

# PUBLIC HEALTH CONNECTION



## Children's Dental Health

### Oral Health is Important

Few things light up a room like a child's beaming smile!

This February, National Children's Health Month, take some time to focus on how oral health impacts these beautiful smiles. Healthy teeth help children eat, talk and learn well. Dental caries (cavities) continue to be a common problem among children yet they are very preventable. It is important for children to enjoy their formative years free from infection or dental pain. Let's support them in this!

### Dental Habits at Home

Parents can help children develop lifelong habits that keeps mouths healthy. Make your own oral health a priority by setting a good example. Encourage kids to brush twice a day for two minutes, and floss once a day. Under age six, children will need a parent to handle most of the brushing to do a thorough job, but by age seven most can start to manage personal hygiene with just a little prompting and coaching from the adults in their lives. Remember to continue supporting oral health for preteens and teens, as this age groups tends to be prone to developing cavities. Make sure kids have a new tooth brush every three months or after they have been sick. Keep the house stocked with fluoride toothpaste and floss/interdental cleaners.

### Visit the Dentist

Schedule regular dental visits for your children and make sure they get there! Most people benefit from preventive dental visits every six months. Make dental care a priority. Need help finding a dentist for your child? Call the I-Smile™ Coordinator at (563) 326-8645.



### 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.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, Boardroom, 12:00 PM, Thursday, February 21, 2019.*

## Links

- Mouth Healthy by the ADA: [mouthhealthy.org/en/babies-and-kids/first-dental-visit](http://mouthhealthy.org/en/babies-and-kids/first-dental-visit)
- I-Smile™ at Scott County Health Department: [scottcountyiowa.com/health/oral-health/i-smile](http://scottcountyiowa.com/health/oral-health/i-smile)
- I-Smile™ Dental Home Initiative: [ismile.idph.iowa.gov/](http://ismile.idph.iowa.gov/)
- Quad Cities HEARTSafe Coalition: [qcheartsafe.org](http://qcheartsafe.org)
- American Heart Association: [heart.org/en](http://heart.org/en)

## American Heart Month

February is American Heart Month, and heart disease is the leading cause of death in Iowa. Cardiac arrest happens when the entire heart stops beating, and can happen anywhere, to anyone, at any time. The chances of surviving from cardiac arrest decreases for every one-minute that CPR is not performed.

**Hands-Only CPR is CPR without mouth-to-mouth breaths.**

It is recommended for use by people who have seen a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work, or in a park.

**Hands-Only CPR consists of two easy steps:**

1. **Call 911**
2. **Push hard and fast.** During CPR, you should push at the center of the chest at a rate of 100 to 120 compressions per minute.

The Quad Cities HEARTSafe Coalition provides education and awareness to empower and increase bystander Hands-Only CPR. To schedule a free 30-minute Hands-Only CPR training, contact the Quad Cities HEARTSafe Coalition, by emailing [HandsonlyCPR@genesishealth.com](mailto:HandsonlyCPR@genesishealth.com).



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