

A photograph of a person from behind, walking away on a carpeted floor. They are wearing a plaid shirt, dark pants, and sneakers. They are carrying a black bag with the 'Meals on Wheels' logo. The photo is framed by a green border and is partially overlaid by a large blue triangle pointing to the right.

MEALS ON WHEELS

ANNUAL CONFERENCE & EXPO

2018

Advances in Nutrition, Aging and Oral Health



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ABOUT ORAL HEALTH AMERICA

America's leading **national oral health nonprofit** focused on the nation's oral and overall health for 63 years, with particular emphasis on **children** and **youth, older adults** and Americans' whose **voices are not well-represented** in oral healthcare conversations.

OHA employs **strategic partnerships** and **communications** to connect the dots between oral and overall health



WISDOM TOOTH PROJECT®

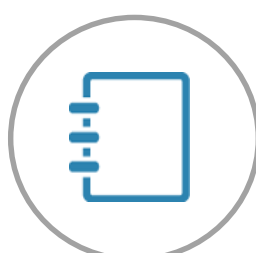
A PROGRAM OF



toothwisdom.org



Advocacy



Health Education



Enrichment
Projects



Demonstration
Projects

HEALTH EDUCATION - TOOTH WISDOM®: *GET SMART ABOUT YOUR MOUTH*

A one-hour educational workshop for older adults, led by curriculum-trained oral health professionals, delivered in settings where seniors naturally congregate: senior centers, libraries, senior residence buildings, etc.

Encourages **older adult participants** to recognize that **prevention** is critical at **all ages**

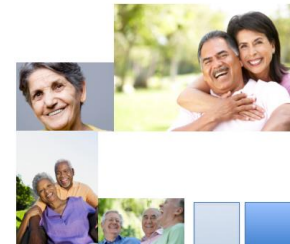
- **Demonstrates** good oral hygiene practice
- Participants take a **pre/post questionnaire**
- Receive oral hygiene products and list of **resources** within their community & tip sheets

2015-2017 Pilot Results include **299** workshops for **5,742** older adults by **248** dental hygienists trained by OHA in **MI, IL, TN, OR** and **MN**



**TOOTH WISDOM GET SMART
ABOUT YOUR MOUTH**

LEADER GUIDE



COMPLETED PILOT IN 5 MARKETS

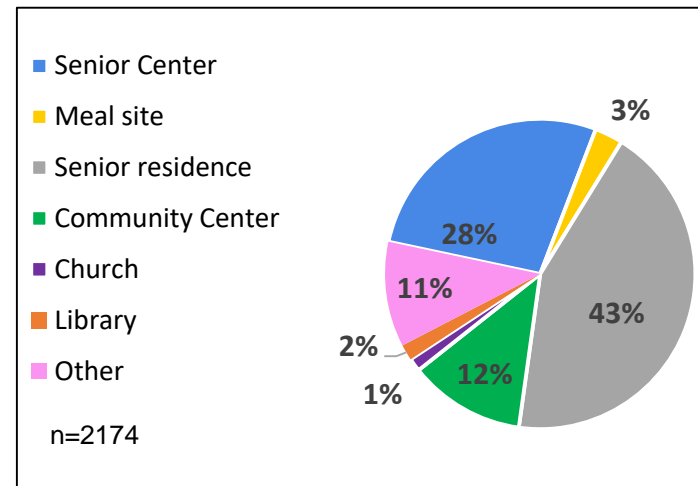
2017 At-a-Glance

- Total Number of Re-Trained Trainers: 53
- Total Number of Workshops: 170
- Total Number of Attendees: 2,689

2017 Participants by State

- Illinois: 849 participants; 62 workshops
- Michigan: 762 participants; 32 workshops
- Minnesota: 338 participants; 24 workshops
- Oregon: 325 participants; 26 workshops
- Tennessee: 436 participants; 27 workshops

2017 Type of Site



HEALTH EDUCATION - TOOTH WISDOM®: GET SMART ABOUT YOUR MOUTH (TWGSAYM)

NEW! Oral Health Professionals can become a **certified presenter** in the TWGSAYM curriculum by participating in the course hosted on Colgate Oral Health Network: www.toothwisdomgetsmart.com



www.colgateoralhealthnetwork.com



www.toothwisdomgetsmart.com



MOVING FORWARD

GET SMART - Preliminary Results on Evidence-based Research

Oral Health Status (n=121)

- Mean number of teeth = 19.4
- 15% edentulous
- Mean DMFT = 17.2
- High prevalence of plaque
- 43% not attended dentist in the last 2 years

Oral Health Literacy Level & Oral Health Status

75% of participants increased their score by at least one on the *Get Smart* post-questionnaire

Low Oral Health Literacy (OHL) associated with higher # of teeth with active caries

High OHL associated with high # of fillings

OHL score associated with dental service utilization

Next Steps

1. University of Manchester to analyze recall data (n=99), July 2018
2. Publish findings in peer-reviewed journal, December 2018
3. Revise oral health curriculum to reflect study findings, 2019
4. Apply for Evidence-based status through Administration for Community Living, Administration on Aging, 2019



The University of Manchester



Congregate Meal Sites

- Lemont Township Community Center, Lemont
- Our Lady of Loretto Parish, Hometown
- Brookfield Colgrass Café, Brookfield
- Schaumburg Barn, Schaumburg
- South Chicago Heights Senior Center



DEMONSTRATION PROJECTS

Innovative Projects “Test” Implementation Models

Expansion of Workforce Presenting Tooth Wisdom: *Get Smart About Your Mouth*

1. Oral Health Screenings and Get Smart Workshops

- Partner: University of Buffalo School of Dental Medicine

2. Inter-professional Education and Practice for Oral Health in Older Adults

Partner: NYU Rory Meyers College of Nursing

- 141 Home Health Aides, 21 Case Managers and 9 Volunteers trained
- 440 Bronx senior residents educated as of May 2018

3. Minnesota Project

Partners: Minnesota Community Health Worker Alliance, Metropolitan Area Agency on Aging and Delta Dental-MN

- 14 Community Health Workers and 1 Dietitian trained to reach more seniors

4. Missouri Project

Partner: A.T. Still University – Missouri School of Dentistry & Oral Health

- 83 D3 and D4 dental students trained to educate seniors, perform oral health screenings and connect seniors to dental school for care



OLDER ADULT SYMPOSIUM

Moving Towards 2029: The Future of Tooth Wisdom for Older Adults

“Aging in Place for a Lifetime”

Purpose: Convene a meeting with oral health, health policy and aging professionals to collaborate on the unique oral health needs and challenges facing older adults. Discuss the future of the Wisdom Tooth Project in Second Decade

Keynote and Plenary Speakers:

“Living Longer and Healthier”, Tara Cortes, PhD, RN, FAAN, The Hartford Institute for Geriatric Nursing, and Professor, NYU Rory Meyers College of Nursing

“Hunger and Nutrition in Older Adults”, Uche Akobundu, PhD, RD, Meals on Wheels America

“Older Adults, Affordable Housing, and the Health Connection”, Linda Couch, MPA, LeadingAge



NEW GET SMART ABOUT NUTRITION AND ORAL HEALTH PROJECT

Health education project designed to educate seniors on the relationship between nutrition and oral health to overall health.

1. Nutrition and oral health presentation

- conducted in community settings

2. Health Education Campaign

- designed for seniors receiving their meals at home

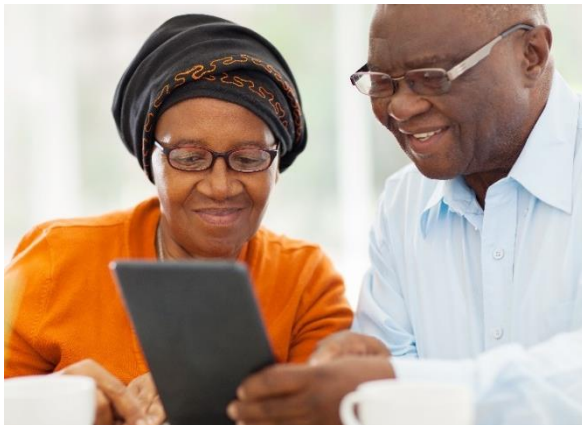
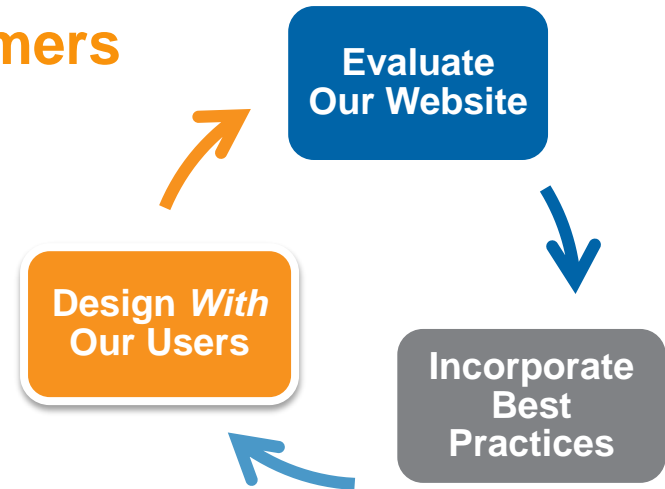


TOOTHWISDOM.ORG

Unique Web Portal for Senior Consumers

Toothwisdom.org teaches older adults about their oral health and connects them with local, affordable dental care since 2013

OHA relaunched toothwisdom.org in 2017



Data-Driven Processes

Allowing research and users to inform how we design & build our website.

- Usability Study
- Market Language Survey
- Paper Prototype
- Quality Assurance Check



TOOTHWISDOM.ORG

Improvements & Relaunch



Responsive & Mobile-Friendly

64% of seniors on toothwisdom.org are visiting from a mobile device

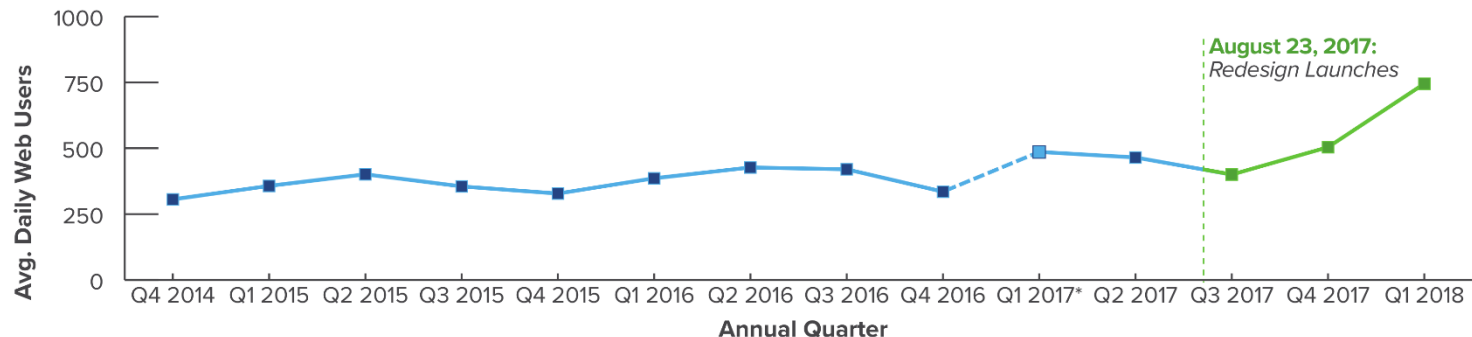


Geo-Location / Searchable Clinics

Uses Google Maps API; enter zip or city to find affordable dental care



Toothwisdom.org Web Users Over Time



ADVOCACY: A STATE OF DECAY, VOL. IV

A State-by-State Report Assessing Oral Health Policies & the Status of Oral Health for America's 65+ Population



Visit astateofdecay.org to:

- Download the Report
- Review Policy Recommendations
- Access Advocacy Tools

