

Strategies to Improve Oral Health Care Utilization of Pregnant Women in Maryland: Partnering of Title V and PIOHQI

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MD Partnership: Title V and Oral Health

- History of Title V and Oral Health
- Selection of National Performance Measure 13
 - 13A: Percent of pregnant women who had a dental visit during pregnancy.
 - 13B: Percent of children and adolescents ages 1-17 who had a preventive dental visit in last year.
- Home Visiting and Oral Health
 - Partnering with PIOHQI (Perinatal and Infant Oral Health Quality Improvement Grant Program)
 - Medicaid utilization of oral health care during pregnancy= 27%

Improved Understanding

- University of Maryland College Park, School of Public Health, Center for Health Literacy
- Interviews of low-income pregnant women to better understand barriers and facilitators to oral health care during pregnancy
- Surveys to assess knowledge, understanding, opinions and practices regarding:
 - Dental caries etiology and prevention
 - Medical and dental care during pregnancy
 - Dental provider communication
 - Health literacy
 - Social & family supports during pregnancy

OB/GYN and Oral Health

- Working with two FQHCs (one urban, one rural) in Maryland to train OB/GYN providers on perinatal and infant oral health
- Explore ways to improve utilization of oral health care for pregnant women
 - Oral health screening appointment prior to prenatal care
 - Integration of oral health into OB/GYN prenatal care
 - Is oral health part of prenatal care? If yes, how and what? If not, why?
 - If woman does not have a dental home, does OB/GYN provider refer to a dental provider and what is the process? Is there a warm handoff and follow-up?
- Development and dissemination of state perinatal and infant oral health guidelines to dental and OB/GYN providers

Home Visiting and Oral Health

- Statewide presentation on perinatal and infant oral health to home visitors and staff: September 2016
- Working with Healthy Family America programs to provide small group, in-depth training and to discuss integration methods and to share oral health resources
- Quality Improvement
 - Plan, do study, act
 - Try and re-try to determine what works best
- Explore how oral health can be incorporated into home visiting curricula

Outreach to Hispanic Women of Childbearing Age

- “Healthy Teeth, Healthy Kids” **Oral Health During Pregnancy** campaign
- 8 week radio campaign on a popular Spanish-language station in Maryland
 - Radio advertisement
 - Four interviews
- Pandora, Facebook, and YouTube ads
- NEW brochure



La salud de su boca es importante durante el embarazo.

Asegúrese de ver a un dentista tan pronto como sepa que está embarazada.

Para más información o para encontrar un dentista:

[CLIC AQUÍ](#)

Maryland Dental Action Coalition



Dientes sanos
Niños sanos

Did You Know?

Good oral health is important for your overall health and the health of your baby.

During pregnancy, changes in your body can cause your gums to be sore, red, puffy and bleed easily. If you have any of these conditions, see a dentist at once.

Make an appointment to see the dentist as soon as you know you are pregnant.

It is important to have healthy teeth and gums before you deliver so germs do not pass from your mouth to your baby's mouth.



Oral Health is Important During Pregnancy

Free dental care is available to pregnant women through Medicaid.

Find a dentist at:
HealthyTeethHealthyKids.org

If you do not qualify for Medicaid, contact your county's health department to find a dentist.

Take care of your teeth and gums and go to the dentist during pregnancy. Do your best to keep you and your baby healthy!

Maryland Dental
Action Coalition

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Give
yourself a healthy
mouth during
pregnancy.



www.HealthyTeethHealthyKids.org

Take Care of Your Mouth When You are Pregnant

Brush

Brush twice a day with fluoride toothpaste. Fluoride prevents cavities.



Floss

Floss once a day to prevent red, puffy gums.

Drink Water

Drinking water is healthy for you and your baby. Most tap water in Maryland contains fluoride. Fluoride prevents cavities.

Choose Healthy Foods and Drinks

Eat fruits, vegetables, whole-grain bread or crackers and dairy products. Avoid sweets like candy, cookies, cake and sugary drinks.

Visit the Dentist

Make an appointment to see a dentist as soon as you know you are pregnant. It is just as important as going to the doctor. Tell your dentist you are pregnant and about any changes in your mouth.

Three Reasons to See a Dentist During Pregnancy

Getting dental care while you are pregnant is:

- 1. Important.** The health of your teeth and gums affects the health of you and your baby. If your mouth is healthy, you'll be giving your baby a healthy start!
- 2. Safe.** Getting dental care while you are pregnant is safe. That includes x-rays, fillings and having your teeth cleaned
- 3. Covered.** Medicaid covers dental care during pregnancy.



To find a dentist visit:
HealthyTeethHealthyKids.org

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