

Oral Health Promotion for the Aging Population



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Abstract

Program Goal: Improve the oral health of seniors through education and partnership. Meals on Wheels (MOW) meal delivery volunteers gain awareness of the oral health and nutritional needs of seniors served in the MOW of Greater Spokane agency. **Implementation:** Develop oral health videos and presentations related to oral health and nutritional needs specific to the senior and geriatric population. **Evaluation:** MOW volunteers provided outcome evaluation and feedback on modular content, and accessibility. **Conclusion:** Modular videos are an evidence-based means of education on the topic of oral health and nutrition for the MOW meal delivery volunteers and staff.

Mission and Values Community Partner

Aging and Long Term Care of Eastern Washington (ALTCEW)

Vision is “... to provide the best home and community-based services to support healthy living and aging in place.”

Meals on Wheels of Greater Spokane Community

Mission is “To empower local community programs to improve the health and quality of life of the seniors they serve so that no one is left hungry or isolated.”

Our projects shares in these values by being able to provide a service that promotes healthy living among the aging population.

Implementation



This year, we have continued our partnership with ALTCEW MOW by creating our next installment in a series of videos aimed at increasing senior and volunteer awareness of common dental infections and denture care. Our end product is two voice-over power presentations available to MOW volunteers and seniors via YouTube and the MOW website.

Evidence-Base Practice

- Nearly all adults aged 65 years or older have had a cavity; 1 in 5 have untreated tooth decay (CDC, 2021).
- National Health and Nutrition Examination Survey (NHANES) data indicated that 16% of community-dwelling Americans older than 65 years consumed fewer than 1000 calories per day.
- Persons from lower socioeconomic backgrounds and members of vulnerable communities are at a higher risk of tooth loss, oral disease, and edentulism.

