

## February 2007 - American Heart Month aka Heart Health Month



- American Heart Association, 7272 Greenville Ave., Dallas, TX 75231-4596. (800) 242-8721 or (405) 942-2444. [www.americanheart.org](http://www.americanheart.org)
- Local Chapter – 5700 N. Portland #203, Oklahoma City, OK 73112. Contact Ms. Medina/Office Manager @ (405) 948-2125.

Cardiovascular diseases, including stroke, are our nation's number one killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."

Kids activity sheets and coloring sheets for American Heart Month can be found at <http://www.americanheart.org/presenter.jhtml?identifier=3028650>

## February 2007 -National Children's Dental Health Month

- American Dental Association, 211 E. Chicago Ave., Chicago, IL 60611. (312) 440-2593. [www.ada.org](http://www.ada.org)
- Call your county health department dental health educator or OSDH Dental Service, (405) 271-5502.
- Contact local dentists for possible school partnerships.

The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. This single day observance became a week-long event in 1955. In 1981 the program was extended to a month-long celebration known today as National Children's Dental Health Month. Since 1941 the observance has grown from a two-city event into a nationwide program. National Children's Dental Health Month messages reach millions of people in communities across the country and at numerous armed service bases abroad. Local observances often include: posters, coloring, essay contests; health fairs, free dental screenings, museum exhibits, classroom presentations and dental office tours. This year's slogan is "Be Part of the GrIN Crowd." Download coloring and activity sheets.

<http://www.ada.org/public/events/ncdhm/index.asp#fun>

Planning a school or youth presentation? We have tips to help you talk with students from day care through high school. Check out classroom ideas and resources at

<http://www.ada.org/public/education/teachers/ideas.asp>

Dental Health – DLTK's Crafts for Kids

[www.dltk-kids.com/crafts/miscellaneous/dental\\_health\\_month.htm](http://www.dltk-kids.com/crafts/miscellaneous/dental_health_month.htm)

Healthy Teeth – Education activities for grades 3-6

[www.healthyteeth.org/teachers/index.html](http://www.healthyteeth.org/teachers/index.html)

Oral B™ - Learning Center - Lesson plans and Handouts

[www.oralb.com/learningcenter/teaching/](http://www.oralb.com/learningcenter/teaching/)

Oral B™ - Fundamentals of Oral Care for Kids

[www.oralb.com/learningcenter/childcare/](http://www.oralb.com/learningcenter/childcare/)

American Dental Association – Classroom Ideas and Resources

[www.ada.org/public/education/teachers/ideas.asp](http://www.ada.org/public/education/teachers/ideas.asp)

“Visit the Dentist with Marty” – Preschool – 2<sup>nd</sup> Grade

Listen or read along as Marty goes with his mother to the dentist.

[www.ada.org/public/games/story.asp](http://www.ada.org/public/games/story.asp)

## Dental Resources Local County Health Departments

Dental educational programs have been shown to be cost effective and to actually improve the oral health of the participants in the program. Oklahoma has a quality health department dental educational program, and the program has been well received by educators, dental professionals, and students in areas of the state where it is available. Thousands of children have been receiving the benefits of the program since teachers and school administrators have made this an important part of the students' educational experience.

Currently, staff dental educators teach a dental health educational program entitled "Friends for Life," which instructs elementary school children (K-6) to care for their mouth and teeth. The course consists of three separate lessons, one class period in length, with one lesson given each week for three consecutive weeks. A toothbrush, dental health materials and information are provided for each child. Through dental education, students learn the importance of proper oral hygiene, tobacco use prevention, use of fluorides, and regular clinical visits for preventive dental care. Emphasis is placed on proper nutrition, playground safety as related to dental injuries, and what to expect during the first visit to a dental office.

Additionally, and as time permits, dental education programs may be provided in day cares, nursing homes, senior citizen centers, nutrition sites, youth centers, etc. For eligibility information and to obtain service, contact the appropriate county with a dental educational program as follows:

1. Adair	918-696-7292	20. Kingfisher	405-375-3008
2. Atoka	580-889-2116	21. Latimer	918-465-5673
3. Beaver	580-625-3693	22. LeFlore	918-647-8601
4. Blaine	580-623-7977	23. Lincoln	405-258-2640
5. Cherokee	918-456-8826	24. Logan	405-282-3485
6. Cimarron	580-338-8544 (Texas Co. #)	25. Mayes	918-825-4224
7. Cleveland	405-321-4048	26. McClain	405-527-6541
8. Coal	580-927-2367	27. Muskogee	918-683-0321
9. Comanche	580-248-5890	28. Nowata	918-341-3166 (Rogers Co. #)
10. Cotton	580-875-6121	29. Osage	918-341-3166 (Rogers Co. #)
11. Craig	918-256-7531	30. Ottawa	918-540-2481
12. Creek	918-224-5531	31. Pittsburg	918-423-1267
13. Delaware	918-253-4511	32. Pontotoc	580-332-2011
14. Ellis	580-256-6416 (Woodward Co. #)	33. Rogers	918-341-3166
15. Garfield	580-233-0650	34. Sequoyah	918-775-6201
16. Greer	580-782-5531	35. Texas	580-338-8544
17. Harper	580-921-2029	36. Tulsa	918-582-9355
18. Haskell	918-967-3304	37. Wagoner	918-485-3022
19. Hughes	405-379-3313	38. Washington	918-335-3005
		39. Woodward	580-256-641

