



First Nations Health Authority
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FNHA's Oral Health Program: Community Capacity Building for Oral Health

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Topics

- Oral health of First Nations in BC
- Oral health and overall health and wellbeing
- The Children's Oral Health Initiative (COHI)
- Building community capacity for oral health

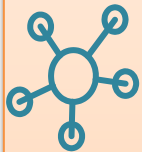




Oral Health Ecosystem in BC

External

Internal



Partnerships



BC Regulators' signed commitment to Cultural Safety & Humility



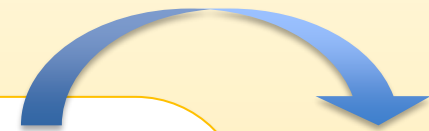
Target Groups: Dental coverage and emergency services



RHAs - education, screening, fluoride varnish for target populations



FNHA participates on National and Provincial Working/Advisory Groups



Initiatives	# Communities
COHI	80
Piloting RDH services	7
Dental Therapists	53
Dentist Contract (incl. Denture Team)	6

PBC
Dental Benefit



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The FNHA ORAL HEALTH Program



Children's Oral Health Initiative



Health Promotion & Education



Dental Therapy program



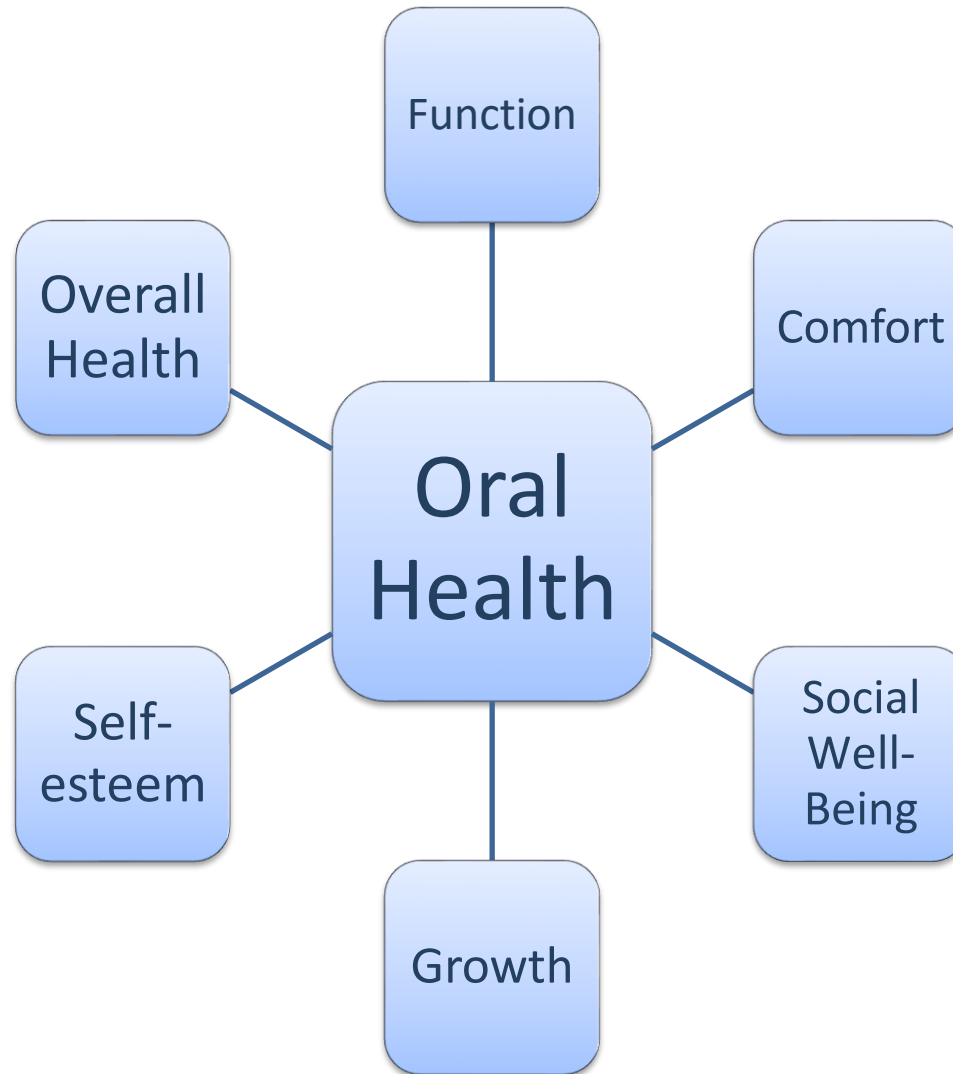
Community Dental Clinics & Services



Oral Health, Overall Health and Wellbeing



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Health and Wellness

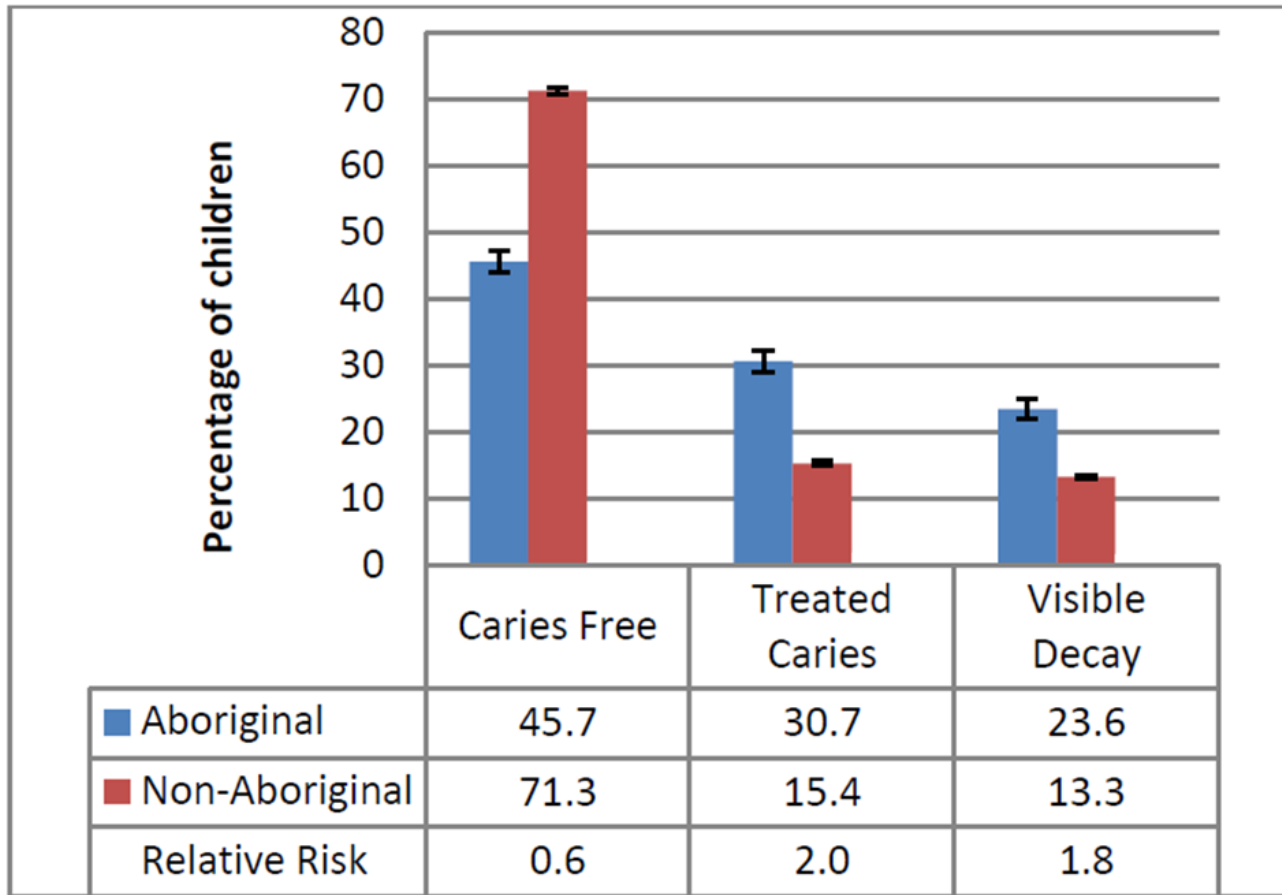


Environmental Context



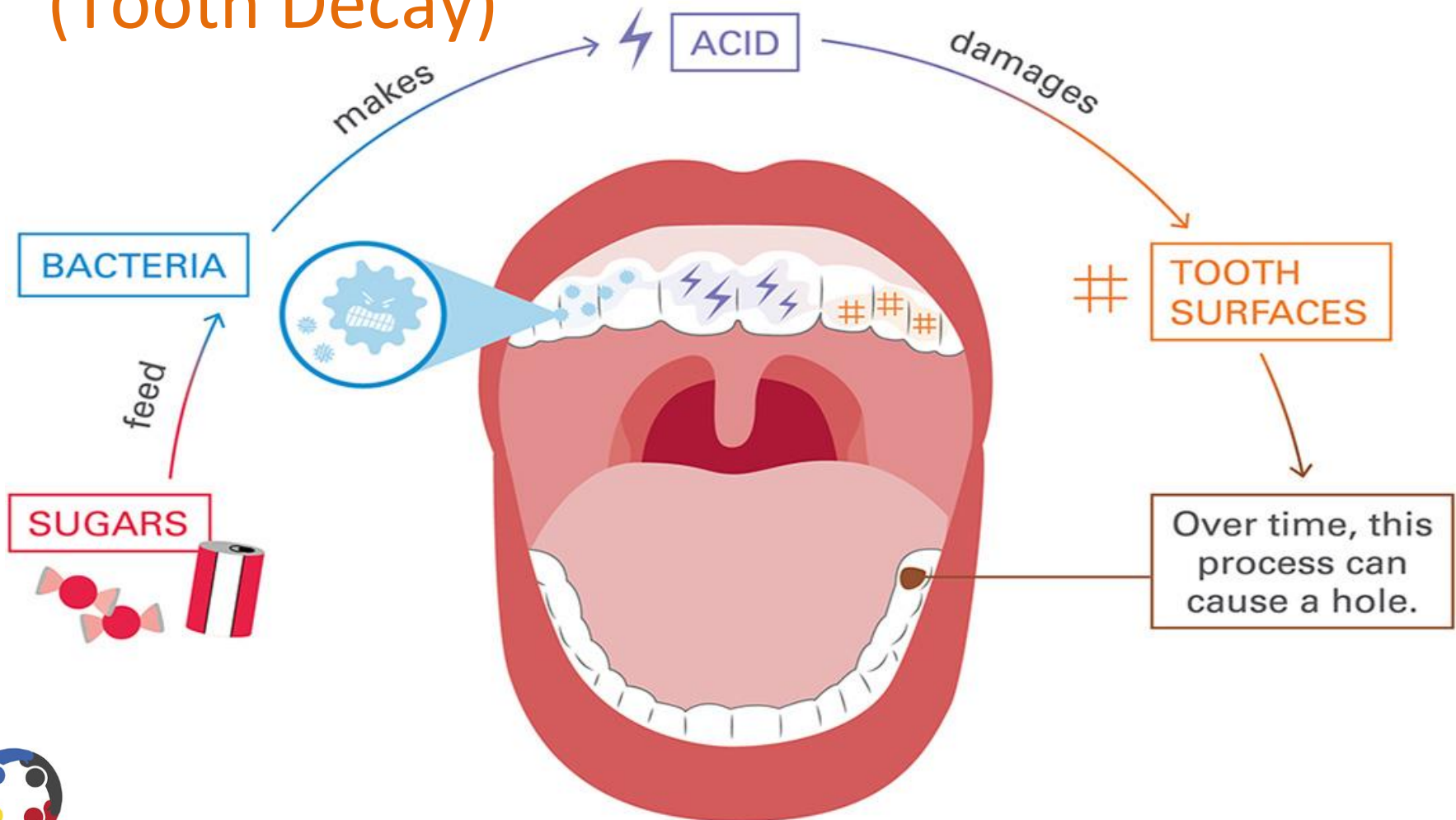
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BC Dental Survey of Indigenous Kindergarten Children 2015/2016





Dental Caries (Tooth Decay)



Early Childhood Caries (Tooth Decay)



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Early Childhood Caries (Tooth Decay)



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Early Childhood Caries (Tooth Decay)



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COHI Overview: Introduction & Purpose

- Early Childhood Caries Prevention Program
- Target:
 - 0-7 year olds
 - caregivers
 - pregnant women
- Promote a lifetime of oral health

Treat decay and restore function

Improve oral health knowledge and behavior

Prevent tooth decay

Reduce need for dental treatment under GA

Reduce barriers to resources

Impact Goals:

1) Improvement in oral health and well-being

2) Improved nutrition, sleep, self-esteem, growth, development, speech and school performance

3) Promote a lifetime of oral health

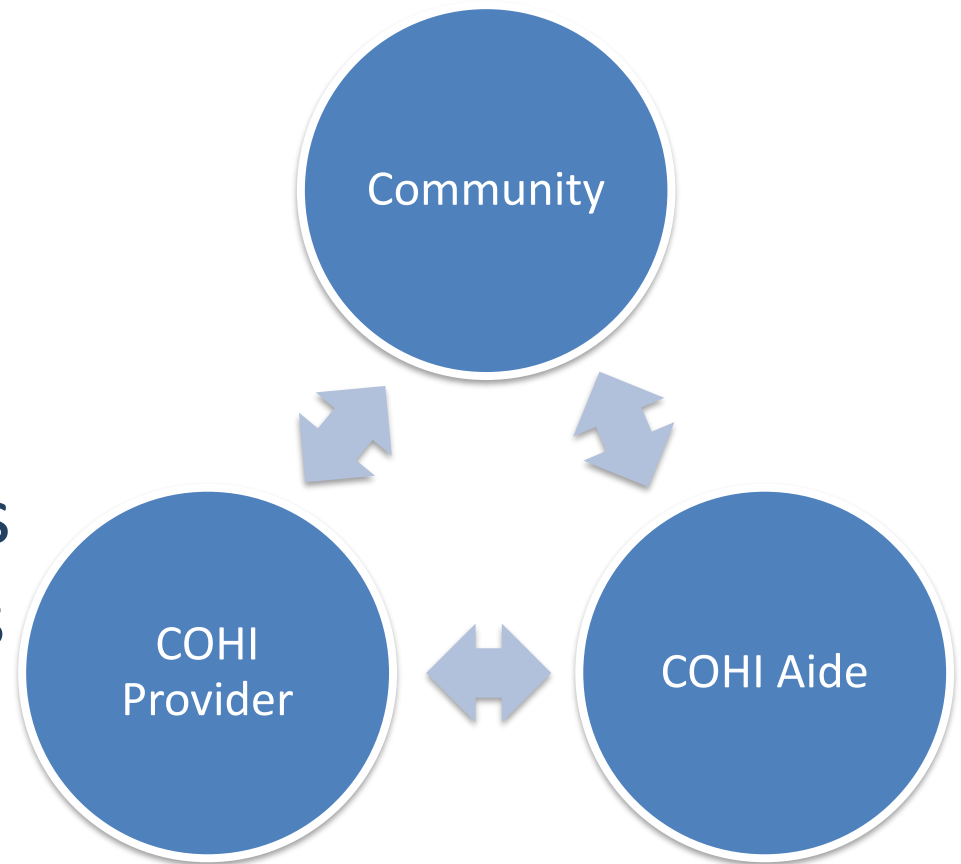




COHI Delivery

COHI is delivered in a community by:

1. COHI Dental Providers
 - Dental Therapists
 - Dental Hygienists
2. COHI Aides

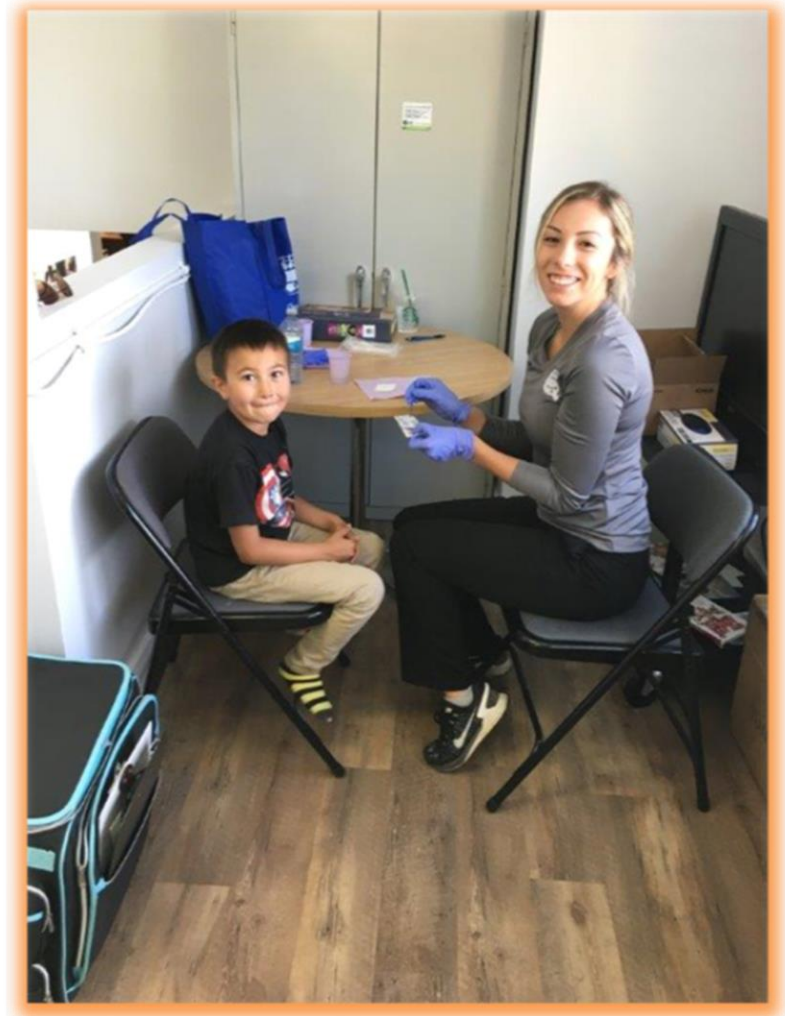




COHI Delivery: COHI Aides

COHI Aides

- Oral Health Champions
- Members of the community

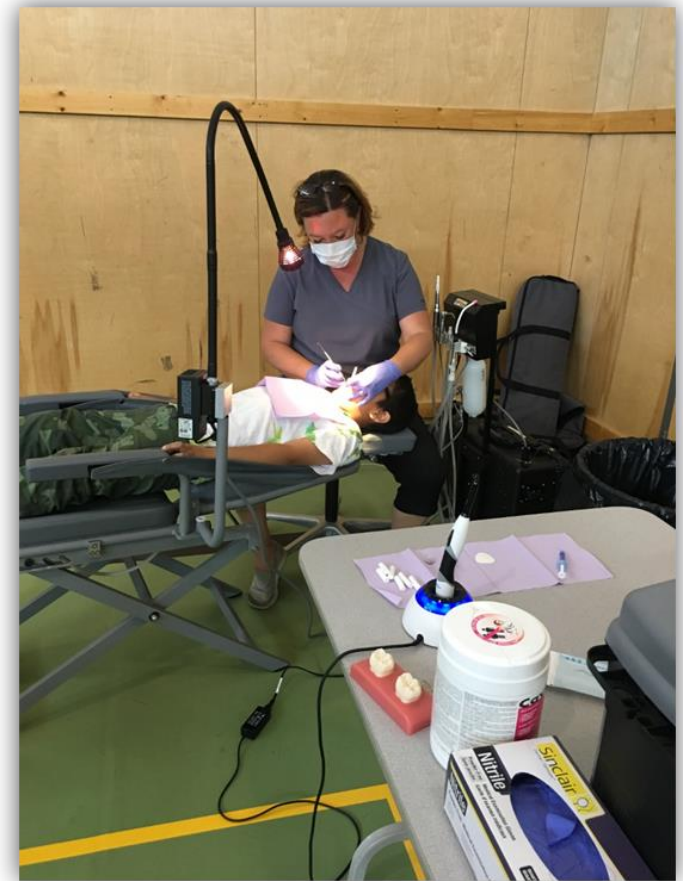




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COHI Services

1. Annual COHI Screening
2. Temporary Restorations
3. Sealants
4. Fluoride Varnish Application
5. Resource kits
6. Oral Health Info Sharing
7. Referrals





Resource Kits



Pregnancy & infant kit



12 month old kit

5-7 year old kit

Elder kit





COHI Resources

Children's Oral Health Initiative (COHI)

Protect Your Baby's Teeth



It is up to you to protect your baby's smile

- Brush your baby's teeth twice every day (baby needs you to brush)
- Do NOT put baby to bed with a bottle containing anything other than water or allow baby to nurse all night
- At snack time, offer healthy foods
- Offer fruit instead of juice
- Visit the dentist by age 1

Children's Oral Health Initiative (COHI)

Chew Your Juice!

Fruit is a healthy food or snack for people of all ages

Fruits contain many vitamins and minerals as well as fibre. Eating an orange or banana or any other fruit often satisfies hunger and thirst.

When we choose juice instead of fruit we lose much of the nutritional value of the fruit as we increase the number of calories we are consuming.



For example:

- one orange juice box contains the same amount of juice as squeezing five oranges
- one orange contains 45 calories, vitamins, minerals and fibre
- one juice box contains 112 less nutritious calories because fibre and other good parts of the orange aren't used
- one orange contains 2 spoons of natural sugar
- one juice box (unsweetened) contains 6 spoons of sugar

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Oral Care for Elders with Natural Teeth

Everyone needs to see a dental professional once a year



Why?
You can't see all parts of your mouth... even if you look in a mirror!

- A dental professional will look for gum disease, cavities, loose fillings, broken teeth, infection, oral cancer and signs of other problems that could affect your health.
- It is much better to find and treat disease in the mouth early.
- Some medications can make your mouth dry. This can make your mouth feel uncomfortable and eating may be difficult. You may experience a burning sensation in your mouth. Your dental professional can recommend products to help with dry mouth.



A Healthy Mouth:

- May lower your risk of heart disease.
- Helps keep blood sugar levels stable if you have diabetes.
- Improves your self-esteem and confidence. Decayed teeth, gum disease and bad breath may stop you from smiling or being with other people.
- Helps you eat and sleep better.
- Means you have fewer cavity causing bacteria that can be passed to your grandchildren through saliva.
- Reduces risks of infection and inflammation in your body.

How?

1. Brush your teeth twice a day with fluoride toothpaste.
2. Clean between your teeth once a day (floss, toothpicks, small brushes).
3. Choose whole, unprocessed foods.
4. Limit sugary drinks and sweet, sticky snacks.
5. See your dental professional at least once a year.

Have a healthy smile and pass on these good habits to the special children in your life!

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Fluoride Toothpaste Amounts

Brush your teeth twice a day with:

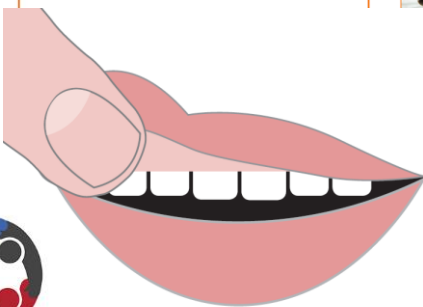


Rice-sized amount when first tooth appears up to age 3.



Pea-sized amount for age 3 and older.

Children's Oral Health Initiative (COHI)



Children drink juice frequently they are getting much more sugar and many more calories than they need. Children who drink juice frequently can also have more cavities!



Sugar Levels - Orange vs. Juice Box

Children to one half cup of pure, unsweetened juice once a day and offer fruit and water or milk instead!

Baby Tooth Eruption Chart





What makes COHI successful?



COHI
Aide



Health Benefits Transformation



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Dental Exams – Increased to 2 per year

“Cleanings” - ~13 units (3.25 hours)

Fluoride - 2 treatments per calendar year and no age restrictions

Night guards eligible for coverage

Dentures - increased frequency to once every 5 years

Bridges, crowns, veneers, inlays and onlays – Eligible with no prior approval required for up to a \$4,500 combined limit in a five year period.

White fillings eligible for coverage



FIND OUT MORE AT
www.FNHA.ca/benefits





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COHI in Community





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COHI in Community



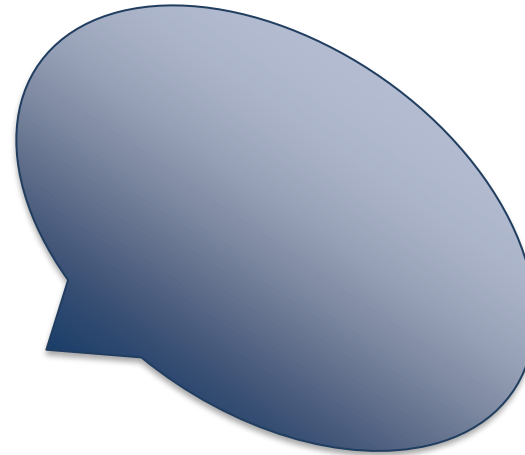
COHI Kids!





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A message from Lottie





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A message from Carmen



Gratitude and Reflection



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Summary





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Questions & Discussion





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Thank You

Gayaxsixa (Hailhzaqvla)

Huy tseep q'u
(Stz'uminus)

Haa'wa (Haida)

Gila'kasla (Kwakwaka'wakw)

Kleco Kleco (Nuu-Chah-Nulth)

k^wuk^wstéyp (Nlaka'pamux)

Snachailya (Carrier)

Mussi Cho (Kaska Dena)

Tooyksim niin (Nisga'a)

Kukwstsétsemc (Secwepemc)

čěčεhaθεč (Ayajuthem)

Sechanalyagh (Tsilhqot'in)

kw'as ho:y (Halq'eméylem)

T'oyaxsim nisim (Gitxsan)

