



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



Oral Health Issue

Oral health refers to the health of your teeth, gums, and structures of the mouth. A healthy mouth allows us to eat, speak, smile, and express our emotions. Self-esteem, social interaction, school performance, and attendance at work or school are all connected to our oral health.

Poor oral health can also impact your heart and your brain!

Using tobacco and other drugs, having diabetes, poor eating/drinking habits, poor dental hygiene, and inadequate fluoride intake are just some of the risk factors that can damage oral health. Many people in our Wayne County community have one or more of these risks. **Today is the perfect day to improve your own and your family’s habits and care.** This issue of *Your Health Matters* is all about how and why to care for your teeth and mouth.

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From the Nurse's Office:



Healthy Teeth = Better School Life

Good dental habits have a big impact on a child's academic performance.. Dental pain can lead to missed school days, which can negatively affect a child's learning and social development. The CDC reports that 34 million hours of school are lost each year nationally due to emergency dental needs. You can help prevent emergencies by establishing healthy dental habits. Encourage your children to brush their teeth twice daily, floss regularly, and limit sugary snacks and drinks. Regular dental check-ups by a professional are important for preventing dental problems and catching issues early on. Good dental habits help ensure that children have healthy teeth and a bright future.



Your child may have access to a a visiting dental team at school. Contact your school to find out if this service is available and how to sign up!



Public Health
Prevent. Promote. Protect.
Wayne County, NY





Nutrition and Oral Health

Research reveals a link between oral health and overall health. Taking care of your teeth isn't just about having fresh breath. Poor oral health is linked to heart disease, diabetes, pregnancy complications, and more. Eating nutritious foods and avoiding risks, like excess sugar and smoking, help to keep your teeth, breath and body healthy.



Tips:

- **Consuming minerals** like calcium and phosphorus may boost tooth health. Get calcium from dairy foods and leafy greens like spinach. Get phosphorous from protein-rich foods like meat, seafood and eggs.
- **Limit alcoholic drinks.** Some alcoholic beverages can be very acidic, resulting in erosion of tooth enamel. Alcohol also damages the liver.
- **Drink water** throughout the day. Carbonated water is a better choice than other effervescent and sugary drinks.

Want to learn more? Click the link below:

<https://www.hsph.harvard.edu/nutritionsource/oral-health/>



-Adam Bullock
SNAP-Ed Nutrition Educator
Northern Finger Lakes Region

Text "SNAPedNY" to 89860

To receive 1-2 healthy texts each week

Tips for Saving Time, Money and Eating Healthy

↑ YES to these 😊



Water



Dairy



Leafy Greens



Protein

↓ Less or NONE of these 😞

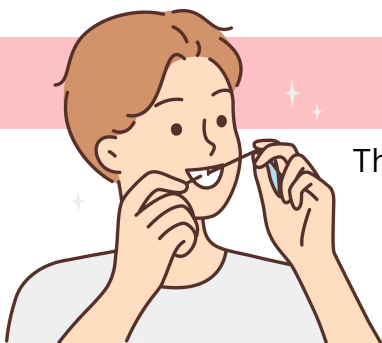


Sugary Drinks



Alcohol

Water is the BEST choice! Even drinks that seem healthy (like juice and sports drinks) can damage your teeth!



Remember: Eating & Flossing go hand in hand!

The American Dental Association recommends flossing every day to remove food particles and plaque.

Kids should have flossing as part of a daily routine **as soon as they have two teeth that touch.**

Brush teeth at least 2x per day. See a dentist 2x per year.



	6		8		10		12	
	%	FREQ	%	FREQ	%	FREQ	%	FREQ
COUNTY (TABS)								
h3 Visits to Dentist								
0 None	10.5%	57	13.2%	70	13.4%	60	17.6%	66
1 Once	23.7%	128	20.2%	107	26.3%	118	29.9%	112
2 Twice	33.5%	181	38.0%	202	39.2%	176	42.2%	158
3 More than twice	32.3%	175	28.6%	152	21.2%	95	10.2%	38
h4 Teeth Brushing x per day								
0 None	2.4%	13	2.4%	13	6.4%	29	4.8%	18
1 Not every day	5.0%	27	7.3%	39	8.4%	38	6.4%	24
2 Once each day	23.6%	128	21.7%	115	21.3%	96	27.1%	101
3 Twice each day	58.2%	316	58.4%	310	56.5%	255	53.1%	198
4 More than twice each day	10.9%	59	10.2%	54	7.3%	33	8.6%	32

// WAYNE COUNTY
EVALUMETRICS YOUTH SURVEY 2023



More than 30%
(31%-38.3%)
DO NOT BRUSH
their teeth as often
as recommended.



More than 33%
(33.4%-47.5%)
DO NOT SEE A DENTIST
as often as
recommended.

To see more local youth data, go to- <https://www.waynepartnership.org/evalumetrics-youth-survey>

Need dental insurance?



2024 Dental Plan Comparison Tool

This tool is designed to help you compare family dental plans that are offered through NY State of Health. Family dental plans include dental benefits for adults as well as pediatric dental benefits.

<https://info.nystateofhealth.ny.gov/dental/dental-tool>

Need to find a local dentist?



<https://www.waynecountycommunityschools.org/health-care-resources>

WHAT IS YOUR HEALTH QUESTION



- ★ **Brush and floss daily-** Make sure you are thoroughly brushing 2x/day and flossing 1x/day. You may notice that your gums are more sensitive and may bleed easier than usual. This is a common side effect of pregnancy and not something to worry about. If brushing and flossing is difficult due to nausea, try brushing without any toothpaste. If you throw up, due to morning sickness, wait 30 minutes before brushing, to avoid brushing away softened enamel.
- ★ **Eat healthy, drink lots of water-**Concentrate on eating a healthy diet. Focus on fruits and vegetables. Eating smaller, more frequent meals may help with nausea. Avoid junk food and stick to water instead of soda.
- ★ **Go to dentist-** It is safe to go to the dentist when pregnant! Pregnant moms should continue with regular cleanings every six months. Dental x-rays, fillings, extractions, and local anesthetic are all safe during pregnancy. Pregnant moms should try hard to get cavities taken care of before the baby comes, since the bacteria that causes decay can be passed on to the baby. For more information, talk to your dentist today!

Q: I'm pregnant. How should I take care of my teeth to best protect my baby?

This month's Health answer comes from Sara Green at Finger Lakes Community Health



Sara Green, RDH, BS, CDHC

TOOTH GRINDING

Possible Causes & What You Can Do



Bruxism, or teeth grinding and/or jaw clenching, is a condition that can cause jaw pain, headaches, and even tooth loss. Stress and or a misalignment in a person's bite can cause one to grind their teeth. Teeth grinding is common in children. The good news is most children will outgrow grinding their teeth once they reach adolescence, however, prolonged teeth grinding can cause tooth loss and require costly treatments. Identifying this condition early and treating it can help eliminate the source of the problem and prevent worsening side effects.

Some children and adults may also experience bruxism (teeth grinding) during sleep. People who clench or grind their teeth during sleep are more likely to have other sleep disorders, such as snoring and sleep apnea. A dentist may recommend a mouth guard to protect your child's teeth during sleep.

If you notice that your child is grinding his or her teeth — or has other signs or symptoms of bruxism — be sure to mention it at your child's next dental appointment.



For more information about oral health or to request a presentation for a group on oral health please contact Wayne County Public Health at (315) 946-5749 or by email at wcp@co.wayne.ny.us. Visit us online at <https://www.wcphny.com/> or at www.facebook.com/WayneCountyPublicHealth

TOOTH TRIVIA



BIGGER THAN YOU CAN SEE

Teeth are like icebergs- we only see the tops! Roots, the part we don't see- are like legs that set teeth into your mouth. **Roots keep your jaw and teeth healthy.**



STRONG!

Enamel is the clear outer shell of teeth and it is **the hardest thing in the body**. BUT its not invincible! Tooth enamel can be damaged by sugar and acid, like in soda. Brush and floss to get rid of sugars & acids and keep your enamel strong!



HYGIENE

More than **200 species of bacteria** can live in your mouth. Brushing, flossing, and getting cleanings at the dentist help to keep the bacteria in check and your keep teeth and mouth healthy.



UNIQUE

Adults have 32 teeth- and none of them are exactly the same. Toothprints, like fingerprints, are **different for each person**. Not even identical twins have the same teeth.



SPiT

Everyday, your mouth makes about **4 cups of saliva!** This saliva is good- it helps moisten and clean your teeth and helps you swallow food.

