

TOOTH BE TOLD

SJ TEETH NEWSLETTER



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Welcome to *Tooth Be Told* – March 2023

February was **National Children's Dental Health Month**. The month-long reminder brought together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children and their families.

This year's campaign theme—"Brush, Floss, Smile"—focused on raising awareness of healthy dental routines and ensuring children and their families feel confident with their own dental hygiene.

To help spread awareness of this national health observance throughout San Joaquin County:

- The annual **Give Kids A Smile** event was held on February 11 with a great community participation (Page 3)
- In partnership with SJ TEETH, the San Joaquin Dental Society (SJDS) hosted a Children's Art Competition for students in K-6th grade. See page 7 & 8 for English & Spanish fliers.

For more information about National Children's Dental Health Month or to download free flyers, posters, and kid's activity sheets, visit [ADA.org](https://www.ADA.org).



"Rethink Your Drink"

According to the Centers for Disease Control and Prevention (CDC), sugary drinks are the leading source of added sugar in the American diet. Many of these liquids are commonly purchased regularly: soda, fruit drinks, sports drinks, energy drinks, and sugar-sweetened waters and teas. Regular consumption of these drinks can lead to health problems, including weight gain, type 2 diabetes, obesity, heart disease, and cavities.

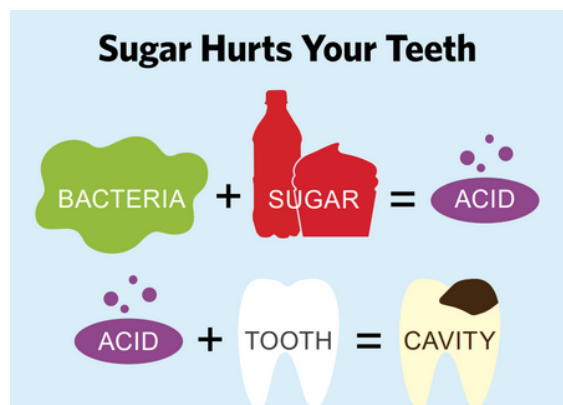


How can I reduce my sugar intake?

- Read nutritional labels: 100% fruit juices have a lot of natural sugar. 100% fruit juices are often healthier than juices that are not 100% fruit and have added sugars. Be sure to brush your teeth soon after drinking juice!
- If you do drink sugary beverages, do it during meals or in one sitting instead of sipping on them over a longer amount of time. A straw can also help reduce the amount of time sugar is spent on your teeth. Limit your intake to 4-6 ounces per day.
- Store-bought sweet teas can have a lot of sugar. Added sugars are often added to them. Brew tea at home and use the natural sweetness of fruit. Try peaches, berries, or mangos in unsweetened iced tea.
- Make your own homemade smoothies and add your favorite fresh fruit and vegetables, or even add fruit and yogurt as some sweet alternatives.
- Need morning coffee? Skip the flavored syrups and whipped cream. Ask for low-fat or fat free milk, or almond or soy milk instead!

Try these fun flavorful water-based alternatives:

- Add berries or slices of lime or lemon to your water for a refreshing, tasty drink!
- Add a splash of 100% fruit juice to plain sparkling water for a low calorie bubbly drink.
- Try herbs with fruit slices like mint or basil, or cucumbers slices to unflavored sparkling water. Making this change can save you about 16 teaspoons of added sugar for a 20 fluid ounce bottle of soda.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.



Give Kids A Smile

HELPING THE COMMUNITY, ONE TINY SMILE AT A TIME

The "Give Kids A Smile" (GKAS) is a not-for-profit 501(c)3 organization that aims to address and eliminate dental disease for underserved children who cannot sleep, eat, pay attention in school, or smile properly due to dental issues.

The GKAS event began in St. Louis, MO in 2000 by a few dental health professionals responding to the need to provide children of families who could not afford dental care with access to proper care. In response, dedicated dentists, volunteers, and with the support of local schools, organizations, and corporations, GKAS has provided quality dental care to underserved children since its first clinic in 2002. Comprehensive dental care, home hygiene kits, fun educational activities, and more are provided at the event at no charge.

Shortly thereafter, the American Dental Association (ADA) adopted the GKAS concept and made it a national clinic day. Each year during National Children's Dental Health Month in February, similar clinics are held across the country to provide proper dental care and raise awareness of it's importance in children's health. Because of the spread of the St. Louis effort, more than 5 million disadvantaged children have received care.



The San Joaquin's Give Kids A Smile day is hosted annually by the local San Joaquin Dental Society (SJDS). This year, the event was held on Saturday, February 11, at Saint Mary's Dining Room in the St. Raphael's Dental Clinic. There were over 130 passionate volunteers, consisting of community members, dentists, dental hygienists, pre-dental students and local organizations, who helped serve 85 children and \$51,000 worth in dental services. Free dental care was provided to children including screenings, x-rays, cleanings, fluoride treatments, fillings, and emergency care, along with fun dental kits that were distributed. Face painting and fun games and activities were offered, including a visit from the Stockton Kings mascot, Dunkston! It was an ultimate success, and SJDS plans to offer the even again next year!



Questions or want more information about how to get involved for future GKAS events? Contact executive@sjds.org for more information!

* Staff Updates *

Breanna Williams joins the Local Oral Health Program at San Joaquin County Public Health Services. She has a B.S. degree in Psychology and two Master's degrees in Public Health and Behavioral Health. She has a long customer service background until finally settling down in public health. She aims to obtain her medical degree or go into nursing. She has a passion for helping others and is enthusiastic about getting involved in the community by providing proper education to the public to be successful in life and achieve their health goals.



* Quick Bites *

- Check out [HealthyChildren.org](https://www.healthychildren.org) website for an FAQ regarding fluoride and its importance in your children's dental routine.
- Chewing sugar-free gum is good for your teeth! If none is available, choose gum sweetened with xylitol, which has been proven to decrease bacteria in the mouth and helping saliva flow which washes away food particles from your teeth!
- **Dental care can still be fun on** Valentine's Day. [Download these fun dental-themed cards](#) from the American Dental Association.
- Make toothbrushing fun for kids with [this 2-minute sing-along video](#) by Colgate featuring Emma the Elephant. Share it with a child today!



** FOLLOW US ON SOCIAL MEDIA!**



SJ TEETH Collaborative Meeting Dates in 2023

MEETINGS HOSTED BY: **FIRST 5 SAN JOAQUIN** AND
PUBLIC HEALTH SERVICES LOCAL ORAL HEALTH PROGRAM

| DATE | TIME | LOCATION |
|---------------------|---------------|-----------------|
| Thursday, May 1 | 9 AM-10:30 AM | Online via ZOOM |
| Thursday, August 18 | 9 AM-10:30 AM | Online via ZOOM |
| Friday, November 17 | 9 AM-10:30 AM | Online via ZOOM |

Note: Meetings via video due to COVID-19 restrictions and subject to change.

WATER FLUORIDATION: WHAT IS IT?

- Fluoride can help slow tooth decay.
- Fluoride combines with the calcium and phosphate of children's developing teeth, making them more resistant to decay.
- The US Department of Health & Human Services recommends fluoride content in community water to 0.07 milligrams per liter, equivalent to **1 inch in 23 miles!**
- Fluoride is safe and effective and helps protect teeth, but is NOT a replacement for regular brushing, flossing, and dental visits.

Fluoride: Small Solution. Big Benefits.

The U.S. Department of Health and Human Services announced a recommendation that community water systems adjust the amount of fluoride to **0.7 mg/L** to achieve an optimal fluoride level to help prevent tooth decay.

Just how much is 0.7 milligrams per liter of water? It's like ...

- 23 miles: 1 inch in 23 miles
- 1 minute: 1 minute in 2.74 years
- 1 cent: 1 cent in \$14,000

What difference does a little fluoride make? The public health benefits are big. Before water fluoridation children had about **3 times** as many cavities. For more information, visit [ADA.org/fluoride](https://ada.org/fluoride).

ADA American Dental Association®
America's leading advocate for oral health

For more information about water fluoridation or to find out if your community's water is fluoridated, visit the CDC's Water Fluoride website.

Tooth Be Told shares success stories, challenges, and oral health related news. If you have comments or want to update your email preferences, contact SJTEETH@sjcphs.org.

For more program information, visit www.sjteeth.org or www.sjcphs.org/healthed/Oral_Health.

Teeth to Treasure!

Word Search Challenge

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

K E F Q J S P M O D K R D G C Q T M T E
 M Z K L D W E B O T P O H R K S E O C U
 X D G M O F C L S U C O B T I W O R E Q
 D A I L Y S W N B A T T D T J T S L D A
 A S G L E B S O V A J H N B H W P P I L
 H C E K I L C I F S T E G B E N I R R P
 E T S A P H T O O T D E R U J J L E O G
 P J U V L Y M F C S L U G A A N N V U J
 T D L E M A N E U Z S E O E Y R E E L U
 O E O O X B N G O H Y V F R V M D N F F
 B F V Q A E A T K X V L J T A P K T A U
 A S U N U R Y P X P K L A D F L E I K P
 C L N G W Q H T O O T E H N R Q T O V H
 C S N I H V L G K Z M W A J U B P N A X
 O O M I A N X G I X A N A F I X P Z R H
 T F I U A R V U C Z K H Z U T Z B A L D
 U I U Y G C G C P P B V X K P J Y S R Z
 P R I M A R Y Z A T E K Y L V P I R F J
 I I U J M I L K I K M O G N T L Z I L B
 B Q L X O I W D L A E H V L E U Z L I E

| | | | | |
|----------|--------|------------|---------|------------|
| CAVITY | FRUIT | MILK | ROOT | TOOTHBRUSH |
| DAILY | GRAINS | MOUTHGUARD | SEALANT | TOOTHPASTE |
| DENTIST | GUMS | ORAL | SUGAR | VEGETABLES |
| ENAMEL | JAW | PLAQUE | TOBACCO | XRAY |
| FLOSS | LIPS | PREVENTION | TONGUE | |
| FLUORIDE | MEAT | PRIMARY | TOOTH | |

SJ TEETH | SJDS FOUNDATION PRESENTS 2023 SAN JOAQUIN COUNTY KIDS ART COMPETITION

THEME: BRUSH+FLOSS=SMILE

POSTER REQUIREMENTS

- Size**
- Either 8.5 x 11 or 11 x 17 will be accepted.
 - Use as many colors as you would like!

ADDITIONAL REQUIREMENTS

- No name brands, trademark symbols or characters. Example: no SF Giants logo, Mickey Mouse, or Colgate signage.
- No paste-ons or glittered allowed. All artwork must be drawn on the poster.
- All entries become property of SJ TEETH and no artwork will be returned after submission.
- Student's first and last name, school, grade, age, and phone number **MUST** be written on the **BACK** of the poster.

PRIZES

- Grand Prize (one winner): Nintendo Switch with Mario Deluxe package + \$300 Amazon gift card
- First Runner Up: Nintendo Switch with Mario Deluxe package + \$200 Amazon gift card
- Runner Ups (three winners): \$100 Amazon gift card



TO ENTER

Submissions accepted from K-6th grade

Individual submission to be mailed to:

San Joaquin Dental Society
7849 N Pershing Ave.
Stockton, CA 95207

For classroom submissions, email:
SJTEETH@sjcphs.org to arrange a school pickup.



SUBMISSION DEADLINE: TUESDAY, FEB 28, 2023

FINALISTS WILL BE INVITED TO ATTEND THE MARCH 23, 2023 SJDS GENERAL MEMBERSHIP MEETING DINNER WHERE THE WINNERS WILL RECEIVE THEIR PRIZE

SJ TEETH | SJDS FUNDACION PRESENTA

2023 SAN JOAQUIN COUNTY CONCURSO DE ARTE PARA NIÑOS

TEMÁTICA: CEPILLESE LOS DIENTES + USE HILO DENTAL = SONRISA

REQUISITOS PARA LAS CARTULINAS

Tamaño

- Se aceptán 8.5 x 11 o 11 x 17.
- !Utiliza los colores que quieras!

REQUISITOS ADICIONALES

- No marcas comerciales, símbolos de marcas comerciales ni los personajes.
- Por ejemplo: no logotipo de SF Giants, Mickey Mouse, o rotulo de Colgate.
- No se permite nada pegado o diamantina. Todas las obras de arte tienen que ser dibujadas en la cartulina.
- Todas las inscripciones pasan a ser propiedad de SJ TEETH y ninguna obra de arte sera devuelta despues de la presentacion.
- El nombre y apellido, escuela, grado, edad y numero de telefono del estudiante DEBE ser escrito ATRAS de la cartulina.

PREMIOS

- Gran Premio (solo un ganador): Paquete de Nintendo Switch con Mario. Deluxe + una tarjeta de regalo de Amazon por \$300.
- Primer Finalista: Paquete de Nintendo Switch con Mario Deluxe + un tarjeta de regalo de Amazon por \$200
- Finalistas (tres ganadores): tarjetas de Amazon por \$100 cada ganador.

ENTRAR

Se aceptan entradas de grados K-6

Envie entradas individuales por correo a:

7849 N Pershing Ave

Stockton CA 95207

Para entradas de salones de escuela, envíe un correo electronico a:

SJTEETH@sjcphs.org para hacer arreglos y recojerlos en la escuela



FECHA DE LIMITE PARA ENTRADAS: MARTES 28 DE FEBRERO DE 2023

LOS FINALISTAS SERAN INVITADOS A LA CENA DE LA JUNTA GENERAL DE MIEMBROS DE SJDS EL 23 DE MARZO DE 2023 DONDE LOS GANADORES RECIBIRAN SUS PREMIOS