



# **Works-In-Progress Session #3**

**Fadra Whyte, DMD, MPH, San Diego County**

# Introduction

- **Fadra Whyte, DMD, MPH**
  - **New Role:** Chief Dental Officer for the County of San Diego
  - Pediatric Dentist-San Ysidro Health
  - Faculty-NYU Langone Health
- **Melissa Campos, MD**
  - Family Medicine Physician-San Ysidro Health
  - Faculty-Scripps Chula Vista Family Medicine Residency



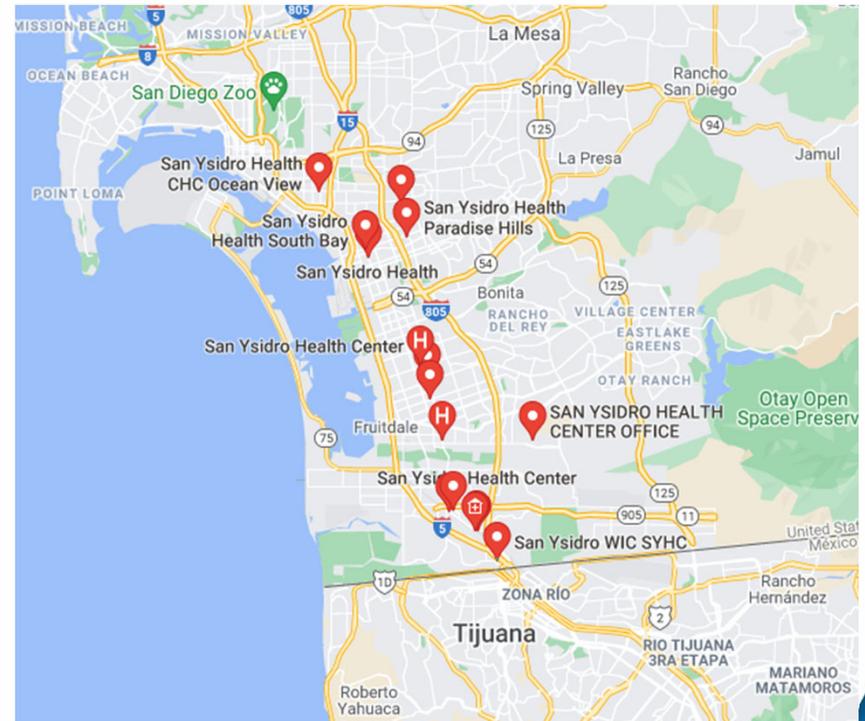
# INTRODUCTION

## San Ysidro Health:

- Federally Qualified Health Center (FQHC) with a large footprint in the south San Diego County
- Serves approximately 96,000 patients
- Had wide range of services including medical, dental, behavioral health, and Program of All-Inclusive Care for the Elderly (PACE) programs



**SAN YSIDRO  
HEALTH**



# BACKGROUND

## THE ISSUE

Increased rates of obesity and dental caries related to sugar-sweetened beverage (SSB) consumption

### AB 1838

- 2018 - banned “soda” tax in California

### AB 1163

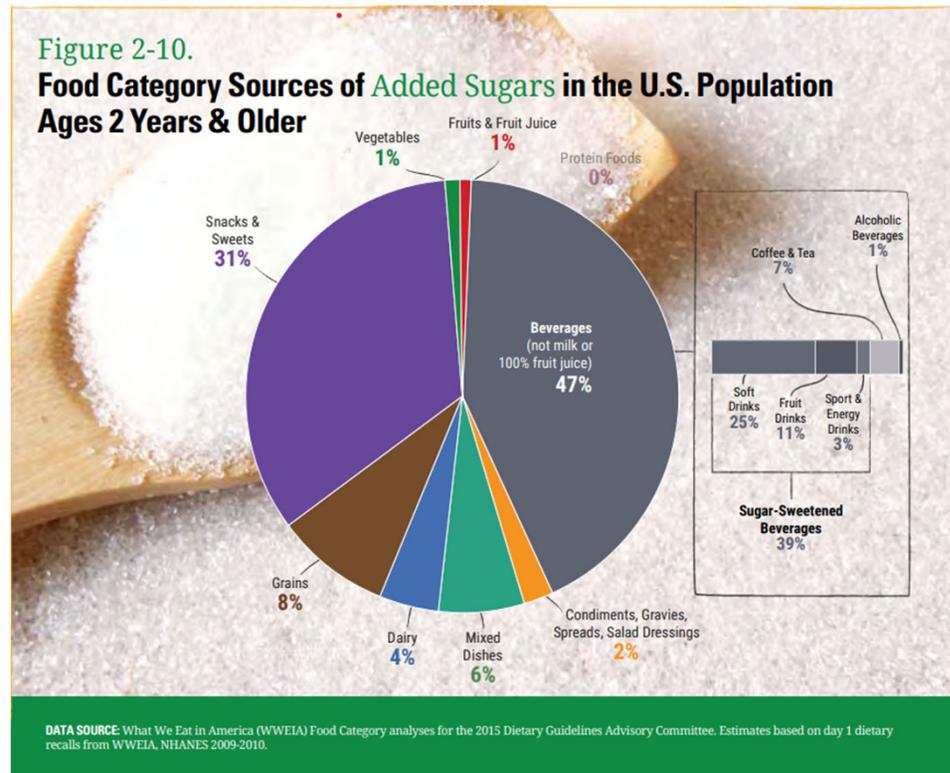
- 2019 - Would repeal the moratorium



## BMI & SUGAR-SWEETENED BEVERAGE DATA IN SAN DIEGO

- 13.9% of children (ages 0-11) are considered overweight for their age
- 28.5% of teens (ages 12-17) are considered overweight or obese by BMI
- Nearly 1 in 4 (22.0%) children and teens (ages 2-17) reported drinking at least one glass of soda in the past day

# BMI & SUGAR-SWEETENED BEVERAGE DATA IN SAN DIEGO



Source: 2009-2010 data from US Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans, 8<sup>th</sup> Edition. December 2015.

# ORAL HEALTH DATA IN SAN DIEGO

- Of over 11,000 San Diego County kindergarteners and first graders entering school for the first time, one in four (25.4%) were reported to have untreated tooth decay
- Less than half (44.1%) of children and teens receiving Medi-Cal dental benefits were seen for an annual dental visit in 2020
  - 37.4% of those children and teens received treatment for caries or caries preventative procedures



1. 2021-2022 Kindergarten Oral Health Assessment data

2. California Health & Human Services Agency, Dental Utilization Measures and Sealant by County and Age Calendar Year 2020

# OVERVIEW

## GOAL: Gather local support for AB 1163

- California Cities:
  - Albany, Berkeley, Oakland and San Francisco
- Current U.S Cities:
  - Boulder; Philadelphia; Seattle; and the Navajo Nation
- Proposals:
  - Rhode Island and Washington, D.C.



# OVERVIEW

## • **IMPACT:** San Diego Residents

- Specifically in low income and minority communities
- The community will decide how to use the proceeds
- San Francisco used \$1.6 million of its tax revenue to help fund local programs that provide food for those who lost school or jobs due to Covid-19



# PARTNERSHIP

- San Diego Public Health Department
  - Oral Health Program and CalFresh Healthy Living
- Californians for Less Soda



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO



# THE TIMELINE

Opinion: Taxing soda and other sugary drinks can boost community health. California should allow it.



**Calls for 'soda tax' on sugary drinks grow after year lacking in physical activity**



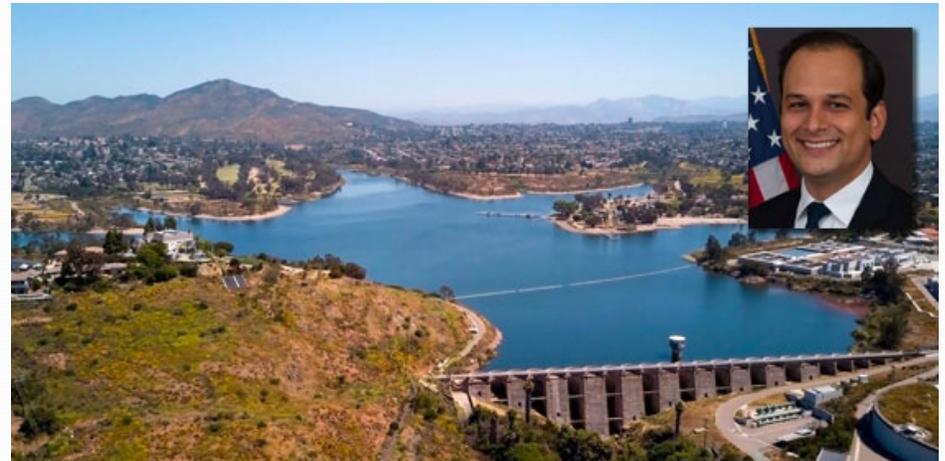
Family medicine practitioner Dr. Melissa Campos talks to ABC 10News about the ways a tax on soda would be beneficial to the public.

# SAN DIEGO CITY COUNCIL MEETINGS

**Councilmember Dr. Jennifer Campbell  
(District 2)**



**Councilmember Raul Campillo  
(District 7)**



# OUR WORK

Attended monthly meetings with CA4Less Soda Coalition

Became spokespersons for the coalition

- **Successes:**
  - Worked on and published Op-Ed piece
  - Connected the coalition with local councilmembers
  - Introduced coalition to other members of the health department
- **Challenges:**
  - Often in the middle of busy clinic
  - Funding was lost
  - No lawmaker was willing to be the first to sign onto this

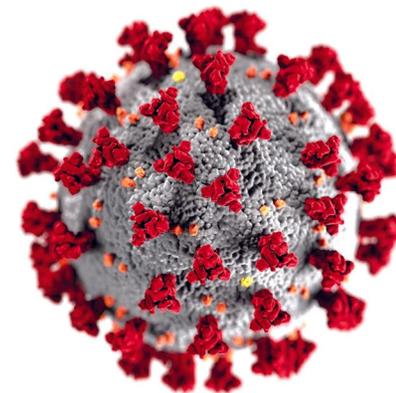


# COVID-19: OPPORTUNITIES & CHALLENGES

Virtual meetings make attendance easier



Covid-19 pandemic has highlighted the health disparities that already existed



# NEXT STEPS

- AB 1163 was stalled
- Find a “home” for the CA4Less Soda Coalition
- Engage local politicians and find a champion for allowing discussion about a sugar-sweetened beverage tax
- Engage community members to join media or local representative calls



# Moving forward...



**Champion Provider Fellowship 2022 Mini College**

## **Promoting Physical Activity and Healthy Beverage Intake in Pediatric Safety net Settings: From Evidence to Action**

Dr. Amy L. Beck, MD, MPH, Associate Professor, Pediatrics, University of California San Francisco, School of Medicine

- Dr. Beck presented a video on SSB education from a multicultural and multigenerational point of view
- The video was produced in collaboration with UCSF Latinx Center for Excellence

## Two Projects:

- Dental department is collaborating on a research project around this video
  - The project will look at parental perception and value of the video in reducing SSB consumption in their household
- Dr. Campos is establishing a program within her family medicine clinic to distribute this flyer to her pediatric families
  - Will also distribute healthy drink recipes



# Sugary Drinks



## What is a sugary drink?

Sports drinks, lemonade, energy drinks, sweetened coffee and teas, fruit drinks with added sugar and full-calorie soda.

### Did you know...

#### Fun Fact #1

On average, children consume more than 30 gallons of sugary drinks every year. This is enough to fill a bathtub.



#### Fun Fact #2

Kids consume as much as 140 teaspoons of added sugars from sugary drinks per week. That's as much added sugars as 280 gummy bear candies.

#### Fun Fact #3

Nearly one in six (14.9%) children ages 2-5 consumes a regular soda and nearly one in four (24.1%) consumes a fruit drink on a given day.



#### Fun Fact #4

Consuming too many sugary drinks can lead to obesity, cavities, type 2 diabetes, and high blood pressure.



Want to learn more about how to avoid sugary drinks?  
Please watch the video listed here and talk to your doctor/dentist today!

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# Engaging Stakeholders

- How can we make the program sustainable?
- How can we implement the program at other FQHC's?

# KEEP THE CONVERSATION GOING

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