



National Children’s Dental Health Month

February is National Children’s Dental Health Month. According to the [American Dental Association](#) (ADA), this month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers, and many others.

Stats & Figures

According to the [Centers for Disease Control and Prevention](#) (CDC), cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.

- More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.
- More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth.
- Children who have poor oral health often miss more school and receive lower grades than children who don’t.

Tips for Dental Hygiene

Oral health is essential to general health and well-being. Below are some tips to help protect your children’s teeth:

- Get a yearly dental exam to avoid cavities and spot signs of diabetes early.
- Brush twice a day to keep your smile bright.
- Floss every day to avoid toothaches.
- Use mouthwash to destroy germs that cause decay.
- Eat healthy, low-sugar foods to defend against tooth decay.

Additional Resources

- [Aetna members](#)
- [The Centers for Disease Control and Prevention](#)

Showing Our **LOVE** to the Wellness Champions!

Level Up is spreading the love with a new initiative: Wellness Champions Spotlight! We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George’s County Government.

Wellness Champion Profile

Name: Crystal Channelle Jones
Position: Administrative Manager
Department: Office of Human Resources Management
Years with the County: 2



Why did you volunteer to be a Wellness Champion? I chose to become a wellness champion due to my enthusiasm for advocating a healthy lifestyle. Hearing a doctor express concern about my eligibility for a medical procedure due to morbid obesity served as a pivotal moment, prompting a commitment to change my habits. This personal journey has fueled my passion to promote a healthy workplace culture, aligning with my values. I am dedicated to contributing to employee well-being, as I firmly believe that nurturing wellness not only boosts individual satisfaction but also enhances overall team productivity.

What do you do for exercise or physical activity? Dance, step class, cycle, and light weights.

What is your health goal(s)? I'd like to go from overweight to a healthier weight.

What is your favorite healthy snack? Fruit or mini popcorn bags.

What keeps you motivated? Never wanting to be ineligible for a medical procedure.

What is your favorite motivational quote? "Happiness flows through the dance of my body. Keep moving, keep smiling."

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