

TOOTH TALK

Tehama County Local Oral Health Program Newsletter

Our mission is to improve total health and wellbeing of Tehama County Community by providing education, support and access to Oral Health Services

DID YOU KNOW?

- Saliva contains over 200 proteins that help protect your teeth!
- The first toothbrush with nylon bristles was introduced in 1938.
- It takes about 43 days for the average American to use an entire tube of toothpaste!

CEU & Training Opportunities

CEU & Training Opportunities:

- Fluoridation Learning Online (FLO) – Free CDC/COHTAC course (up to 7 CEUs) on community water fluoridation.
- UCSF School of Dentistry CDE – Webinars & courses for dental professionals (ADA CERP provider).
- CareQuest Institute – Free CE courses on oral health equity, prevention, and integration.
- Cultural & Linguistic Competency (HHS) – Free 6-CE course for oral health providers on CLAS standards.
- COHTAC Trainings & Resources – Free webinars & materials on early childhood oral health, fluoride, sealants, and more.



Perfect for dental teams, public health staff, and community partners!

Let's keep our community smiling!

★ Smile California
Discover colorful flyers, kids' activities, and easy guides to help families use their Medi-Cal Dental benefits – and find a local dentist, too!
[Visit SmileCalifornia.org](https://www.smilecalifornia.org) →
UCSF COHTAC
Looking to boost your community's oral health? Check out free toolkits, webinars, and resources for schools and outreach programs!
[Explore oralhealthsupport.ucsf.edu](https://oralhealthsupport.ucsf.edu) →
Together, we can make healthy smiles shine across California! ★



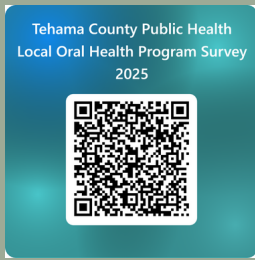
Oral Health Advisory Committee



Please join us! Meetings are held in a hybrid format in the **Shasta room** on the **Health Services Walnut campus** or via Teams every **second Thursday** of the month at **12:00pm-1:00pm**

To be added to our meeting list please contact jacqueline.jurado@tchsa.net

Oral Health Needs Assessment Survey, 2025



Healthy Eating = Healthy Smiles



Visit [SmileCalifornia.org](https://www.smilecalifornia.org) to find a Medi-Cal dentist near you and learn more about how good nutrition helps your teeth stay healthy.



Community Outreach

Hispanic Heritage Month Celebrations

Tehama County Annual Community Emergency Preparedness and Resource Fair

We were thrilled to participate in the Tehama County Annual Community Emergency Preparedness and Resource Fair! Our team had the opportunity to connect with many community members, including several special needs children and adults. We distributed toothbrush kits and emergency preparedness bags filled with useful items such as lanterns, markers, USB drives, and emergency contact cards. It was a wonderful day of outreach, education, and support to help our community stay healthy and prepared in any situation.



We were excited to take part in the Latino Outreach Fair, where we collaborated with Tehama County Health Services Agency (TCHSA) and Mental Health to share valuable community resources. Our team conducted Oral Health Needs Assessment surveys to better understand the community's needs and distributed a variety of oral health education materials along with toothbrush kits. It was a great opportunity to engage with latino families, promote oral health awareness, and strengthen community partnerships.

Multicultural Festival



The Tehama County Multicultural Celebration was a vibrant event honoring the diversity, traditions, and unity of our community. Families enjoyed music, dance, food, and cultural exhibits that highlighted the many backgrounds that make Tehama County unique. Alongside the festivities, local health organizations shared valuable information about maintaining good oral health a reminder that healthy smiles are part of overall well-being. Oral health connects us all, regardless of culture or background. By sharing knowledge and resources at community events like this, we can promote healthy habits for every family ensuring that everyone in Tehama County continues to celebrate life with bright, healthy smiles.

Kindergarten Oral Health Assessments (KOHA)

California State law requires that children have a dental checkup by May 31st of their first year in school. The ultimate goal of this program is to establish a regular source of dental care for every child. The program will also identify children who need further examination and dental treatment and will identify barriers to receiving care.

We wrapped up our last KOHA's of the school year partnering up with **Greenville Rancheria RDH, Jill Coultas, Rachel Boomgarden.**



We had a successful 2025 Fall KOHA! At Olive View Elementary School, a total of 87 students were screened, with 38 receiving fluoride varnishes and 15 identified as urgent cases. At Woodson Elementary School, 82 students were screened, with 22 receiving fluoride varnishes and 8 identified as urgent cases. It was a great effort by our team to promote oral health and provide preventive care to students across Tehama County.

While students waited, the Oral Health educators gave the students a brief demonstration on how to properly brush and floss their teeth. Students received KOHA care bags which included a toothbrush kit provided by Greenville RDH, and Oral Health educational materials.

Woo-hoo Oral Health rocks!



Spooktacular

The Tehama County Spooktacular brought families together for a fun-filled evening of costumes, games, and Halloween treats! Amid the spooky fun, local health partners shared important tips on keeping teeth healthy during the candy season.

While enjoying sweet treats is part of the Halloween spirit, it's also a great time to remind kids (and adults!) to brush twice a day, floss daily, and choose water instead of sugary drinks. Events like Spooktacular help our community connect, celebrate safely, and learn that good oral health can be fun, too—because a healthy smile is the best treat of all!



OWe had a wonderful and engaging time at the Corning Olive Festival! Our team began conducting the Oral Health Needs Assessment and collaborated with Tehama County Health Services Agency (TCHSA) and the Tobacco Program to share valuable health resources. We also provided information on oral cancer screening and distributed toolkits to support early detection. Additionally, we demonstrated proper brushing techniques to children, making it a fun and educational experience for families in the community.



Don't forget to schedule your child's required dental assessment!

What is the Kindergarten Oral Health Assessment (KOHA)?

To make sure your child is ready for school, California law requires that children have a dental assessment by **May 31** in either kindergarten or first grade, whichever is their first year in public school.

Why is it important?

Poor oral health can affect a child's attendance, grades and overall performance in school. The KOHA helps ensure children are healthy and ready for a successful school year.

SCHOOL READINESS FACTS:

- Children who have poor oral health often miss more school and receive lower grades than children who don't.
- Children with cavities may also have difficulty eating, talking, and concentrating in school.
- Healthy smiles make children feel confident and good about themselves.
- Establishing good oral health habits in childhood helps create a lifetime of healthy smiles.

HOW TO COMPLETE THE KOHA:

- Look out for a registration form that will be distributed when you register your child for school.
- Visit or find your dental home.
- Complete the dental assessment 12 months before entering public school for the first time or by **May 31st** of their first year (Kindergarten or 1st Grade).

1 in 5 children have untreated tooth decay in California.*

Why is it important to have a dental home?

- It allows the dentist to establish a relationship with your family.
- It gives the dentist consistent opportunities to provide preventive treatment and find small issues before they become big.
- Children who develop a familiar relationship with their dentist are less likely to experience dental anxiety and are more likely to visit the dentist regularly into adulthood.

Medi-Cal covers dental check-ups every 6 months for children.



Visit SmileCalifornia.org to find your child's dental home today.

*2018-20 3rd Grade Basic Screening Survey, California Office of Oral Health

rev 04-2022

Corning Olive Festival



Coming Soon

KINDERGARTEN ORAL HEALTH ASSESSMENT (KOHA) IN-SCHOOL SCREENINGS



Is it teething time for your baby?
Here's what to look for and how to help!

What you need to know!

Baby teeth start growing in around 4 to 6 months old but can appear as late as 12 months. It's important to remember that teething can cause discomfort, which is normal. If you have concerns about your baby's symptoms call their dentist or pediatrician.

Common Teething Symptoms



Fussiness



Trouble sleeping



Irritability



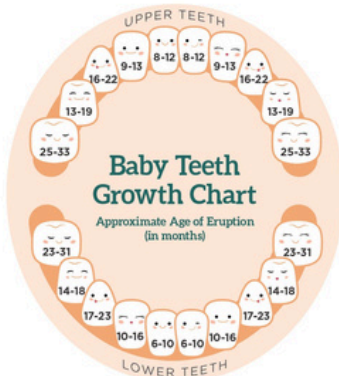
Loss of appetite



Drooling



Mild fever



Teething can cause a mild fever of less than 100.4 Fahrenheit. According to the American Dental Association, you should **contact your baby's doctor** if your baby has a fever **higher than 100.4 Fahrenheit**, experiences vomiting, diarrhea, or a rash.

How to help your baby

Teething rings and toys -

Chewing on a firm rubber teething ring can soothe sore gums



Use a clean, cold wet washcloth to massage baby's gums



Feed your baby cool, soft foods such as applesauce and yogurt



Give your baby a bottle filled with water, if it seems to help



Baby teeth are important. Schedule your baby's first dental visit when their first tooth appears or by their first birthday, whichever comes first.



Check out our local Oral Health website for more resources!



KINDERGARTEN ORAL HEALTH ASSESSMENTS (KOHA)

As part of our state objectives, we are focused on enhancing school-based services and boosting assessment participation by introducing KOHA screenings in school. Our local Oral Health program partners up with RDH to conduct these screenings which are aimed to provide families with convenient access to preventive services.

Upcoming KOHAS:

March 20th, 2026, West Street Elementary School
April 17th, 2026, Rancho Tehama Elementary School
May 1st, 2026, Plum Valley Elementary School

