

PUBLIC HEALTH CONNECTION



Children's Dental Health Month

Make a Difference in a Child's Smile

According to the CDC, tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Parents are key for setting an example for a daily routine and making their children understand the benefits of good oral hygiene. I-Smile™ maintains its positive impact on the number of low-income children who receive dental services, whether from dentists or from dental hygienists and nurses in public health settings, but improvement is still needed for children younger than 3 who see a dentist. According to a study performed by the Iowa Department of Public Health I-Smile™ Dental Home Initiative, only 18 percent of Medicaid Eligible children ages 0-2 saw a dentist in 2014. Finding children a dental home before the age of 3 is vital because primary (baby) teeth start to erupt in children from the age of 6 months, and they complete eruption by approximately 2.5 years of age. The enamel of primary teeth is not as strong as it is in permanent teeth, so they are particularly more susceptible to decay. I-Smile™ coordinators, physicians, dental professionals, and community organizations working together to prevent dental disease will impact the health of children and lower health care costs.

What Parents or Caregivers Can Do

- If your child is younger than age 6, watch your children brush their teeth with a pea-sized amount of fluoridated toothpaste and make sure your child always spits it out rather than swallows.
- If your child is younger than age 2, use a smear of toothpaste if directed by your dentist.
- Talk to your pediatrician, family doctor, nurse, or dentist about putting fluoride varnish on your child's teeth as soon as the first tooth appears in the mouth and have your child visit a dentist for a first checkup by age 1, as recommended by the American Academy of Pediatrics.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



Public Health
Prevent. Promote. Protect.

SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, February 18, 2016.*

Links

Centers for Disease Control and Prevention (CDC)
Preparedness Kit:

<http://www.bt.cdc.gov/preparedness/kit/disasters/>

National Oceanic and Atmospheric Administration (NOAA)
Weather Radio for All Hazards:

<http://www.nws.noaa.gov/nwr/>

Subscribe to public health alerts from CDC:

<http://www.bt.cdc.gov/socialmedia/index.asp>

National Fresh Fruits and Vegetable Month:

<https://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month>

National Food Safety Education Month:

<http://www.foodsafetymonth.com/>

Food Rescue Partnership:

http://www.scottcountyiowa.com/health/community_transformation.php

Through With Chew

Not all tobacco is smoked. The week of February 15-21 is *Through with Chew Week*. This national event is used to help educate people about the negative effects of all types of tobacco, encourage and support tobacco users who want to quit, and help prevent the next generation from ever starting tobacco use.

Chew contains at least 28 chemicals that have been found to cause cancer in the mouth, esophagus, and pancreas. Those who use it are 50 times more likely to develop oral cancer than nonusers. Smokeless tobacco can also cause gum disease, heart disease, and precancerous mouth sores. On average, chew products deliver a higher dose of nicotine than cigarettes, which can make the product even more addicting for users.

Smokeless tobacco is not a safer alternative to cigarettes and early detection of oral health problems can help improve a person's outcome. Along with your doctor and dentist, there is support available through Quitline Iowa to quit tobacco. Quitline Iowa is a toll-free phone cessation counseling program. Callers to the Quitline can work with a quit coach to create an individualized quit plan and get ongoing support in their quit attempt. To contact a quit coach with Quitline Iowa call 1-800-QUITNOW. (1-800-784-8669) or visit the website at www.quitlineiowa.org.

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