









# PILLAR 4 (DATA): DATA ON CHILD ORAL HEALTH IN SAN DIEGO COUNTY



### In San Diego County:

- About one in four children from low-income families (26%) have used free community or public dental programs.
- More than one in ten children ages 3-11 (14%) have never visited the dentist.
- One in four (25%) have never visited the dentist.
- Among over 11,000 San Diego County children entering school in 2021 with a submitted Oral Health Assessment:
  - Close to one third (30%) reportedly had caries experience and
  - Close to one in four (24%) had untreated decay.
  - Reported caries experience and untreated decay were higher among in lower income communities with less healthy community conditions (41% and 36% respectively).







Data sources: 2019-2021 California Health Interview Survey; 2021-2022 Kindergarten Oral Health Assessment Data; California Department of Education; California Healthy Places Index

# STRATEGIES TO ADVANCE HEALTH EQUITY WITHIN LHD ORAL HEALTH PROGRAMS



**Establish infrastructure** founded in Health Equity (e.g., plan, policies, workgroups, reports) to ensure accountability; Garner a commitment to equitable outcomes; Examine data to determine gaps and needs.



**Train future healthcare workers** (e.g., dental hygiene students, nursing students, and predental students) from local institutions of higher learning on the importance of oral health in public health and promoting equity.



Create collaborations through community forums; Update and revise oral health promotional materials emphasizing health literacy; Develop health observance tools; Build partnerships to enhance community events (e.g., Give Kids A Smile) focused on rural communities, foster youth, and refugees and newcomers.



**Share data** from publicly available sources (e.g., California Health Interview Survey) and local county data (e.g., kindergarten oral health assessment).







Thank you for advancing healthy people, communities, environments, and society.





# THANK YOU. QUESTIONS? FOR MORE INFORMATION



Wilma J. Wooten, M.D., M.P.H.,

Health Officer and Director, Public Health Services, and

County of San Diego Health and Human Services Agency

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