Fallbrook Regional HEALTH DISTRICT

2019-2020 COMMUNITY HEALTH CONTRACT

351 Celebrate Health

Quarter 3 (January-March) Reporting Form

Goal 3	
Conduct activities that improve child and adult health in the community.	
S.M.A.R.T. Objective 3a	
Conduct school based dental screenings in the Fallbrook Union Elementary School District, Bonsall School District and Vallecitos School District.	
Projected Cost:	**Contract Dollars Expended to Date:**
$90,180.00	$53,071.20
S.M.A.R.T. Objective 3b	
Conduct community health screening and promotional events.	
Projected Cost:	**Contract Dollars Expended to Date:**
$90,180.00	$53,071.20
S.M.A.R.T. Objective 3c	
Facilitate monthly Community Collaborative for Health and Wellness meetings.	
Projected Cost:	**Contract Dollars Expended to Date:**
$90,180.00	$53,071.20

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Progress/Accomplishment of Goals & Objectives

Objective 3A: Conduct school based dental screenings in the Fallbrook Union Elementary School District, Bonsall School District and Vallecitos School District.
Measurable Goal: At least 90% of the screenings will be completed.

Ten of the eleven schools (91%) have had their dental screenings and education completed. Fallbrook Smiles Project is not able to conduct activities at Vallecitos School in Rainbow as they have partnered with Vista Community Clinic for the services this school year.

Objective 3B: Conduct community health screening and promotional events.
Measurable Goal: A minimum of 4 screenings will be conducted.

A total of 4+ community health screenings were held this quarter:

January 29 was a Neighborhood Distribution screening for the Fallbrook Food Pantry where 48 attendees were seen. In addition, Fallbrook Smiles Project organized that Palomar Healthcare come to the screening to provide free flu shots and a total of 22 flu shots were given.

February 12 was a Senior Health Screening for the Fallbrook Senior Center where 22 attendees were seen. Also at this event, Fallbrook Smiles Project facilitated the CSUSM Nursing students to provide Senior Nutrition Education which is required through the County of San Diego. The topic this month was "Physical Fitness and Activity". The nursing students develop a curriculum and handout and present at each lunch table the presentation. A total of 44 seniors received this education. Also at this month's screening, we were a "Love Your Heart" participant through San Diego County and provided 20 blood pressure screenings/education.

February 26 was a Neighborhood Distribution screening for the Fallbrook Food Pantry where 30 attendees were seen for health screenings.

March 11 was a Senior Health Screening for the Fallbrook Senior Center where 12 attendees were seen for health screenings. Participation at the congregate lunch site had started to decline at this time due to COVID-19 concerns. The CSUSM Nursing students provided a Senior Nutrition Education component this month on "Healthy Eating on a Budget".

The March 25th health screening for the Neighborhood Distribution of the Fallbrook Food Pantry was cancelled due to COVID-19.

Objective 3C: Facilitate monthly Community Collaborative for Health and Wellness meetings.
Measurable Goal: A minimum of 2 meetings will be facilitated.

Two meetings were held: January 15 which had 29 attendees and a presentation by Dr. Kenneth Rehm from Neighborhood Healthcare. The February 19 had 28 attendees and a presentation by Stephanie Escobar on Live Well San Diego. The meeting scheduled for March was cancelled due to COVID-19.

Notes:

Fallbrook Smiles Project also facilitated for the CSUSM Nursing Students:
-a presentation about Diabetes Continuous Glucose Monitors (CGM's) and Insulin Pumps
-a teaching opportunity at Maie Ellis Elementary School Kindergartens and 1st grades about the importance of and how to wash your hands
-a dental education class and dental goody bags for GANAS participants
-a lunch time learning on Rethink Your Drink for students at La Paloma Elementary School
-a meeting with Fallbrook Food Pantry regarding the resurrection of the Cooking Matters classes

Fallbrook Smiles Project was able to complete 5 of the 7 school based BMI/Blood Glucose screenings prior to the school district closing due to COVID-19. Mary Fay Pendleton School and Potter Jr. High were the schools we were not able to get done. FSP was not able to complete BMI measurements at all schools due to a lack of volunteers. However, we were able to offer blood glucose screenings to all of the 5 schools.

Due to COVID-19 issues, many items are on hold or cancelled:
-The Fallbrook, Bonsall and Rainbow School Districts are closed for an indefinite time.
-The CPR/AED training for the Fallbrook Elementary School District Nurses and purchase of equipment is suspended.
-The CSUSM School of Nursing is only doing on line instruction at this time so we do not have the students for help at events.
-Community health screenings events cancelled.
-The search for a Community Health Coordinator has been put on hold.
-The viability of a CCHW meeting will be assessed monthly.
-Restorative dental care on hold.
-The scheduled Heart Healthy Nutrition class on April 1 and the Pre-Diabetes Class on April 29 have been cancelled.
-The Diabetes class series has been scheduled for June 3, 10 and 17 and the possibility of having the events will be assessed closer to the time.

Grant dollars funded: $90,180.00

Grant dollars expended to date:

Quarter 1: $17,232.43 (19%)

Quarter 2: $18,629.75 (21%)

Quarter 3: $17,209.02 (19%)

Total: $53,071.20 (59%)

Impact Narrative

A local resident who is a disabled man in his 40's with a young family, came into the Restorative Dental Care program of Fallbrook Smiles Project for an evaluation. He had a great deal of oral pain due to destruction of his teeth as a side effect of heavy opioid use he was taking for pain. All of his teeth had extensive decay and many of them also had abscesses. He was embarrassed about his condition.

The only treatment option to improve his dental health was to have all of his teeth removed and then have complete dentures fitted for him. Eventually, if he had the resources, dental implants would be an option to improve his situation.

Fallbrook Smiles Project, thanks to the Fallbrook Regional Health District grant, was able to fund his dentures and a local oral surgeon, Dr. Krakowiak, extracted his teeth for free. This gentleman was very grateful to be out of pain and to once again be able to smile.