



School Smiles

INSIDE

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Winter 2013

Winter Smiles!



February is **National Children's Dental Health Month**, **American Heart Month** and includes **National Eating Disorders Awareness Week** (February 24–March 2).

National Nutrition Month, and **National Brain Injury Awareness Month**, are observed in March as are **Kick Butts Day** (March 20) and **American Diabetes Alert Day®** (March 26).

We all know someone who is affected by the health issues observed in these months, but we may not be aware how each is related to oral health. All are part of the **oral health-systemic-health connection**. Learning more about this connection reveals the importance of promoting oral health and how the simple act of taking care of your mouth can help keep you healthy overall! School nurses, clinic staff, and teachers are in the perfect position to get this message across, not only to our children, but also to the staff. It is true that, **"You can't have good health without good oral health,"** (Surgeon General (Ret) C. Everett Koop). You can make a difference! **Healthy Smiles are Happy Smiles!**

National Children's Dental Health Month!

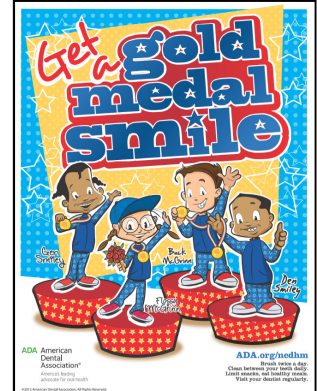
February marks National Children's Dental Health Month, sponsored by the American Dental Association (ADA). NCDHM messages and materials have reached millions of people across the country raising oral health awareness and importance. Children can get a good start on a lifetime of healthy teeth and gums by developing good oral habits at an early age and scheduling regular dental visits.

In February 1941, NCDHM observances began in Cleveland, Ohio with a one-day event and a one-week event in Akron, Ohio. Since, the concept has grown into a nationwide program. On February 8, 1949, the ADA held their first national observance of Children's Dental Health Day. It became a weeklong celebration in 1955.

Today, it is celebrated the entire month of February throughout communities across the country and our armed service bases.

Celebrations often include contests for posters, coloring, and essays. Also included are Give Kids a Smile Day, health fairs, free dental screenings, museum exhibits, classroom presentations and dental office tours.

National Children's Dental Health Month helps to continue to bring the importance of keeping children's smiles healthy to the forefront every year. **For more information see page 10 and <http://www.ada.org/5578.aspx>**



February is American Heart Month



February is American Heart Month. One in every three deaths is from heart disease and stroke making cardiovascular disease the leading cause of death in the United States. Cardiovascular problems are also the leading causes of preventing people from working and enjoying family activities. In 2010, stroke and heart disease related hospitalizations cost the nation more than \$444 billion in lost productivity and health care expenses. In lieu of these findings, CDC and other areas of the US government have launched Million Hearts™, to prevent the nation's leading killers and empowering people to make heart-healthy choices.

“The Million Hearts™ Initiative seeks to prevent 1 million heart attacks and strokes by the end of 2016 by:

- **Empowering Americans to make healthy choices** such as avoiding tobacco use and reducing the amount of sodium and trans fat they eat. These changes will reduce the number of people who need medical treatment for high blood pressure or cholesterol, thus ultimately preventing heart attacks and strokes.
- **Improving care for people who need treatment** by encouraging a focus on the “**ABCS**”—**A**spirin for people at risk, **B**lood pressure control, **C**holesterol management, and **S**moking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes. <http://www.cdc.gov/features/heartmonth/>

The American Heart Association has resources and information for both elementary and middle school teachers located at: http://www.heart.org/HEARTORG/Educator/FortheClassroom/For-the-Classroom_UCM_001115_SubHomePage.jsp

The Oral Health Connection: Your mouth contains mostly harmless bacteria and the body's natural defenses along with daily brushing and flossing can help keep these bacteria under control. But, they can sometimes grow out of control and the harmful ones can cause tooth decay and gum disease among other problems. This harmful bacteria can also enter your bloodstream if the normal balance of bacteria in your mouth changes or if the mouth's normal protective barriers are broken. A dry mouth can help this bacteria break through.

If an infection gets into your heart or if you have a damaged heart valve, it may infect the inner lining of the heart causing endocarditis. Some studies suggests that oral bacteria from gum inflammation (periodontitis) may be linked to heart disease, atherosclerosis (clogged arteries) and stroke.

February is National Pet Dental Month, too!

**Dog breath is nothing
to smile about ...**



... even for a cat.

February is National Pet Dental Health Month

Does your pet have bad breath! That odor might be related to a health problem. The organisms that cause bad breath, tooth and gum damage can cause problems with their internal organs, too. In February, the American Veterinary Medicine Association (AVMA) sponsor National Pet Dental Health Month in cooperation with other veterinary groups as well. Periodontal disease is completely preventable and yet it is the most common clinical condition in cats and dogs.

To learn more on how you can help your pet enjoy better oral as well as overall health the AVMA webpage has some helpful information. Included are:

- Easy, step-by-step instructions on how to teach a dog or cat to accept a daily tooth brushing with suggestions for healthy treats, and information regarding the true risks of periodontal disease in pets.
- Information on how to prevent your pet from getting periodontal disease.
- The AVMA Animal Tracks podcast about the importance of dental health for pets.
- And another podcast coming in February 2013!

You can view the National Pet Dental Health Month ad from the *Journal of the American Veterinary Medical Association*.

<https://www.avma.org/Events/pethealth/Pages/February-is-National-Pet-Dental-Health-Month.aspx>



National Eating Disorders Awareness Week



February 24 - March 2, 2013, marks **Eating Disorders Awareness Week**. The objective of the awareness week is to educate people about the warning signs and options for treatment related to eating disorders. It also helps equips friends and family with language and behaviors that they can adopt to create an effective support network. **You can Take Action Today:**

1. Watch Your Language

"You look so good! Have you lost weight?" Such language hardly seems hurtful, but rather, complimentary. Continual equation of losing weight to looking better reinforces the eating disorder faulty logic. We should reflect that people are much more than their appearance in the way we compliment them.



2. Know the signs

- A significant amount of weight lost or gain in a relatively short period of time
- Behavior where they seem depressed, anxious, or both
- After meals disappearance or avoidance from eating socially altogether
- Too much time working out



If you notice one or more of these signs, take notice, and if you're worried reach out. They may need and want your help even if your concerns may not seem to be received in a warm manner.

3. Reach out

Speak up and reach out if you know a student who may be struggling with an eating disorder. Encourage them to seek help and let them know that struggling is normal. Recommend calling 1-800-273-TALK.



"A show of support and understanding can go a long way for someone struggling in silence."

<http://activemindsdc.nonprofitsoapbox.com/our-programming/awareness-campaigns/national-eating-disorders-awareness-week>



The Oral Health Connection: The National Eating Disorders Association (NEDA) estimates that in the US, nearly 10 million women and 1 million men are affected. People with eating disorders have a greater rate of cavities from the high use of sweetened beverages and candy for energy and to placate the feeling of hunger. Behind the front teeth there may be severe dental erosion from vomiting which may cause tooth sensitivity and pain. <https://www.nationaleatingdisorders.org/dental-complications-eating-disorders>

Health Department Dental Services for Children



Your county health department dental program offers in-school dental services for children without access to dental care. The program offers dental screenings, pit and fissure sealants, and fluoride treatments. Partially supported by Grant-in-Aid funding, these services may be provided at no cost to the school. Medicaid and PeachCare for Kids will be accepted.



Also so available at no cost are plaque awareness and tobacco education presentations for your students. These fun and educational presentations are designed around the State QCC requirements and Gwinnett County AKS. **If you would like more information, contact your county health department dental prevention program coordinator:**

Jennie Fleming, RDH, BS, MEd at: Jennie.Fleming@gnrhealth.com



March is National Nutrition Month



March is **National Nutrition Month®** which is an annual campaign by the Academy of Nutrition and Dietetics. It focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

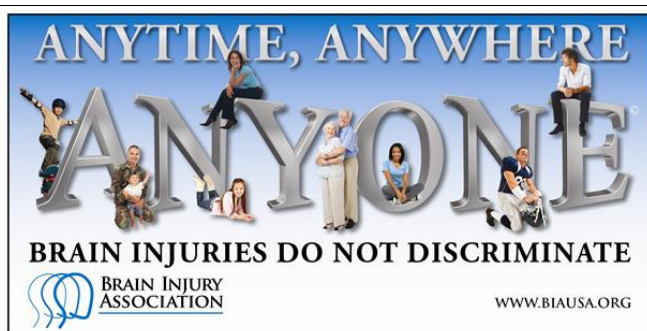
This year is the 40th anniversary of **National Nutrition Month®** and the theme is, "Eat Right, Your Way, Every Day". It recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices. healthy personalized eating styles are encouraged to eat right, their way, every day.

Promotional resources to can be found at: <http://www.eatright.org/nnm/promotionalresources/>, and includes a toolkit, handouts, web banners/print ads, and information on what an Registered Dietitian can do for you.

The Oral Health Connection: Nutrition plays an important part in oral health and oral health is integral to systemic and nutritional health. Diet and nutrition directly influences dental caries (tooth decay). Also, periodontal disease (gum disease) is associated with

poor nutrition. Diet composition and consumption frequency play a large part. Both diabetes and cardiovascular disease have oral connections and are related to diet and nutrition. A person's total health and oral health needs may depend on dietetics professionals to provide medical nutrition therapy (MNT). The role of nutrition in oral health is important both to dental and dietetic education programs and is needed to ensure comprehensive health care for those with oral infectious disease and/or oral manifestations of systemic diseases. **Oral Health and Nutrition**, Vol. 107, Iss. 8, pp. 1418-1428 (August 2007) <http://www.eatright.org/About/Content.aspx?id=8384>

March is National Brain Injury Awareness Month



BRAIN INJURY: ANYTIME, ANYWHERE, ANYONE **Brain injuries do not discriminate**

A brain injury can happen in an instant and can bring a lifetime of physical, cognitive, and behavior changes. It's not something you can plan for, but once it happens, you need to know where to go for help. It is important to have early and adequate access to care will greatly increase overall quality of life.

Traumatic brain injury (TBI) is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.

According to the CDC, among children ages 0 to 14 years, TBI results in an estimated

- 2,685 deaths
- 37,000 hospitalizations
- 435,000 emergency department visits

The Georgia's Brain Injury Association Website can be accessed at: <http://www.braininjurygeorgia.org/>

For awareness materials including a promotion guide: <http://www.biausa.org/announcements/march-is-brain-injury-awareness-month-1?>

The Oral Health Connection: Improving the quality of mouthguards for player safety may be one way of attempting to reduce the incidence of concussion in athletes. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC162236/>

- 1.7 million people, including 475,000 children, sustain a TBI in the U.S. each year. 3.1 million individuals live with life-long disability as a result of TBI.
- 52,000 people will die. 275,000 people will be hospitalized. 1.365 million people will be treated and released from an emergency department.
- Just as no two people are exactly alike, no two brain injuries are exactly alike.

LEARN MORE TODAY.

Kick Butts Day (March 20) Campaign for Tobacco-Free Kids®



Organized by the *Campaign for Tobacco-Free Kids* and sponsored by the *United Health Foundation*, the first **Kick Butts Day** was held in 1996. It is a national day to help empower young people to speak up against Big Tobacco. This year's **Kick Butts Day** is March 20, 2013, and more than 1,000 events in schools and communities across the US and around the world are planned.

In celebration of **Kick Butts Day**, teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free
- Urge elected officials to take action to protect kids from tobacco

Even though it is officially held on one day each year, their hope is that every day will be **Kick Butts Day** in the fight against tobacco. You can use their *Activities Database* to organize events that take a stand against tobacco on any day of the year. If you make each day **Kick Butts Day**, you can help win the fight against tobacco use.

The mission of **Kick Butts Day** is to:

- **Promote** public policies that will reduce tobacco use and exposure to secondhand smoke, including higher tobacco taxes, comprehensive smoke-free laws, well-funded tobacco prevention and stop-smoking programs, and tough regulation of tobacco products and marketing.
- **Expose** and counter efforts to market to children and mislead the public by the tobacco industry.
- **Strengthen** tobacco control efforts in the US and worldwide by providing support and information to many partners.
- **Mobilize** organizations and individuals to join the fight against tobacco.
- **Empower** a tobacco-free generation by fostering youth leadership and activism.
- **Inform** the public, policy makers, and the media about tobacco's devastating consequences and the effectiveness of the policies we support.

For more information and activities: <http://www.kickbuttsday.org/> and <http://www.kickbuttsday.org/search-activities/>

The Oral Health Connection: Tobacco use is a risk factor for oral cancer, periodontal disease, and congenital defects in children whose mothers smoke during pregnancy. (http://www.who.int/oral_health/publications/ohpd01/en/)

According to new research in the *Journal of Adolescent Health*, Teenage girls who smoke form less bone. Teen years are critical growth years and carry a higher risk of developing osteoporosis later in life.

(<http://www.cincinnatichildrens.org/news/release/2012/teenage-smoking-bone-density-12-4-2012/>)

American Diabetes Alert Day® (March 26) American Diabetes Association®



Diabetes strikes nearly 26 million **children** and adults in the United States, and a fourth of them don't know they have it. An additional 79 million (1 in 3 American adults) have prediabetes, putting them at high risk for developing type 2 diabetes.

Diagnosis may come 7 to 10 years after the onset of the disease, thus allowing complications time to develop which may be disabling and deadly. Early diagnosis is critically important in successfully treating, delaying, and/or preventing many diseases including heart disease, blindness, kidney disease, stroke, amputation and death. <http://www.diabetes.org/in-my-community/programs/alert-day/>

The Oral Health Connection: Oral Health problems can be common in those with diabetes. Some of the problems can include: tooth decay, periodontal (gum) disease, salivary gland dysfunction, fungal infections, taste impairment, and lesions that may take a long time healing. (https://www.ada.org/sections/scienceAndResearch/pdfs/patient_18.pdf)

Fuel Up to Play 60!

Finding Healthy Solutions



Students Spark Changes at School

Change takes work. It takes solutions. And it takes a strong team. **FUEL UP TO PLAY 60** has teamed up with schools to empower kids to create change in their own lives. Change the way they look at food and nutrition. Change their attitudes toward physical activity. Change for the better.



11 MILLION
INVOLVED STUDENTS



(3.5 million more than last year)



2+2

abc



NEARLY 73,000 SCHOOLS



66%

OF ENROLLED EDUCATORS

believe Fuel Up to Play 60 is increasing opportunities for students to be physically active in school



IN THE PAST 2 YEARS

60%

of Fuel Up to Play 60 schools have implemented an action focused on improving eating or physical activity, including:



Morning Fitness Clubs



Breakfast Smoothies



Healthy Food Tastings



MORE THAN 26,000 ADULT ADVISORS

Q: What does an Adult Advisor do?

A: Facilitate in-school activities
Encourage and support students
Apply for funds for Fuel Up to Play 60

Students + Fuel Up to Play 60 + Schools =



of educators say it helps them achieve their school wellness goals



of educators believe the program is helping students make healthier food choices



of educators say it is helping increase the amount of time students are physically active at school



Define: Fuel Up to Play 60

Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school. Students and their schools can win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day.

Learn more about how to get involved and continue efforts to make the next generation, our schools and our communities healthier at FuelUpToPlay60.com.



Data based on Fuel Up to Play 60 enrollment database and results from online survey fielded in April/May 2012 among more than 11,000 adults in Fuel Up to Play 60 enrolled schools. Survey data were weighted statistically to adjust for sample bias.

“Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by **National Dairy Council (NDC)** and **NFL**, in collaboration with the **USDA**, to combat childhood obesity. It helps students make positive changes in their schools by improving opportunities to consume nutrient-rich foods and get at least 60 minutes of physical activity every day. The ultimate goal is to ensure changes made at school are sustainable and complements – not competes with – an academics-focused environment. (<http://www.southeastdairy.org/in-schools/fuel-up-to-play-60/>, <http://www.nationaldairycouncil.org/Pages/Home.aspx> and <http://www.usda.gov/wps/portal/usda/usdahome>)

Families, communities and local governments all have a role in helping today’s children learn about the importance of proper nutrition and physical activity so we can reverse the childhood obesity trend. It’s time for us all to pull together and help America’s children make good choices and practice good habits to ensure a healthy future.

In addition to its wellness component, Fuel Up to Play 60 also has **academic benefits**. A growing body of evidence indicates that obesity, physical inactivity and poor nutrition are associated with lower levels of school achievement. Through positive changes in the healthy eating and physical activity environment in schools, Fuel Up to Play 60 provides the opportunity to help students become more focused, engaged and higher-achieving. Read our pledge to end childhood obesity in one generation - made along with supporting health and nutrition organizations, including Action for Healthy Kids, American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, National Hispanic Medical Association, National Medical Association and School Nutrition Association (http://www.southeastdairy.org/wp-content/uploads/2012/05/guiding_principles.pdf).”

The Oral Health Connection: Milk and other dairy products give kids the calcium needed for growth and development, especially for strong bones and teeth. Children ages 4 to 8 need 800 milligrams of calcium each day. In addition to getting calcium, it is important for kids to brush their teeth with fluoride toothpaste at least twice a day to help protect their teeth from cavities. This information is also available for children ages 4 to 8 as a **coloring book** starring Buddy Brush as he explains why calcium is critical not only to good health, but also to healthy teeth. (<http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth/MilkMatters1.htm>)

**Page 26 From the Fuel Up Play 60 Challenge Playbook (free online)**

http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_318581.pdf

Physical Activity Breaks

Try these physical activity breaks, or those found in your *NFL PLAY 60 Challenge* Teacher Guide, when implementing physical activity into your classroom. Feel free to make them your own and remember to have fun!

Interactive Reading

When to use: During the class period as a part of the lesson for an educational physical activity break. This activity can be adapted to various subjects.

Instructions

- The teacher or student will read a current events article or section from a book or magazine that pertains to your class lesson.
- Pick a key word (or words) such as "United States" or "America" that appears frequently throughout the reading piece.
- Instruct the students to do a certain physical activity every time they hear this keyword. Some examples are to jump out of their seat then sit back down quickly, do a jumping jack, or act out the word if it is a noun or verb (like "earthquake" — students stand up and shake; or "bear" — students act like a bear making claws with their hands and growling).
- Continue actions until the entire reading is finished.

Simon Says, "Be Fit!"

When to use: Anytime during the school day. This would be fun to do with a large group of students, during lunch or an assembly.

Instructions

- Lead the students in a physically active game of Simon Says.
- All of the same Simon Says rules apply: Do not stop doing what "Simon Says" until he or she says "Stop." If you stop or start a motion without Simon's instruction, you are out.
- The moderator of the game (Simon) will call out various physical activities like jumping jacks, knee-highs, push-ups, balancing on one leg, arm circles, touching your toes, jogging in place, etc.
- Create a friendly competition by announcing the winner at the end of the game.

Activity Speed Rounds

When to use: Toward the end of a class period or day, or during open gym time.

Instructions

- Ask students to push their desks to the center of the room (if needed).
- Set up equipment in stations around the room such as jump ropes, hula hoops, workout bands, basketballs, or signs that say activities like "jumping jacks" or "sit-ups."
- Students will evenly disperse to the stations and begin doing the activity as fast as they can for 30 seconds.
- Students will switch stations every 30 seconds when you blow a whistle or yell "Switch!" and move to the station to their right.
- Keep the students rotating around the room until they have visited every station or arrive back at the station where they started.

Passing Period Physical Activity

When to use: During the passing periods throughout the school day. Engage staff and faculty to be motivators to the students during each passing period by standing in the hallways providing encouragement or doing the movements with them.

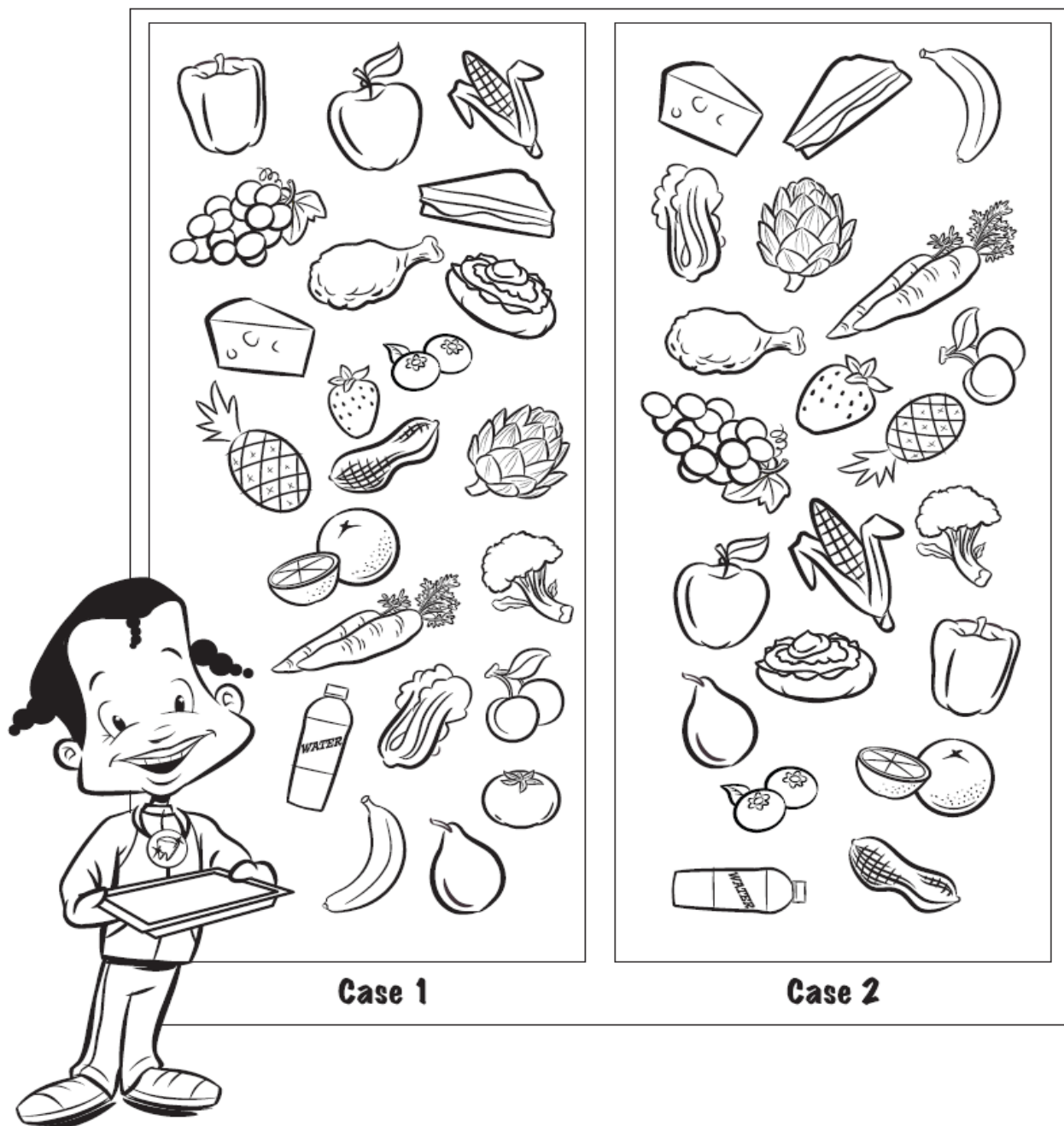
Instructions

- Get students, faculty and staff excited about passing periods with fun movements on the way to class. Try giving each day of the week its own physical activity theme (for example, "Marching Monday" or "Twirling Tuesday").
- Have students skip to class.
- Have students do lunges to class.
- Have students do five jumping jacks every time they enter a new hallway.
- Have students do the grapevine to class.
- Create hop-scotch paths for students to use in the hallways.

National Children's Dental Health Month

Gen knows that eating nutritious meals and limiting sweets is good for your body AND your smile!

Look carefully at the healthy foods in each case and see if you can spot which food from Case 1 doesn't have a match in Case 2.

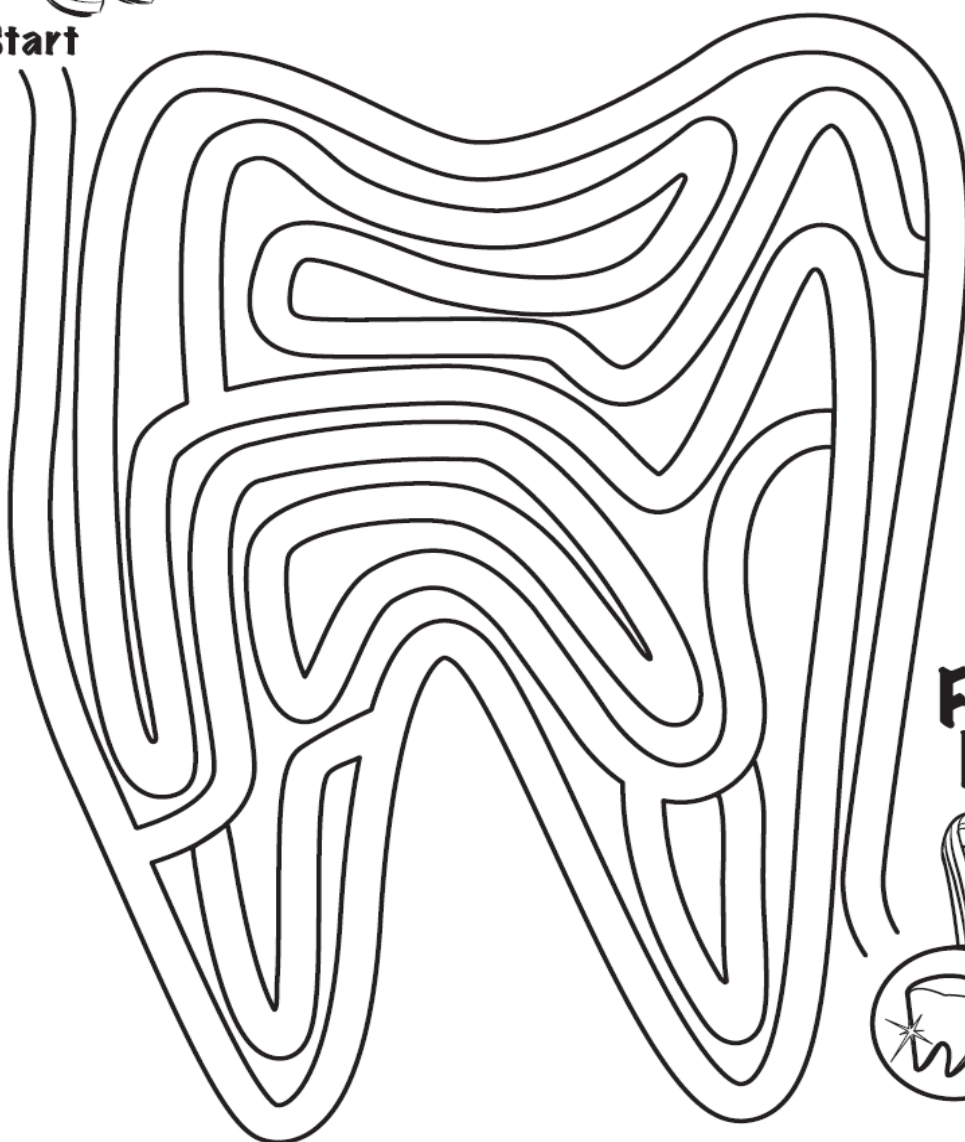


National Children's Dental Health Month

Help Flossy and Den cross the finish line! You can get a Gold Medal Smile, too. Practice good oral health everyday!



Start



Finish Line!

