

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



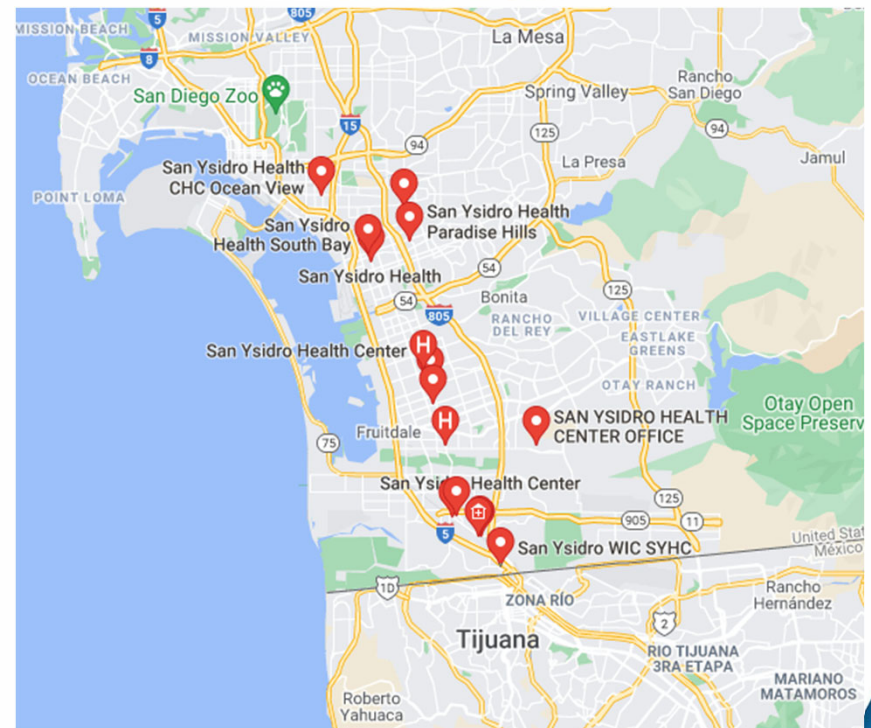
INTRODUCTION

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

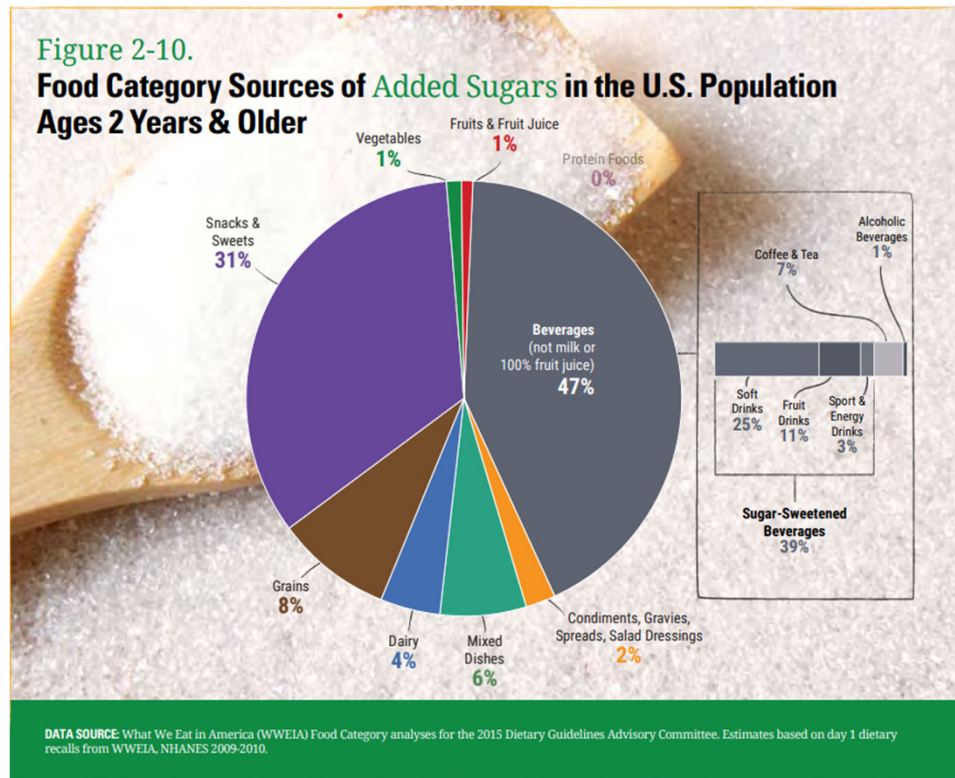
- 2019 - Would repeal the moratorium



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, 8th 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



LIVE WELL
SAN DIEGO



THE TIMELINE

The San Diego Union-Tribune

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)

DR. JEN CAMPBELL
SAN DIEGO CITY COUNCIL



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

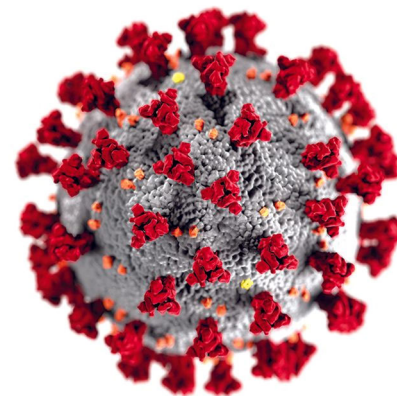


COVID-19: OPPORTUNITIES & CHALLENGES

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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