

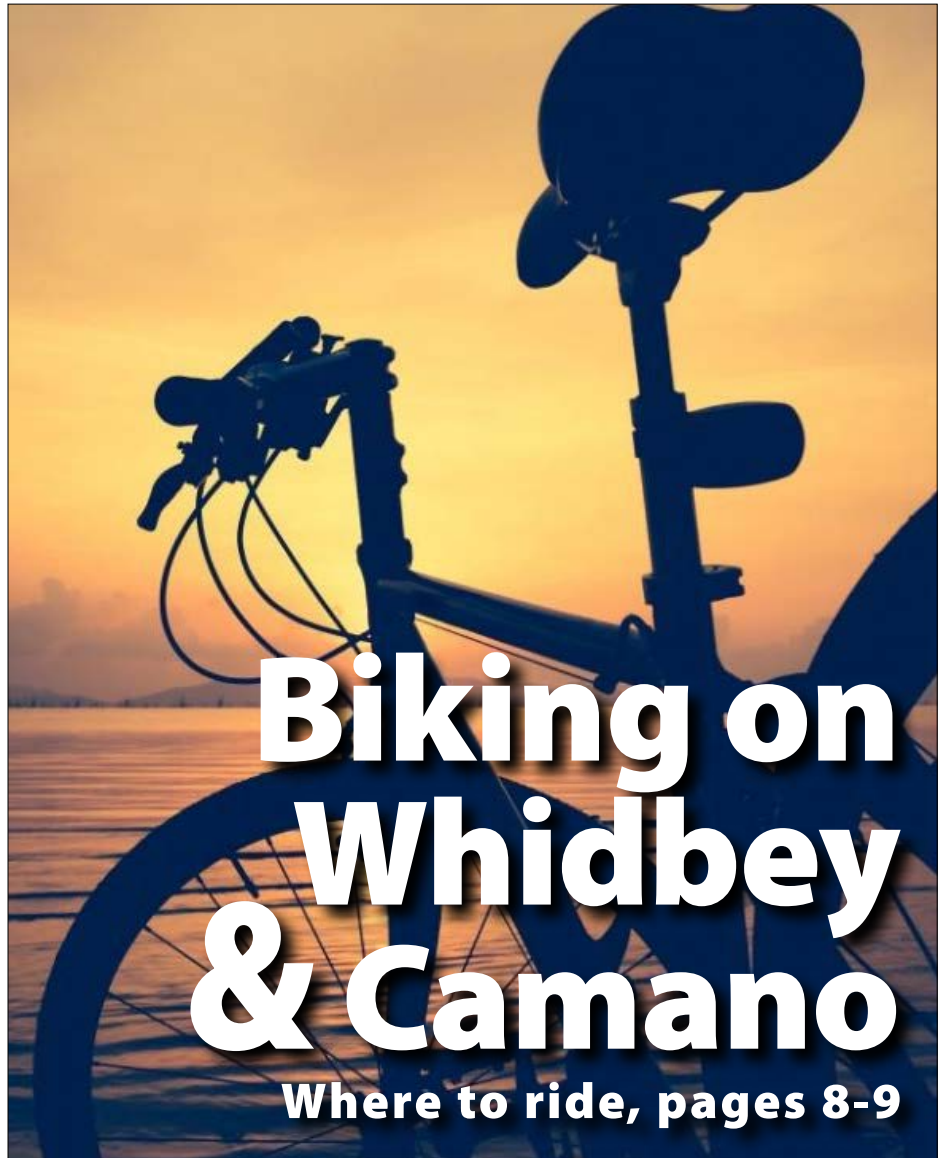


HEALTH MATTERS

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WHERE THERE'S SMOKE, THERE ARE HEALTH CONCERNS

An above-normal potential for wildfire during August and September is predicted for most of Washington state, and it's

raising concerns about well-being, according to Island County Public Health officials.

Exposure to smoke from

wildfires can cause health problems ranging from minor to severe. The worst symptoms more

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ABCD: FIRST TOOTH, FIRST BIRTHDAY, FIRST DENTAL EXAM

Access to Baby and Child Dentistry (ABCD) is a system of care in Washington state that connects Apple Health (Medicaid) insured children from birth up to age 6 with specially trained dentists in their communities.

Island County ABCD focuses on preventive and restorative dental care for Medicaid-eligible children with the stated goal, “First Tooth, First Birthday, First Dental Exam” by a dentist or a doctor, as recommended by the Academy of Pediatric Dentistry.

In Island County, a request for ABCD services can be made by completing a [referral form](#).

Eligibility requirements for ABCD include the following:

- Children must be age 5 or younger.
- The child must be enrolled in Medicaid, have medical coupons or a ProviderOne service card.

For additional information about Island County ABCD, contact Island County Public Health Community Health Worker Daysi Mayer at 360-682-7942 or email her at d.mayer@islandcountywa.gov

It’s important that young children get dental care early, as a child with dental disease may have oral health problems throughout life, according to Island County Public Health officials. Cavities can be painful and interfere with a child’s ability to focus and learn in school, eat, speak and even play.

Cavities are almost entirely preventable, and prevention saves money for everyone.

ABCD program benefits

- Increased access to dental care for Island County residents
- Increased number of dental services, such as:
 - o Three fluoride varnish applications per year
 - o Two family oral hygiene instruction consultations per year
- Assistance in finding a dentist that will fit your location, timing, and language preferences
- Assistance in coordinating transportation to and

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from the dental office

- Assistance in coordinating interpreter services for the dental visit

How ABCD Works

Dentists participating in the ABCD program are trained and certified to care for young children. Certified dentists receive enhanced fees for certain procedures and support to participate in and bill Apple Health.

ABCD families are coached about the importance of accessing early preventive dental care and learn how to care for their children's oral health at home.

Families who need extra help making and keeping dental appointments receive assistance from local ABCD program staff.

History of the ABCD Program

In 1994, a group of concerned dentists, dental educators, public health agencies, the state dental association, and state Medicaid representatives came together to address the problem of the severe lack of dental access by Washington State's high-risk preschool children.

The proposed solution was the development of the ABCD Program.

The first ABCD program opened for enrollment in Spokane in February 1995 as a collaborative effort between several partners in the public and private sectors. Its success has led other county dental societies and health districts in Washington to adopt the program, as well as prompted interest from other states.

Results

ABCD has dramatically increased the number of Apple Health (Medicaid) insured children birth to age 6 who access dental care over the past two decades.

Washington state is a national leader.

In 2018, more than 54 percent of low-income young children in the state received care, compared to only 20 percent in the early 2000s. Significant gains have been made for the youngest children (FY2018):

- 33 percent of Apple Health children under age 2 now receive care.
- 17 percent of eligible children under age 1 now receive care.

Nationally published research has



Because of the ABCD program, in 2018, more than 54 percent of low-income young children in Washington state received care, compared to only 20 percent in the early 2000s.

clearly demonstrated that the early preventive care that ABCD promotes can substantially reduce future dental care costs.

Studies have also demonstrated that ABCD is a cost-effective system of care that improves the oral health of Medicaid-insured young children.

ABCD public-private partnership

ABCD is governed and managed by a public-private partnership. The public and private partners are:

- Arcora Foundation, which provides funding and serves as the ABCD state managing partner.
- The University of Washington School of Dentistry
- Washington's Department of Health
- Washington's Health Care Authority (Medicaid Program)
- The Washington State Dental Association
- The Washington State Dental Hygiene Association

Participating ABCD dentists contribute to the health and well-being of their young patients and the larger community.

Since 1995, ABCD has trained more than 2,000 dentists, dental students, and pediatric dental residents to care for the oral health of young children using the University

of Washington-developed ABCD curriculum.

These dentists provide quality preventive care and treatment to Medicaid-enrolled children from birth to six.

Participating providers receive enhanced fees through Medicaid for providing certain preventive and restorative procedures. Many are able to build their practices while helping their communities by serving those most in need.

Information for eligible families

Why ABCD? Making sure that your children have healthy teeth and mouths for a lifetime begins early. Baby teeth help children chew food and speak clearly. They shape children's faces and guide adult teeth into place.

Cavities in baby teeth can cause pain and affect a child's ability to sleep, learn and pay attention.

To ensure they start life with good oral health, babies should have an oral health checkup by a dentist or physician by the time their first tooth appears or by their first birthday.

Regular dental care is important because good oral health is essential to the health of our whole bodies. ABCD ensures that young children have access to dental care early and regularly so they can get a good start in life.

ORAL HEALTH CARE TIPS FOR CHILDREN & BABIES



ACCESS TO BABY & CHILD DENTISTRY
OFFERS THE FOLLOWING DENTAL CARE
TIPS ON ITS WEBSITE:



- **Baby Teeth Matter:** Bring your child in for their first dental screening by age one. Tooth decay can be stopped if caught early. Your dentist or doctor can provide tips on how to keep your child's mouth healthy.



- **Brush Two-times-Two:** Once your baby's teeth appear, clean them with a soft toothbrush and rice-sized amount of toothpaste. Help your child brush their teeth for 2 minutes, twice a day, including right before bedtime. When the sides of teeth touch together, clean between the teeth using a tiny brush or floss. This removes food and germs that brushing can't reach.



- **Paint on Protection:** Ask your dentist or physician about fluoride varnish. Either can apply fluoride varnish quickly and effectively. It can help prevent and heal early tooth decay for children at risk for dental cavities.



- **Snack Smart:** Choose teeth-healthy snacks like fresh fruit, nuts, white milk, and cheese. Avoid cavity-causing snacks like juice, candies, fruit snacks, and crackers.



- **Choose Water:** When your child is thirsty, offer plain tap water. Juice, soft drinks, and chocolate milk have a lot of added sugar, which causes cavities.





HELP ME GROW

Connecting families with young children to a broad range of support services

Help Me Grow is a community-driven, resource and referral linkage system in Island County and Washington state that connects young children and their families to a wide range of supportive services.

Parents, caregivers, early learning, health and other service providers can call, text, or email Help Me Grow and connect to caring people who are highly trained in child development and early childhood services.

Resource navigators listen to families' needs and link them to the most appropriate services.

In addition to family support, Help Me Grow offers a shared foundation for system coordination and navigation "to improve care coordination and referrals for different

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How does Help Me Grow work?

- 1.** Call Help Me Grow at 1-800-322-2588
- 2.** A Family Resource Navigator will listen, provide support, and assess the needs of your child and family.
- 3.** Help Me Grow can offer free screenings to help provide insight into your child's developmental and behavioral skills.
- 4.** A Family Resource Navigator can refer your family to the appropriate local services and supports.
- 5.** A Family Resource Navigator will schedule follow-ups to make sure your family got what they needed.



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types of services and resources.

Help Me Grow Washington is supported by a collaborative of representatives from WithinReach, Washington State Department of Children, Youth, and Families, Washington State Department of Health, and community partners such as Island County.

Washington became a Help Me Grow affiliate in 2010, and the Help Me Grow Washington network has grown rapidly in recent years.

By the end of December 2022, the network included five sub-affiliate organizations, a statewide contact center, and is in the process of developing new partnership roles.

Help Me Grow Washington continues to connect with organizations interested in exploring how the Help Me Grow system model aligns with their communities.

The 2023-28 Strategic Plan for Help Me Grow Washington weaves state and community systems, providers, and resources to offer a spectrum of support to families with young children.

Help Me Grow Island County Resource Directory

The [Help Me Grow Resource Directory](#) is full of links to a variety of resources including: parent support groups, basic needs, childcare, family fun and support, health & wellness, kindergarten readiness, pregnancy and breastfeeding,

special needs, and more.

This is a statewide directory, but Island County information can be found easily by entering your zip code or city.

Help Me Grow - Island County is a dependable and interconnected system that puts

families first – making sure resources are accessible to every child and every community.

Learn more about Help Me Grow Learn with this [TED TALK by Dr. Paul Dworkin](#), Founder of the Help Me Grow System: <https://youtu.be/GPL3zxwqeOo>

At the heart of Help Me Grow Washington is the goal of continuing to build a system that is stronger and more impactful than the sum of its individual parts.

In other words, the belief is that the program can achieve more with collaboration, coordination of processes, pool funding, sharing

power, and elevating gaps.

To move this plan ever forward, Help Me Grow Washington requires deep partnerships with committed people from diverse backgrounds at the community, regional and state levels who share the vision of families having access to what they need when they need it.

often occur in people with pre-existing conditions.

When smoke is present, healthy people can also have symptoms or health problems.

A heightened fire danger is the culmination of an abundance of grassy fuels and hot and dry conditions expected through the summer months.

In addition to physical health, long periods of wildfire smoke can affect mental health.

Wildfire smoke and disasters impact our daily routine, including limiting the time we spend outside and interrupting activities. There may be feelings of isolation from staying inside or sadness from the lack of sunshine.

Smoke is also a direct threat to health and safety.

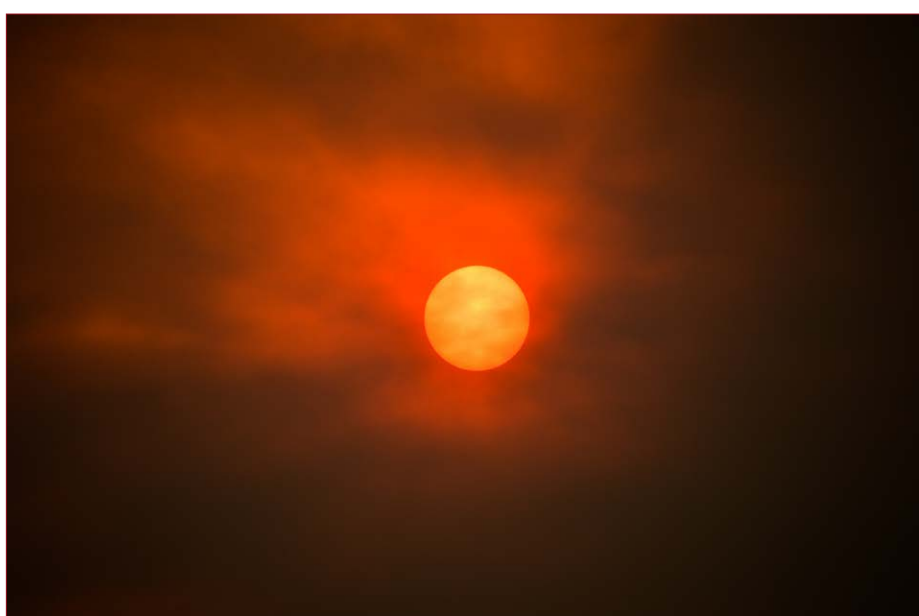
Protecting mental and physical health are both extremely important.

The following are ways you can prepare for a smoky summer:

- Social connection is key. Identify someone you can ask for help and one person who may need your help. Check in with loved ones throughout a wildfire smoke episode.
- Spend time with loved ones in areas of the home that have cleaner air or go to a public space with cleaner air together.

Populations sensitive to smoke include:

- People with lung diseases and respiratory infections, existing heart or circulatory problems, such as congestive heart failure or coronary artery disease.
- People 18 and younger because their lungs and airways are still developing, and they breathe more air per pound of body weight than adults.
- People older than 65 because they are more likely to have unrecognized heart or lung diseases.
- Pregnant people because both the pregnant person and fetus are at increased risk of health effects.
- People with low income because they are more likely to have higher exposures and are less likely to have access to healthcare or to be able to afford interventions to reduce exposure.



Find out about the current air quality by doing the following:

- Check current and forecast wildfire and smoke locations on the Washington Smoke Information website (also known as the Smoke Blog). This is the one-stop-shop for all your information for wildfire season.
- WA Department of Ecology’s “Air Quality WA” – Get Washington state-specific information about current air quality conditions.

How to protect yourself and your family from wildfire smoke:

- Stay updated on current and forecast air quality.
- Limit duration and intensity of outdoor physical activity.
- Stay indoors with cleaner indoor air:
- Close windows and doors unless it is too hot to maintain safe temperatures. If no air conditioning, take these steps to stay cool:
 - Close windows and curtains or shades during the day and use portable fans. Minimize use of your stove and oven during the hottest parts of the day.
 - Cool off by taking a cool bath or shower. Be mindful of extreme temperature changes, which can cause life-threatening issues.
 - Use ice packs or put your feet in cool water. Apply wet rags on the back of your neck or mist yourself with water while sitting near a fan.
- Stay hydrated, especially with water. Avoid sugary or alcoholic drinks since these can be dehydrating.
- Go to an indoor place that is

cooler—even if only for a few hours. For updated information on cooling centers in your community, visit Washington 2-1-1.

- Filter indoor air through an HVAC system, HEPA portable air cleaner, or DIY box fan filter.
- Don’t add to indoor pollution. This is always good practice, but especially when it’s smoky.
- Certain types of respirators can provide some protection. N95 or other NIOSH-approved respirators filter out most fine particles in smoke but not hazardous gases, such as carbon monoxide. These respirators can be found at many hardware and home repair stores and pharmacies.

To keep your pets safe:

- Keep pets indoors as much as possible and avoid outdoor exercise. Keep outdoor bathroom breaks short.

To protect livestock, take the following steps:

- Limit their exercise and have plenty of fresh water always available, located near their feed or hay.
- Consider soaking hay to reduce inhalation of dust particles that might further irritate the airways.
- Limit dust exposure by feeding low-dust or dust-free feeds and sprinkling or misting the livestock holding area.
- Livestock may need several weeks to recover after a poor air quality event. Talk to your veterinarian about how to best monitor your animals and when to return to exercise, handling, moving, or transporting them.



Non-motorized Trails & Biking Map





Research indicates that having a safe and interconnected trail system encourages activity, supports healthy lifestyles and increases transportation options for the entire community. Island County supports this position and boasts several trail systems.

A comprehensive [Non-Motorized Trail Plan](#) was developed which includes maps and supporting documentation for existing and proposed trails representing a variety of uses.

Links to More Information

- [Camano Island State Park](#)
- [Deception Pass State Park](#)
- [Joseph Whidbey State Park](#)
- [South Whidbey State Park](#)
- [South Whidbey Parks & Recreation](#)
- [Fort Ebey State Park](#)



Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water has no calories, so it can also help with managing body weight and reducing calorie intake when substituted for drinks with calories, such as sweet tea or regular soda.

Water helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.

• Get rid of wastes through urination, perspiration, and bowel movements.

• Sporty woman drinking water after exercise

Your body needs more water when you are:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.
- Everyone should consume water from foods and beverages every day.

Although there is no recommendation for how much plain water

everyone should drink daily, there are recommendations for how much daily total water intake should come from a variety of beverages and foods.

Daily total water intake (fluid) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily water intake recommendations vary by age, sex, pregnancy status, and breastfeeding status.

Most of your fluid needs are met through the water and other beverages you drink. You can get some fluids through the foods that you eat — especially foods with high water content, such as many fruits and vegetables. Drinking water is one good way of getting fluids as it has zero calories.

Tips to Drink More Water

- Sugary drinks contribute to type 2 diabetes heart disease and obesity. Rethink your drink, click here to learn more: [cdc.gov/rethinkyourdrink](https://www.cdc.gov/rethinkyourdrink)
- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary

drinks.

- Opt for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste.
- Make sure your kids are getting enough water too. Learn more about drinking water in schools and early care and education settings [PDF-3.68MB].

Healthier Drink Options

Of course, there are many other beverage options besides water, and many of these can be part of a healthy diet.

Low- or no- calorie beverages:

- Plain coffee or teas, sparkling water, seltzers, and flavored waters, are low-calorie choices that can be part of a healthy diet.

Drinks with calories and important nutrients:

- Low-fat or fat-free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice contain important nutrients such as calcium, potassium, or vitamin D.

These drinks should be enjoyed within recommended calorie limits.

Smoke from fires can be dangerous for everyone



Take these steps to protect your health

Stay informed on air quality



Visit WA Smoke Blog (www.wasmoke.blogspot.com) for current air quality conditions and smoke forecasts.

Pay attention to local news for health warnings and air quality reports in your area.

Avoid smoky air



People with health conditions, such as lung or heart diseases, diabetes, stroke survivors or have a cold, should limit their time outside, avoid intense physical activities and keep indoor air clean when smoke levels are “moderate.”

Babies, children, people over 65, and pregnant women should follow this advice when smoke levels are “unhealthy for sensitive groups.”

Everyone else should do this when smoke levels are “unhealthy for everyone.”

Keep indoor air clean



Close windows and doors, pay attention to the heat, and stay hydrated.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.

Don't smoke, use candles, or vacuum.

Use an air cleaner with a HEPA filter.

Contact your healthcare provider



If you have heart or lung diseases and your symptoms get worse around smoke, contact your healthcare provider. **Call 911 if you or someone else has serious symptoms**—like trouble breathing.

www.doh.wa.gov/SmokeFromFires

Wildfires and Indoor Air Quality

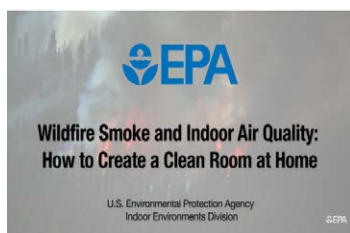
During a wildfire, smoke can make the outdoor air unhealthy to breathe. Local officials may advise you to stay indoors during a smoke event associated with a wildfire. While sheltering, some outdoor smoke can enter your home and affect your indoor air quality. Explore these resources to learn what steps you can take to protect your family from wildfire smoke indoors.



Scan the QR Codes below to access each resource, or scan the code to the right to explore EPA's Wildfires and Indoor Air Quality webpage, which is available in nine languages.

'How to Create a Clean Room at Home' Video

Spending time in a clean room at home can help reduce your exposure to smoke while staying indoors. This video will show you how to create a clean room to reduce your family's exposure to wildfire smoke while indoors.



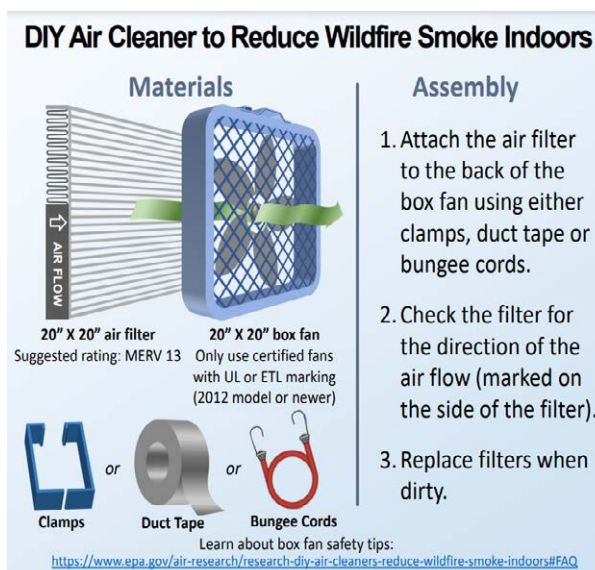
Wildfire Guide Factsheets

This series of factsheets from EPA's AirNow program will help you prepare for wildfire season and take steps to reduce your exposure to smoke and ash.



DIY Air Cleaner Infographic

If portable air cleaners are not available or affordable, you may choose to use a do-it-yourself (DIY) air cleaner. This infographic provides directions for how to create a DIY air cleaner.



Wildfires and Indoor Air Quality in Schools and Commercial Buildings Webpage

Smoke events can last for days and weeks, which is why it is important for building owners and managers to have information on best practices for reducing exposure to smoke that may enter schools, commercial buildings, or multi-unit housing.



For more information about protecting indoor air quality during emergencies and disasters, visit EPA's Emergencies and Indoor Air Quality webpage by scanning the QR code to the right.



Incendios forestales y la calidad del aire interior

Durante un incendio forestal, el humo puede hacer que el aire exterior sea poco saludable para respirar. Las autoridades locales pueden aconsejarle que permanezca en el interior durante la presencia de humo asociada a un incendio forestal. Mientras permanece refugiado, parte del humo exterior puede entrar en su casa y afectar a la calidad del aire interior. Consulte estos recursos para saber qué medidas puede tomar para proteger a su familia del humo de los incendios forestales.



Escanee el código QR de abajo para acceder a cada recurso, o escanee el código de la derecha para explorar la página web de la EPA Incendios forestales y la calidad del aire interior, la cual está disponible en nueve idiomas.

Vídeo: Cómo preparar una habitación limpia

Pasar tiempo en una habitación limpia en el hogar puede ayudarle a reducir su exposición al humo mientras permanece en el interior. Este vídeo le mostrará cómo crear una habitación limpia para reducir la exposición de sus familiares al humo de los incendios forestales mientras están en el interior.



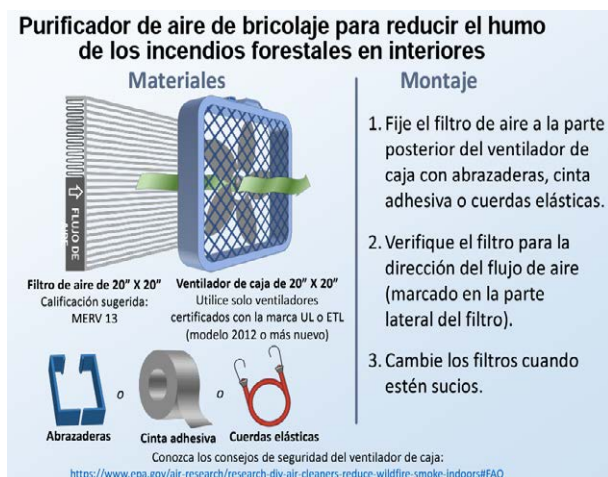
Hojas informativas sobre la guía de incendios forestales

Esta serie de hojas informativas del programa AirNow de la EPA le ayudarán a prepararse para la temporada de incendios forestales y tomar medidas para reducir su exposición al humo y la ceniza.



Infografía sobre el purificador de aire hecho por usted mismo

Si no tiene a su disposición purificadores de aire portátiles o no son económicos, puede optar por utilizar un purificador de aire hecho por usted mismo. Esta infografía explica cómo crear usted mismo un purificador de aire.



Incendios forestales y la calidad del aire interior en escuelas y edificios comerciales (en inglés)

Los incidentes relacionados con el humo pueden durar días y semanas, por lo que es importante que los propietarios y responsables de edificios dispongan de información sobre las mejores prácticas para reducir la exposición al humo que pueda entrar en escuelas, edificios comerciales o viviendas colectivas.



Para obtener más información sobre la protección de la calidad del aire interior durante emergencias y catástrofes, visite la página web de la EPA sobre emergencias y calidad del aire interior escaneando el código QR de la derecha.

