

PUBLIC HEALTH CONNECTION



Children's Dental Health Month

Children's Oral Health

Since 1949, the American Dental Association has been bringing awareness of children's oral health and designated February as National Children's Dental Health Month to promote and educate on oral health for our children. This year the slogan is "Healthy Habits for Healthy Smiles". Cavities, or tooth decay, is the most common chronic disease in our children, but is also the most preventable. Cavities left untreated can cause pain and discomfort, distracting children from focusing on their schoolwork or daily tasks, such as eating and speaking. There is also the risk of infection if the cavity is left unattended. The Centers for Disease Control and Prevention reports 1 in 5 children ages 2 to 5 years has at least one cavity in their baby teeth.

With cavities being on the rise in children, there are steps you can take to prevent decay and help your children have strong healthy teeth that will last their lifetime. Wiping baby's gums with a damp cloth or finger toothbrush daily after feeding helps remove residual milk from the gums. As teeth begin to erupt, using a child size toothbrush and brushing every morning and evening will set the child up for good oral habits and routines as they grow older. It is important to help your child with brushing until they have controlled dexterity, which is around the age of 8 years old. Using a fluoridated toothpaste helps to put a coating on the teeth to protect them from acids and sugars. Children under the age of 2 should use a smear of toothpaste, while a pea size is recommended for ages 2 and older.

The American Dental Association recommends a child's first dental visit should take place around the first birthday. As soon as a tooth appears, that tooth is at risk for decay, and being proactive with your child's oral care can help them have a lifelong healthy smile.



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,
1st Floor Boardroom, 12:00 PM,
Thursday, February 15, 2024*

Links

- American Dental Association
Ada.org
- Centers for Disease Control and Prevention
<https://www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html>
- American Heart Association
cpr.heart.org/en/
- Quad Cities HEARTSafe Coalition
gcheartsafe.org

Hands-Only CPR

February is American Heart Month and everyone should learn the life saving skills of Hands-Only CPR.

Cardiac arrest happens when the entire heart stops beating and can happen anywhere to anyone at any time. For everyone one-minute that CPR is not performed on a person in cardiac arrest, the chance of survival decreases by 10%.

That's why the Quad Cities HEARTSafe Coalition (QCHC) provides free Hands-Only CPR trainings to empower and increase bystander CPR to save more lives. Hands-Only CPR is CPR without rescue breathes, also known as mouth-to-mouth. 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, at work, or in a park.

Visit gcheartsafe.org to learn more or schedule your training.

TWO STEPS TO SAVE A LIFE



Scott County Health Department
Scott County Administrative Center, 4th Floor
600 West 4th Street Davenport, Iowa 52801-1003

Phone: 563-326-8618 | Fax: 563-326-8774

Email: health@scottcountyiowa.gov

Website: www.scottcountyiowa.gov/health

Follow us on: [Facebook](#) | [Twitter](#) | [Instagram](#) | [Pinterest](#)



To receive this newsletter electronically, please subscribe at www.scottcountyiowa.gov/health/connection or email health@scottcountyiowa.gov or call 563-326-8618.

