



## TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride toothpaste.

**Floss** at least once a day.

**Eat a healthy diet** full of fruits, vegetables, whole-grains and drink plenty of water.

**Visit the dentist** 2x a year.



## RESOURCES

**Smile, California**  
Find a Medi-Cal Dentist  
[www.smilecalifornia.org](http://www.smilecalifornia.org)

**Tri-County Dental Society**  
Find a Low-Cost Dentist  
[www.tcds.org](http://www.tcds.org)

**Maternal Health Network**  
Resources for Pregnant People  
[www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com)

**The Mighty Mouth**  
Resources for Parents  
[www.themightymouth.org](http://www.themightymouth.org)

**Connect IE**  
Find Dental and Other Services  
[www.connectie.org](http://www.connectie.org)

**National Institutes of Health**  
Resources for Older Adults  
[www.nidcr.nih.gov](http://www.nidcr.nih.gov)

**National Maternal and Child Oral Health Resource Center**  
Resources for Pregnant People  
[www.mchoralhealth.org](http://www.mchoralhealth.org)

For more information, please contact:  
**Smile San Bernardino County**  
[info@smilesbc.org](mailto:info@smilesbc.org)  
[www.smileSBC.org](http://www.smileSBC.org)

**smile**  
SAN BERNARDINO COUNTY

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**smile**<sup>SBC</sup>

## Smile San Bernardino County Program Guide



**Public Health**

[www.smilesbc.org](http://www.smilesbc.org)

## PROGRAM OVERVIEW

Smile San Bernardino County (Smile SBC) was created to improve the oral health of county residents. The program is funded by the California Department of Public Health, through the **California Healthcare Research Tobacco Act of 2016** (Proposition 56).



## WHO WE ASSIST

- Children, pregnant women and older adults
- Individuals with intellectual and/or developmental disabilities
- Homeless individuals and families
- Rural communities
- Schools and community organizations
- And many more!

## FOCUS AREAS



### Access to Oral Health Care

Increase the availability, accessibility and utilization of oral health services across the county



### Oral Health Education

Empower individuals and communities with information to take action to improve their oral health



### Oral Health Workforce

Expand and strengthen the workforce to meet the varied oral health care needs of San Bernardino County



### Integration of Services

Empower providers to improve the overall health of individuals through integrated approaches to care



### Countywide Coordination

Promote partnerships and collective efforts to optimize resources and achieve sustained improvements for oral health



### Measurement & Evaluation

Implement a data collection, analysis and reporting system to support countywide oral health efforts

## DID YOU KNOW?



Only about 1 in 3 pregnant women in San Bernardino County had a dental visit during pregnancy.



Almost half of all adults in the Inland Empire have lost a tooth to a preventable dental disease.



Almost 3 out of 4 third-graders and over half of kindergarten children in the county have had tooth decay.



Students' absences due to dental problems cost California school districts about \$30 million annually.



[www.smilesbc.org](http://www.smilesbc.org)