



Brush up on Healthy Teeth!

Reminding students that healthy teeth and gums are important for many reasons. Teeth bite, tear, and chew food when you eat. Teeth also help you speak clearly. Many letters of the alphabet cannot be sounded without the help of teeth (try saying "healthy teeth"). Clean, healthy teeth help keep the rest of your body healthy, too. And a sparkling smile always helps you look and feel your best!

With the increase consumption of sweetened drinks among children, adults have an opportunity to teach them about the harmful effects these drinks have on a person's dental health. Soft drinks and other sweetened beverages are very acidic and high in sugar, which can cause cavities. Here is some basic information about how tooth decay begins (which leads to cavities) that you can share with students:

How Tooth Decay Starts:

- Sugar combines with the bacteria already in your mouth to form acid
- This acid, plus the extra acid from soft drinks "attacks" your teeth. Each "acid attack" lasts about 20 minutes and starts over with every sip of soda
- Acid "attacks" the weakened tooth enamel, causing tooth decay and cavities

Remind students that diet or sugar free beverages still have acid that can harm their teeth. Even though fruit drinks are not carbonated, they also have acid and sugar that can weaken the tooth enamel and cause cavities. Here are some tips you can share with students to reduce their risk of tooth decay.

- Brush your teeth twice a day
- Floss your teeth once per day
- Drink sweetened beverages in moderation
- If you do drink soda, use a straw to keep sugars away from the teeth as much as possible
- Rinse your mouth with water after drinking soda
- Get regular dental check ups and cleanings (twice a year)

The American Dental Association has developed a guide to help educators teach kids about oral hygiene and dental health. Smile Starts! is an oral health curriculum for preschoolers through eighth grade that offers flexible, modular lesson plans,

support materials, hands-on classroom demonstrations, and suggestions for further oral health activities. Curricula include:

- **Shining Smiles:** Helps children between 4 & 7 years of age understand the importance of teeth and provides basic information about how to keep teeth healthy.



- **A Lifetime of Healthy Smiles:** Designed for 2nd and 3rd grade students. It encourages the discussion of the importance of healthy teeth and reinforces the dentist's instructions on how to properly care for their teeth.
- **Teeth to Treasure:** Takes the "A Lifetime of Healthy Smiles" curriculum one step further and instills a sense of responsibility in 4th-6th graders to keep their teeth clean and healthy.
- **Watch Your Mouth:** A dynamic, thought-provoking classroom lesson for 7th and 8th students. "Watch Your Mouth" shows how informed teens can make smart choices to protect their teeth and their health. This lesson also reinforces good oral hygiene habits and focuses on special activities and conditions that require extra "tooth attention."

You can download these flexible lesson plans for free at <http://www.ada.org/public/education/teachers/smiles/smarts/index.asp>.



News You Can Use

2010 Coordinated School Health Conference Registration Available!

The Buckeye Healthy Schools Alliance (formerly the State Planning Committee for Health Education in Ohio) will be hosting the 2010 Coordinated School Health Conference on June 23 and 24, 2010 at Cherry Valley Lodge in Newark, Ohio. The 2010 theme is "Back to the Basics: Practical Ideas and Resources to Revitalize School Wellness." The conference will help participants develop priorities and implement plans that improve the school climate for students, staff and community. A pre-conference event is available on June 22. The registration deadline is May 1, 2010. For team and cost details, please visit <http://www.bhsalliance.org/>.

Annie's Offers Grants for Gardens

Annie's offers a limited number of small grants to community gardens, school gardens and other educational programs that connect children directly to gardening. These funds can be used to buy gardening tools, seeds or other needed supplies. Eligible applicants will represent a school or non-profit organization located within the United States that plan to use the money for school and community gardens or sustainable agriculture. Annie's cannot donate their "Free Loot." Annie's will not make grants or donations to individuals, athletic teams or events, or health fairs. Potential applications should http://www.annies.com/grants_for_gardens and fill out the online application to apply. Applicants may request up to \$250 and the funding deadline is 60 days prior to your project's projected start date.

Active Recess Activity

Each month, the Health and Nutrition Flash (HNF) will offer teachers and recess monitors a different active recess activity that they can add to their activity boxes (for more information, refer to the January 2010 edition of HNF (<http://publichealth.columbus.gov/cardiovascular-health.aspx> and click on Forms and Publications). The Octopus activity is the first activity to add to your outdoor activity box.

Octopus

Grades: K-2, outdoor activity

Equipment: Cones for starting and finish lines.

Formation: Use a large open area such as the playground or grassy area. Place cones to form a starting line and a finish line.

Activity: All the children line up at the starting line to begin the game. One child is chosen by the leader to be the Octopus. The Octopus moves around in the open space between the start and finish lines. When the Octopus calls "Octopus," all the children run across to the finish line. Those tagged by the Octopus must freeze in place. On the next round, the remaining children run back to the starting line again. The frozen children, while still frozen in their position, must try to tag the other children that travel nearby. When the number of children who are not frozen becomes too few, restart the game with a new Octopus.

Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed. Copyright 2008 by Lois Carnes. <http://www.ohahperd.org/displaycommon.cfm?an=7>

Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Buckeye Best Tips focus on ideas to promote dental health at school. In addition to the resources listed below, the Ohio Department of Health's The Bureau of Oral Health Services' Web page has a variety of resource information on their website related to dental health. <http://www.odh.ohio.gov/odhPrograms/ohs/oral/oral1.aspx>

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model

Physical Education:

Reinforce the importance of drinking water instead of juice or soda after being active to avoid cavities caused by sugary drinks. Physical education teachers can also remind student about the importance of wearing mouth guards, headgear, or helmets while being active to prevent injury to mouth gums, cheeks, tongue and teeth.

School Health Services:

It is important for school nurses to be prepared to handle injuries students or staff may experience to the teeth, gums, lips or cheeks. The Texas Oral Health Manual for School Nurses is a great resource to educate nurses about how to respond to various dental emergencies. To access the manual, visit http://www.dshs.state.tx.us/dental/pdf/oh_sch_nurse_manual.pdf.

School Health Education:

The South Carolina Department of Health and Environmental Control has created oral health curricula for kindergarten, second and seventh grade students. These lessons that encourage students to take care of their teeth as well as teach them oral health concepts. To download a copy of the curriculum, visit <http://www.scdhec.gov/health/mch/oral/curricula.htm>.

School Nutrition Services:

Educate students about the effect a sugary diet has on oral health by hanging posters and setting up tooth decay models around the cafeteria. Provide at least one snack on the lunch line that does not cause tooth decay every day such as fruit, cheese, milk, peanuts, nuts, seeds, raw vegetables, hard cooked eggs, plain yogurt. Label the snacks as "Healthy Smile Snacks."

Goal
To educate students and staff about the importance of dental health.

A Healthy School Environment:

Schools can allow time after lunch and before recess to let students brush their teeth. Brushing after meals helps to remove plaque, food and sugar build up on teeth. Columbus City Schools can work with Columbus Public Health to provide 2nd and 6th grade students with free dental sealants of the back of permanent molars. Call 645-7487 for more information.

Family/Community Involvement:

Families of students and businesses can advocate for youth serving organizations to limit access to sweetened beverages on site in their vending machines. Youth serving organizations should consider water only beverage vending in all machines that youth can access.

Counseling/Social Services:

Link students to free or low cost dental care in the community such as Columbus Public Health's Dental Clinic. Dental exams, x-rays, cleanings, fillings, extractions (pulling teeth), some root canals, and denture repairs are provided. Fees are determined by family size and income. Medicaid and private insurance are also accepted. For more information, call 614-645-7487.

Health Promotion for Staff:

The American Academy of Periodontology provides education about tobacco use and gum disease at <http://www.perio.org/consumer/smoking.htm>. Promote the Ohio Tobacco Quit Line (1-800-784-8669 or 1-800-QUIT NOW) to staff that would like to quit tobacco or refer staff to their insurance provider for smoking cessation programs if applicable.

Staff Wellness

Healthy Restaurant Dining

It may seem difficult to eat nutritiously when you are away from home. Follow these simple rules when you are eating out to maintain a healthy diet.

Order food to go – Studies show that people tend to consume more food when they are not eating at their own kitchen table. When you take fast food home, you also have the option of providing a healthier side dish such as fruit or vegetables.

Avoid buffets – All-you-can-eat buffets promote overeating. If the temptation isn't in front of you, you are less likely to overindulge. It can be especially difficult to keep track of your portions at a buffet.

Make careful menu selections – Many restaurants indicate healthy choices on their menus. Choose dishes which say they are baked, broiled, roasted, poached or steamed, and avoid dishes which say creamy, crispy, fried, or pan-fried.

Don't be afraid to special order – Most sit-down places will modify menu items on your request. A restaurant may have plenty of healthy items, but they are served in heavy sauces. Ask for your vegetables and main dishes to be served without the sauces, or ask that the sauces be served on the side. Ask to limit oil, butter, and salt during cooking.

Watch portion size – Portion sizes at restaurants are usually double or triple the recommended serving size. Order a smaller portion or a half size. If you can't order smaller portions, it is a good rule of thumb to leave at least one-third to one-half of the meal on your plate. Or, separate your meal before you start eating. Restaurants will often doggy-bag half your order before bringing out your food if you ask.

Share – Sharing entrees, appetizers and desserts with dining partners is a great idea. It allows you to sample something that you really want to have, while also helping you avoid the temptation to overindulge.

Remember the big picture – Moderation is always key, but planning ahead can help you relax and enjoy your dining out experience without sacrificing good nutrition or diet control. Think of eating out as apart of your overall healthy eating plan. Plan other meals for the day according to the meal you are eating out or be more physically active.

Healthy Dining Resources:

- American Diabetes Association - Offers tips to help you eat healthier when dining out.
- <http://www.fastfoodnutrition.org> A good analysis of some of the main offerings at the leading fast food restaurants.



Creating Healthy Communities Network

Funded by the Preventive Health and Health Services Block Grant from The Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP009042-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC

