



SIERRA COUNTY
ORAL HEALTH PROGRAM

Community Health Improvement Plan Update

**Sierra County
Public Health
Department**

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Sierra County Community Health Improvement Plan Update

Sierra County Oral Health Program

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Table of Contents

Acknowledgements	4
Sierra County Community Health Improvement Plan Update Overview	5
Goal One	6
Goal Two	10
Goal Three	12
Goal Four	15
Next Steps	17

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Sierra County Community Health Improvement Plan Update for Oral Health

The following sections provide updates to the 5-year framework, which highlights the direction of the Sierra County Oral Health Program. All objectives, goals, and strategies were created in agreement with the Advisory Committee and seek to promote equity, engagement, evidence-informed/evidence-based practices, and sustainability.

Goals

- Goal 1:* To improve the oral health of Sierra County residents by addressing determinants of health, promoting healthy behaviors, and implementing evidence-informed programs in all communities.
- Goal 2:* Promote oral health by developing and implementing prevention and healthcare policies and guidelines for programs, health care providers, and institutional settings.
- Goal 3:* In partnership with other local organizations and programs, promote tobacco free and sugar free campaigns to community members and clinical offices throughout Sierra County.
- Goal 4:* Educate community members and local organizations on the benefits of fluoride use.

Goal One Summary

The Sierra County Oral Health Program seeks to improve oral health and prevent tooth decay by promoting healthy habits among children and adults, such as receiving dental care at least twice a year, receiving preventive services like sealants, and learning proper tooth brushing and flossing methods.

Efforts to accomplish this goal include improving outreach and education efforts, establishing a school-linked dental service, and promoting oral health curricula focused on proper dental hygiene. The following key findings from the Sierra County Needs Assessment informed this goal:

- Sealants were the least utilized preventive service among Sierra County children, with less than 25% of self-reported sealants in the last 12 months.
- Per school data, 14% of Sierra County households reported unfilled cavities, and 7% reported untreated tooth pain.
- Dental visit utilization within the last 12 months varied by insurance type. Residents who were unsure of their insurance type or who had combined private insurance with out-of-pocket payment had the lowest utilization, at 55% and 60%, respectively. All other insurance types had dental visit utilization of at least 83% or higher.

Goal 1: To improve the oral health of Sierra County residents by addressing determinants of health, promoting healthy behaviors, and implementing evidence-based/evidence-informed programs

Objective 1.1: By June 2027, a school-linked service will be established at each school in Sierra County for all elementary school-age children.

Strategy	Activities	Partners	Short-Term Measures	Long-Term Measures
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<p>1.1.1 Support development and implementation of evidence-informed programs for dental sealants, and fluoride varnish.</p>	<p>Investigate the feasibility of expanding services offered during the annual dental fair, to potentially include glass ionomer dental sealants.</p> <p>Improve opportunities to increase returned signed consent forms and encourage more participation in events like the dental fair.</p>	<ul style="list-style-type: none"> ❖ Schools ❖ Local Dental Offices ❖ Local Dental Professionals and Volunteers ❖ WIC ❖ First 5 ❖ CHDP ❖ Eastern Plumas Dental Clinic ❖ Western Sierra Dental Clinic 	<p>Number of Transitional Kindergarten (TK) – 6th grade students who received dental sealants, and fluoride varnish.</p>	<p>Collect and track baseline rates of caries in children TK – 6th grade as reported through assessments and surveys.</p>
<p>1.1.2 Improve sealant education</p>	<p>Create and adapt sealant education materials.</p>	<ul style="list-style-type: none"> ❖ UCSF COH-TAC ❖ ADA ❖ CDA ❖ Smile CA ❖ Schools 	<p>Number of materials distributed.</p>	<p>Collect and track baseline measures for the number of children who receive dental sealants.</p>
<p>1.1.3 Identify at least one provider in the State of Nevada who qualifies as a Medi-Cal Dental provider. If allowable by the state of California, assist in enrolling this provider as a Medi-Cal Dental provider to accept Sierra County residents.</p>	<p>Create and distribute a survey to Northern Nevada dental providers about interest in Medi-Cal Dental Provider enrollment.</p>	<ul style="list-style-type: none"> ❖ Medi-Cal Dental ❖ Nevada Division of Public & Behavioral Health ❖ Gainwell Technologies ❖ Partnership ❖ CalAIM 	<p>Provide a write-up of survey findings to Medi-Cal Dental and Gainwell Technologies.</p>	<p>Number of Northern Nevada dental providers who accept Medi-Cal Dental.</p>

1.1.4 Identify at least one dental champion. Ideally, this champion will not be an existing advisory committee member.	Identified person will follow-up with and link students who need more restorative and/or invasive procedures to a provider.	<ul style="list-style-type: none"> ❖ School ❖ UCSF or CDHA (provide dental champion training) 	Number of educational materials, Medi-Cal Dental provider list or contacts.	Number of students who were linked to appropriate dental services.
Objective 1.2 At least three educational presentations will be facilitated each year by LOHP staff and/or Advisory Committee members to inform students, teachers, and community members about healthy oral health behaviors.				
1.2.1 Collaborate with local and governmental organizations to educate and promote positive oral health behaviors for all populations in Sierra County.	Promote infant and toddler dental visits by adapting and creating educational materials and improving outreach.	<ul style="list-style-type: none"> ❖ WIC ❖ MCAH ❖ CHDP ❖ Family Resource Center ❖ First 5 ❖ Loyalton Senior Center ❖ Schools ❖ Health Clinics 	Increase or provide dental kits.	Track and increase the number of partners and collaborators.
1.2.2 Coordinate with schools to provide oral health education on a regular basis.	Adopt an oral health curriculum which best suits the needs of Sierra County.	<ul style="list-style-type: none"> ❖ School Administration ❖ School Nurse ❖ Teachers 	Number of toothbrush kits distributed.	Decrease rate of tooth decay among elementary age children, as reported through assessments and surveys.
	Distribute a toothbrush kit after each educational session.			
1.2.3 Collaborate with community partners to provide up-to-date information about best practices for oral health.	Create an annual newsletter to send to partner organizations and key stakeholders with program updates and information on	<ul style="list-style-type: none"> ❖ WIC ❖ MCAH ❖ CHDP ❖ Family Resource Center ❖ First 5 ❖ Loyalton Senior 	Number of newsletters distributed to partner organizations and community members.	Collect and track the number of recipients who receive the annual newsletters.

	best practices.	Center ❖ Schools ❖ Health Clinics ❖ CalAIM ❖ Newspaper	Website metrics for the Oral Health webpage.	
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Goal Two Summary

Oral health can influence a child's performance and success in all aspects of life, including school. California data indicates that by third grade, two-thirds of children have been affected by tooth decay. The Sierra County Oral Health Program will be taking a streamlined approach to ensure local Kindergarten Oral Health data is collected, maintained, and reported to benefit the county and state. In order to improve the oral health status and subsequently lower school absenteeism, the Local Oral Health Program intends to increase participation in KOHA, which would allow early detection of caries and provide linkage to care.

Goal 2: Promote oral health by developing and implementing prevention and healthcare policies and guidelines for programs, health care providers, and institutional settings				
Objective 2.1: By June 2027, establish reporting of Kindergarten Oral Health Assessments (KOHAs) returned to the school district to the System for California Oral Health Reporting (SCOHR).				
Strategy	Activities	Partners	Short-Term Measures	Long-Term Measures
2.1.1 Develop and implement a KOHA handbook for Sierra-Plumas Joint Unified School District (SPJUSD).	Continue to distribute KOHA handbook to all elementary school principals and school dental champions.	<ul style="list-style-type: none"> ❖ Northern Rural Oral Health Collaborative ❖ UCSF ❖ School Medical Staff ❖ SPJUSD 	Improve screening of TK - 3 rd grade students.	KOHA data will be updated/added in SCOHR system, annually
2.1.2 Collaborate with SPJUSD school medical staff or lead staff to educate school staff and parents on the importance of KOHA completion.	Annually, provide educational materials for school staff and Transitional Kindergarten and Kindergarten	<ul style="list-style-type: none"> ❖ School Administrative Staff ❖ Community Members ❖ Parents ❖ School Medical Staff 	Number of materials distributed to school staff and parents.	Number of completed KOHA forms.

	parents.	❖ Teachers		
	Facilitate access to a dental home for children requiring an oral health assessment.			
2.1.3 Annually collaborate with SPJUSD to facilitate access and education focused on accurate reporting into the SCOHR system.	Provide at least one training on proper methods of reporting into SCOHR system for school dental champions.	<ul style="list-style-type: none"> ❖ Schools ❖ Dental Champion ❖ UCSF 	Maintain and track training for dental champions.	Report from California Office of Education on Compliance .

Goal Three Summary

The Sierra County Oral Health Program will strive to promote tobacco-free and sugar-free campaigns by collaborating with community partners to develop and disseminate appropriate information. The following key findings from the Sierra County Oral Health Needs Assessment informed this goal:

- According to the 2023 California Student Tobacco Survey, 20% of Sierra County students in 7th through 12th grades reported ever smoking, vaping, or chewing tobacco in their lifetime.
- 15% of students are currently using tobacco of some form.
- Age of first tobacco use among students is early. Age for first use ranges from below 12 to 16 years of age, with the highest proportion of first use, nearly 30%, at 12 years of age or younger.
- When asked if access to fresh fruits, vegetables, and whole grains is available, 84% of East side respondents answered yes, whereas only 32% of West side respondents answered yes.

Goal 3 In partnership with other local organizations and programs, promote tobacco free and sugar free campaigns to community members and clinical offices throughout Sierra County.

Objective 3.1: By June 2027, at least one clinical office will provide tobacco prevention and cessation resources and/or counseling to Sierra County residents.

Strategy	Activities	Partners	Short-Term Measures	Long-Term Measures
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3.1.1 Offer tobacco-centered training to local medical professionals.	Identify and contact local medical professionals to begin communications about incorporating tobacco-centered training into their clinical offices.	<ul style="list-style-type: none"> ❖ Tobacco Use Reduction Program (TURP) ❖ Local Clinical Offices 	Track the number of tobacco-centered materials provided to local medical professionals.	Number of local medical professionals who completed tobacco-centered trainings.
3.1.2 Attend community events in partnership with the local organizations and programs.	At each community event, highlight oral health education by incorporating a hands-on learning activity.	<ul style="list-style-type: none"> ❖ TURP ❖ Schools 	Number of health education materials distributed at community events.	Number of community events attended.
	Invite TURP staff to Advisory Committee meetings to provide updates to enhance knowledge on current tobacco issues.			
3.1.3 Facilitate trainings and acquire educational resources for licensed dental providers and other personnel.	Create a list of tobacco cessation resources and provide dental providers with those resources.	<ul style="list-style-type: none"> ❖ TURP ❖ Clinical Offices 	Number of tobacco cessation materials distributed by dental providers.	Number of dental and medical clinics participating in materials distribution.
Objective 3.2: By June 2027, at least three sugar-free campaigns will be promoted in Sierra County.				
3.2.1 Collaborate with California Department of Public Health Nutrition and Obesity Prevention branch	Identify point of contact at CDPH	<ul style="list-style-type: none"> ❖ California Department of Public Health – Nutrition and Obesity Prevention 	Number of materials acquired.	Number of materials given to clinics and partner organizations.

3.2.2 Host educational sessions at community events to promote healthy eating and drinking behaviors.	Conduct activities at community events to promote Rethink Your Drink campaign objectives.	Community events may include any family-friendly event hosted in Sierra County.	Informal public opinion poll results taken after participation.	Number of community events attended.
3.2.3 Offer Rethink Your Drink trainings and materials to local medical professionals and community members.	Offer Rethink Your Drink brochures and flyers to all dental offices and health clinics.	<ul style="list-style-type: none"> ❖ WIC ❖ CHDP ❖ Dental Offices ❖ Health clinics ❖ Stores 	Number of materials distributed by dental offices and health clinics.	Number of dental offices and health clinics participating in RTYD material distribution.
	Maintain the webpage intended only for Rethink Your Drink materials on the Oral Health website.	❖ CDPH - NOP	Metrics for webpage traffic.	Increased activity to LOHP website.

Goal Four Summary

Since the 1960's, Loyalton was the only community in Sierra County that had a fluoridated water system. However, fifteen years ago community water fluoridation ceased after a narrow community vote; 137 votes for fluoridation, 175 against. The Sierra County Oral Health Program will evaluate the feasibility and cost-effectiveness of community water fluoridation and/or alternative fluoridation methods for community members, as highlighted in the plan below.

The following key findings from the Sierra County Oral Health Needs Assessment informed the educational aspect of goal four:

- Approximately 44% of people residing on the East side of the County believe their public water is fluoridated. On the West side, 31% of respondents believe this is true.
- Approximately one in four residents in Sierra County do not believe fluoride is a naturally occurring mineral.

Goal 4: Educate community members and local organizations on the benefits of fluoride use.				
Objective 4.1: By June 2027, increase fluoride awareness and/or education in Sierra County by 10%.				
Strategy	Activities	Partners	Short-Term Measures	Long-Term Measures
4.1.1 Plan and implement a public awareness campaign focused on fluoride annually.	Promote the Sierra County Oral Health Program on at least one partner's social media platform.	<ul style="list-style-type: none"> ❖ UCSF ❖ ADA ❖ CDA ❖ ASTDD ❖ UCSF COHTAC 	Website metrics.	Collect and track public opinion of fluoride benefits through assessments and surveys
	Conduct activities with community partners to improve awareness of fluoride benefits.	<ul style="list-style-type: none"> ❖ Sierra County HHS ❖ First 5 ❖ CHDP ❖ Schools ❖ Family 		

		Resource Center ❖ Sierra Kids ❖ WIC		
4.1.2 Collaborate with partners to increase access to fluoride varnish.	Increase promotion and education of fluoride application annually.	❖ Schools ❖ UCSF ❖ CDA ❖ NDA ❖ First 5	Track the number of children who receive fluoride varnish at program outreach.	Decrease the rate of dental caries in children in TK-6th grade on assessments and surveys.
4.1.3 Encourage the use of fluoride supplementation as an alternative to Community Water Fluoridation.	In each dental toothbrush kit, include one fluoridated tube of toothpaste.	❖ School ❖ UCSF	Track the number of fluoridated toothpaste tubes distributed.	Decrease the rate of dental caries reported through assessments and surveys.

Next Steps

The Sierra County Community Health Improvement Plan will serve as a program activity guide and will influence the trajectory of the Local Oral Health Program.

Advisory Committee members will utilize this plan to inform key decision-making.

This Plan will be available to Sierra County residents to foster transparency and ensure accountability. Additionally, this document will be shared with community leaders and key stakeholders to highlight the current strengths and areas for improvement regarding oral health access, resources, outreach, and education that will impact oral health status.

With this CHIP, the Local Oral Health Program will be able to effectively implement programming and work toward achieving each goal highlighted above. A program evaluation intended to examine and improve effectiveness will be conducted as soon as program implementation begins.