

Participating in Dental Hygiene Board of California Meetings

Disclaimer: The California Dental Hygienists' Association (CDHA) Government Relations Council developed this resource to help licensed dental hygienists in understanding and taking part in the DHBC public meeting process. It is intended as an educational resource and does not represent official guidance from the Dental Hygiene Board of California.

Stay Informed

As a California licensed dental hygienist, the Dental Hygiene Board of California (DHBC) regulates you. Staying informed about the laws, regulations, and policies that govern your profession—and participating in the Board's public process—are important aspects of professional responsibility and professional self-governance.

Every California licensed dental hygienist should subscribe to the DHBC mailing list by providing their contact information through the Board's website. This ensures you receive notices of Board meetings, agendas, regulatory updates, and other essential information. Information on how to join the email list is on the main page of the website <https://www.dhbc.ca.gov/>.

The DHBC website provides access to:

- California laws and regulations governing dental hygiene
- Board meeting agendas and meeting materials
- Board actions and publications
- The Board's Strategic Plan and mission

Before the Meeting

The DHBC is required to post its meeting agenda at least **10 days before** a scheduled Board meeting. Supporting meeting materials are posted closer to the meeting date.

Before participating:

- Review the agenda and supporting materials.
- Identify the agenda item(s) on which you wish to comment.
- Write out your comments in advance for your personal use. Preparing your remarks helps organize your thoughts, make a concise statement, avoid repetition, and stay within the two-minute public comment period.
- Practice your comments so you can deliver them clearly and confidently.

Written comments may also be submitted to the DHBC Executive Office before the meeting. When submitting written comments, clearly identify the specific agenda item being addressed in the email subject line or within the comment.

Written comments are provided to the Board and the public for review; however, live public comment during the meeting is encouraged because it allows the Board to hear directly from licensees, reduces the possibility of misunderstanding, and provides an opportunity for clarification if the Board chooses to ask follow-up questions.

Written comments may be submitted to: dhbcinfo@dca.ca.gov

During the Meeting

DHBC meetings are generally open to the public and give an opportunity for licensees and members of the public to comment on agenda items before the Board acts.

Public comments are typically invited after Board discussion and before the Board votes on an agenda item.

Whether attending in person or virtually:

- Wait to be recognized before speaking.
- State your name and, if you wish, that you are a California licensed dental hygienist and a member of CDHA. Unless specifically authorized, do not say that you are speaking on behalf of CDHA.
- Address only the agenda item currently under consideration.
- Speak respectfully, clearly, and professionally.

If another speaker has already expressed your position, you may say that you concur with the earlier comments and briefly add any new information or perspective rather than repeating the same points. Hearing agreement from multiple licensees can be valuable, but additional perspectives help the Board better understand the issue.

Why Your Voice Matters

The DHBC's mission is public protection through the regulation of dental hygiene. The Board relies on public participation and the expertise of licensees to make informed decisions.

The Board is composed of both professional and public members. Public members provide the important perspective of California consumers, while licensed dental hygienists provide valuable insight into clinical practice, education, and the real-world impact of proposed decisions.

Your experience as a licensed dental hygienist helps inform the Board's discussions and decisions. Thoughtful participation from licensees contributes to effective regulation and strengthens professional self-governance.

Suggesting Future Agenda Items

Near the end of each Board meeting, the agenda includes an opportunity to suggest future agenda items.

If you wish to propose a topic:

- Clearly identify the issue you would like the Board to consider.
- Briefly explain why it is important to public protection, the profession, or stakeholders.
- Keep your comments focused and within the allotted time.

Your participation helps ensure the DHBC hears from the professionals directly affected by its decisions and supports informed, transparent regulation of dental hygiene in California.

Hints on Delivery

Public speaking can be challenging, especially when addressing a regulatory Board. Preparation and practice can help you feel more confident and deliver your message effectively.

Helpful tips:

- Practice your written comments in advance. Having your thoughts organized will help reduce anxiety and prevent repetition.
- Speak slowly and clearly. Speaking too quickly can make your message seem less confident or harder to follow.
- Use controlled breathing to help maintain a calm voice. Diaphragmatic breathing, rather than shallow throat breathing, can help support a steadier tone.
- Pause before making a key point. A brief pause helps emphasize your message and allows listeners time to process the information.
- Maintain a calm, professional volume, and tone. A measured delivery helps communicate confidence and credibility.

Remember: the goal of public comment is not to give a speech—it is to provide the Board with clear, concise information and your professional perspective.