

# Health District News

ADVANCING HEALTH THROUGH LEADERSHIP

## Dental Health and General Health: New Studies Cite Strong Links

### District to Fund Needs Assessment for Elder Dental Care

One glaring gap in healthcare services for our community is access to basic, preventative dental care for all, especially the frail elderly. Barriers to access include a wide range of issues from finances and facilities, to a general lack of understanding of the harmful impact of periodontal disease, sometimes known as gingivitis (inflamed/infected gums) on an individual's overall health status.

A study published in the August 2009 *California Dental Association Journal* notes that "periodontal disease has been shown to be associated with heart disease, stroke, osteoporosis,



pneumonia and diabetes," and that "studies have shown that these conditions, as well as respiratory disease can actually be improved by

regular periodontal care." The report concludes that dental care has an important role in the medical management of these conditions.

### Oral Diseases Remain High Across U.S.

In 2011, the Institute of Medicine (IOM) released two reports on improving access to oral health care. The report noted that "while there have been notable improvements in the oral health of Americans, oral diseases remain prevalent across the country, posing a major challenge for the U.S. Department of Health and Human Services." Among the 10 Organizing Principles for a New Oral Health Initiative advanced in the paper is the recommendation to "explore new models for payment and delivery of care."

Consistent with the recommendations made by the IOM are the **Phased Strategies for Reducing the Barriers to Dental Care in California**, the result of two years of evidence-based research conducted by the California Dental Association. On the subject of Adult Dental Care, the report recommends the "identification and support of initiatives that expand care to institutionalized, medically compromised and frail elderly," and points out that "nonprofit and public partnerships at the local level become especially important in optimizing resources necessary for sustainability of nontraditional delivery models that provide care to impacted populations (e.g., Apple Tree Model in Minnesota)."

In fact, the American Dental Association comments that "Apple Tree is a unique organization designed to meet the needs of specific populations in specific places. But its mission, services and business model are adaptable to

any number of settings, using revenue margins from privately insured or Medicaid patients to provide substantial amounts of care to people who otherwise would not receive any."

The integration of dental care into current medical management is in its very early stages and reliant more on individual practitioners than on standard practice, health policy, or reimbursement. That must change if we are to strive for better health and wellness for our residents.



### Funding Approved for San Mateo County Needs Assessment

This important health issue was brought to the attention of the District Board through its strategic planning work and has been an area of study over the past two years. In May 2011, the District Board approved funding to conduct a comprehensive needs assessment for San Mateo County. To help carry out this study, the Board engaged the leaders of Apple Tree Dental, the successful model recognized by both national and state dental organizations and local dentist Dr. Dick Gregory, a vocal leader on the disparity in dental care access in our community.



The District's Elder Care Dental Project was launched in July. The initial needs

assessment phase will define the number of vulnerable adults and elders in the county and evaluate the existing dental provider capability already serving this population in order to identify the gaps in access to care. The needs assessment has four key components:

- Create an Elder Care Dental Project Task Force of key stakeholders
- Engage local dental providers
- Determine dental access needs of the target population
- Identify the capacity of existing dental services that serve the target population.

By identifying the gaps in access to care, a business plan may be designed to enumerate the specific locations where services might be delivered, as well as the resources and commitments that collaborating partners will need to provide to establish and sustain an on-site dental care program for this vulnerable population. The goal is an innovative and

sustainable model of dental care for our community that will remove barriers to access, integrate well with existing private practice dentistry, gain broad community support and ultimately improve health.

## Healthy Teeth, Healthy Gums, Healthy Tips

### What is gingivitis?

*Red swollen gums that bleed easily.*

### What causes this problem?

*Unchecked plaque and tartar on the teeth that allow normal mouth bacteria to inflame the gums.*

### What is periodontitis or periodontal disease?

*Advanced gingivitis where inflammation surrounds the teeth and the gums pull away creating pockets that become infected.*

### What is the treatment?

*The main goal is control of the infection. Treatments will vary depending on extent of disease and other health factors; these can include prescription antimicrobial mouth rinse, antiseptic chips and gels, enzyme suppressants and oral antibiotics.*

### What happens if left untreated?

*Teeth may become loose and have to be removed. Mouth infections can also contribute to other health problems.*

### What can I do to prevent this?

- Brush your teeth twice a day with fluoride toothpaste
- Floss regularly to remove plaque and food particles
- Visit the dentist routinely for a check-up and professional cleaning
- Don't smoke!

Source: National Institute of Dental and Craniofacial Research, July 2011 <http://www.nidcr.nih.gov>

## CEO MESSAGE

# Health and Prevention: A National Imperative with a Plan

Buried in all the media and political rhetoric about the pros and cons of the Affordable Care Act are some real gems of practical thinking to address this nation's health. One of these is the **National Prevention**



**Strategy: America's Plan for Better Health and Wellness**—the first federally-produced document of its kind.

"The National Prevention Strategy will move us from a system of sick care to one based on wellness and prevention," says U.S. Surgeon General Regina Benjamin, MD, who chairs the National Prevention Health Promotion, and the Public Health Council, which is responsible for development of the Plan. The Council engaged a broad range of stakeholders and experts to look at evidence-based prevention strategies that have as their goal "to improve America's health by helping to create healthy and safe communities, expand clinical and community-based preventive services, empower people to make healthy choices, and eliminate health disparities."

At its foundation, the Plan recognizes that preventing disease is much broader than the healthcare system. "Personal behaviors related to diet, physical activity, tobacco and alcohol misuse, along with housing, transportation, education, workplaces and environment are all major elements that impact the physical and mental health of Americans.

The seven priority areas identified in the Plan are:

- Tobacco-free living
- Preventing drug abuse and excessive alcohol use
- Healthy eating
- Active living
- Injury and violence-free living
- Reproductive and sexual health
- Mental and emotional well-being

Effective implementation of this Plan will require support at all levels—from government, education, business and healthcare. Success will come down to the participation of every single American, all 50 states, and conscious decisions to support and promote healthy living and healthier lifestyles.

We are fortunate to live in a county and in cities that embraced the value of prevention many years ago. The leaders in San Mateo County have engaged participants from all areas of our community to create policies, initiatives, information campaigns, and activities to encourage change, empower personal choices, and improve health.

Just a few examples include: *Get Healthy San Mateo County* that focuses on childhood obesity, healthy foods, and physical activity environments; *Streets Alive*, a program to encourage residents to get out of their cars and walk around their

communities; and *The County Wellness Policy*, a comprehensive employer-model that has as its goal "to create a healthy, livable, prosperous, environmentally conscious and collaborative community for employees and the public it serves."

An example on the city level is the recently adopted Burlingame City Council resolution, "Healthy Living in Burlingame," and its support of activities such as regular dissemination of health tips, the new Health Kiddos classes at the Recreation Center, and the Bicycle Safety Workshop.

The District is pleased to offer our support for the common-sense recommendations in the Surgeon General's Plan, and for the policies and initiatives within our local communities that encourage healthy living. If each of us does our part to manage our own and our family's health, we can prepare our loved ones, our communities and our country for a healthier and brighter future.

More information on these programs is available on the websites below.

Cheryl A. Fama

## Get Healthy... Get Information!

**National Prevention Strategy Report:**

[www.healthcare.gov/center/councils/nphpphc/strategy.report.pdf](http://www.healthcare.gov/center/councils/nphpphc/strategy.report.pdf)

**Get Healthy San Mateo:** [www.gethealthysmc.org](http://www.gethealthysmc.org)

**Streets Alive:** [www.streetsalivesmc.org](http://www.streetsalivesmc.org)

**The County Wellness Policy:** [www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

**Healthy Living in Burlingame:** [www.burlingame.org](http://www.burlingame.org)

## NEWS FROM THE COMMUNITY

### San Bruno Recovery One Year Later:

## District-Red Cross Partnership Serves Long-term Needs

The Peninsula Health Care District is proud to partner with the American Red Cross in providing long-term recovery services to the residents of San Bruno, following the pipeline disaster of September 9, 2010. Through a District grant of \$100,000, facilities at 458 San Mateo Avenue in



District Board Chair Dan Ulyot cuts the ribbon, with Mayor Jim Ruane and Harold Brooks, CEO of the American Red Cross Bay Area chapter.

San Bruno were opened and have served more than 250 families impacted by the disaster. The key driver for the facility was the desire to create a central location where individuals and families could have a "one-stop shop" to meet their disaster-related needs.

The Center provides a wide range of resident services starting with case management

to assess each client's long term recovery needs, develop a recovery plan, and then help the individuals and families carry out that plan. Recovery services can include reimbursement for uninsured health costs, food,

clothing, replacement furnishings, or mitigation of the impact of lost wages.

Today, the Center's services include:

- *The Neighbor to Neighbor Program*, which helps families build emotional resilience for themselves and their community
- *Trainings*, such as the *United Policyholders Roadmap to Recovery*, where residents receive expert advice on insurance claims and legal matters
- *Rebuilding Together Peninsula Workshops*, which provide tips on navigating the insurance and rebuilding process.
- *Parent and Youth Trauma and Bereavement Workshops*
- *Art therapy for youth*
- *Monthly Coffee Hour* where residents gather and reconnect with one another

Current plans for the Center include offering traditional Red Cross services such as disaster preparedness training and CPR/First Aid.

The American Red Cross has worked to encourage partnering, collaboration, and coordination, and through these efforts has committed more than \$1,073,200 to serving San Bruno and its residents following the disaster.



## Message from the Board of Directors

The Board extends congratulations and deep appreciation to the Mills-Peninsula leadership for the spectacular new hospital Sutter Health opened May 15, 2011 in Burlingame.

From our earliest collaborative deliberations, (the hospital sits on District land), more than 12 years ago as to how to best meet the State's stringent seismic standards for acute care hospitals—through the years of design, development and construction (headed by Bob Merwin, MPHS President/CEO and Sarkis Sarkisian, Chair of the Building Committee), to the nearly flawless transition of patients from the District's hospital building into the new Sutter Health building—this project has been a spectacular effort by committed leaders to bring the very best in healthcare facilities to our community. We applaud the leaders, staff, and all members of the Mills-Peninsula Health Services team for their achievement.

So what will happen to the old hospital? It's coming down! At a number of junctures during that same 12-year period, the question about the future functionality of the old hospital was explored. Logic suggests that it could have "life" after being an acute care hospital; however, construction and licensing requirements alone make any renovation of the old building cost-prohibitive. Thus, the decision has been made to take it down over the next year—safely and with the most recycling and the least neighborhood disruption as possible.

As the hospital envisioned and built in 1954 by the first District Board comes down, we are excited to create the vision and structures for the next 50 years and beyond. Five acres to the west of the new medical center will revert to the District for its use. The Board's work over the past year has focused on a long-term vision for that land. We have studied a range of uses such as acute rehabilitation, long-term acute care, skilled nursing, affordable senior housing and a general community health and education center. We have also purchased two parcels contiguous with the five acres, which provides greater opportunity by adding almost two more acres and expanding frontage onto Marco Polo. We will keep you posted on new developments, as we support and promote the health of our San Mateo County communities.



Caminar's Lovella Diaz, M.D. and Raquel Solozano, LVN.

## District Grant Helps Caminar Provide "Bridges to Wellness"

Caminar is proud to serve its severely mentally ill clients with a new service, Bridges to Wellness, thanks to the support of the Peninsula Health Care District's community health grants program.

The Bridges to Wellness nurse integrates optimal health care and preventative education to severely mentally ill adults in the San Mateo area. This includes:

- Screening for co-morbid health conditions
- Assisting with access to medical treatment and supporting treatment follow-up
- Identifying women who need mammography and gynecological exams and supporting them to obtain needed tests
- Educating clients about diabetes management, nutrition, and other lifestyle choices that affect health.

In collaboration with San Mateo Behavioral Health and Recovery Services' "Total Wellness" program, Caminar clients can receive seamless and integrated care. Caminar and its clients thank the District for their support and look forward to continued years of partnership to improve the health of district residents.

For more information, visit [www.caminar.org](http://www.caminar.org).

## Boys and Girls Club Offers Tips For Kids to Learn And Grow

Mid-Peninsula Boys & Girls Club is dedicated to developing and strengthening the intellectual, emotional, social growth and physical well-being of youth. By providing education, career, life skills, fitness and nutrition programs, we ensure that every child has the capacity to lead a successful and healthy life.



As a youth development agency, here's our prescription for any young person to learn and grow.

- Ensure your child sleeps 6-8 hours every night.
- Value education—make it part of the culture of your home.
- Create a regular study time—remind them that there is never a silly question.
- Make time to engage in fun, recreative fitness activities as a family.
- Eat meals together at the table—talk, share and laugh.
- Limit sedentary activities like video games and television.
- Stock your kitchen with fruits, vegetables and whole grain foods—avoid junk food, sweets, sodas and sports drinks.
- Encourage your child to participate in an organized sports league.
- Listen to your child—tell and show your child everyday how special and loved they are.
- Only make promises you can keep.
- You are your child's most important teacher—say as you do, do as you say.

For more information, please visit [www.midpenbgc.org/](http://www.midpenbgc.org/)



### DISTRICT BOARD MEETINGS

All meetings begin at 5:45 PM

**2011**

**OCTOBER 27 • DECEMBER 8**

**2012**

Save the Date! **JANUARY 26**

Community Partners and 2012 Grant Recipients Meeting and Reception at San Mateo Council Chambers

**FEBRUARY 23 • MARCH 22 • APRIL 26**

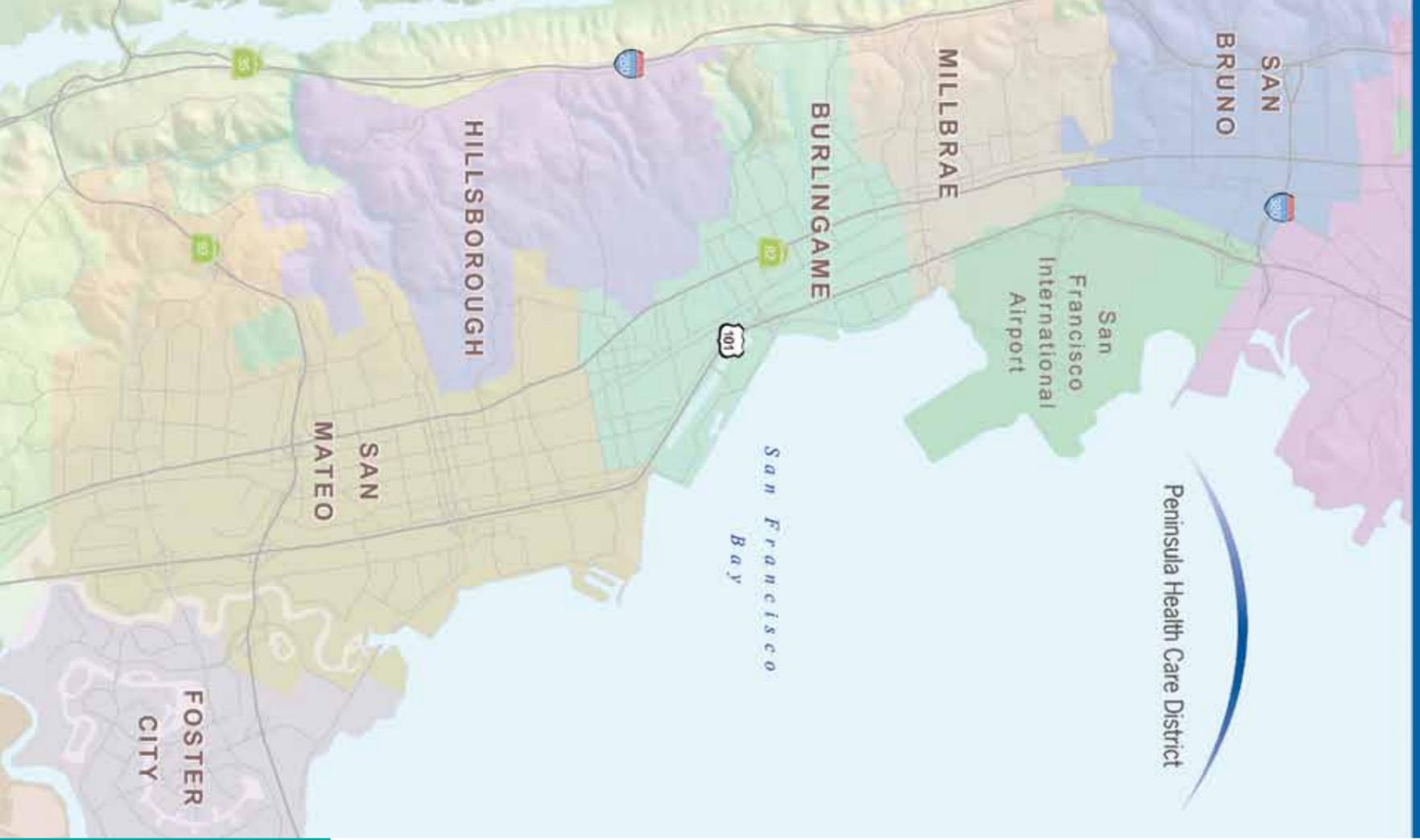
For meeting locations and additional information, visit [peninsulahealthcaredistrict.org](http://peninsulahealthcaredistrict.org)

Peninsula Health Care District

1600 Trousdale Drive, Suite 1210  
Burlingame, CA 94010  
Phone: 650.697.6900  
[peninsulahealthcaredistrict.org](http://peninsulahealthcaredistrict.org)

Find the Peninsula Health Care District on Facebook

The Peninsula Health Care District is proud to serve the residents of our Peninsula communities.



**BOARD OF DIRECTORS**

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**CHIEF EXECUTIVE OFFICER**

Cheryl A. Fama, MPA, BSN

**VISION**

*That all residents of the District enjoy optimal health through education, prevention, and access to needed health care services.*

**VALUES**

*Leadership, public education, personal responsibility, inclusion, stewardship and transparency.*

**MISSION**

*To ensure Peninsula Medical Center provides needed core services, to support programs that share our vision, and to do so in collaboration with other providers and qualified members of our community.*

SAN BRUNO   MILLBRAE   BURLINGAME   HILLSBOROUGH   SAN MATEO   FOSTER CITY



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