



Spotlight on Ohio Healthy Programs

Cuyahoga County Ohio Healthy Programs

Dental Health is Good For Learning!

Children that are not healthy do not learn well. We know how important it is for children to be well and feel good. These are needed for children to grow, learn and thrive! Did you know the number 1 preventable chronic disease in children today is cavities? A cavity is an infection in the tooth that can spread to the rest of the body. This can lead to pain, loss of function and even loss of life.

Dental First Aid

What to do when an emergency happens

If you are over the age of 10 and have all your adult teeth, you should never experience loose teeth. If you've fallen or had an accident, your tooth or several teeth may become loose. In this case when you've experienced trauma, you should call your dentist immediately. In fact, you should go to the emergency room if you've experienced a fall. On the way to the ER contact your dentist and explain what has happened. Ask if they can meet you at the ER. It is a good idea to ask your dentist to check and make sure your jaw isn't broken. This may be overlooked in the ER.



Early Ages Healthy Stages

Go to <https://earlyageshealthystages.org/about-us/our-members/>

For more information and meeting times



Congratulations to the 124 Ohio Healthy Programs in Cuyahoga County

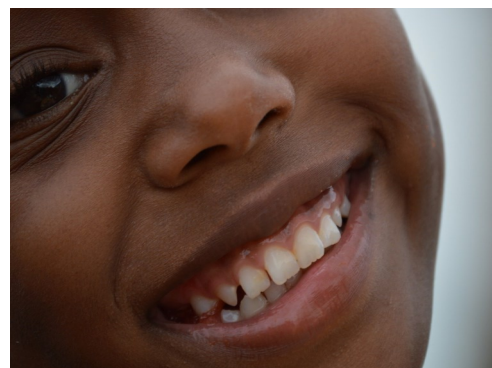
Do you know someone that would like to become an **Ohio Healthy Program?**

Contact Theresa at thenderson@ccbh.net to learn more?



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Ohio Healthy Programs Training Schedule

Online Trainings are now available.

Go to www.occrra.org to see what is offered.

Would you like to have a training at your program? Just contact Theresa at thenderson@ccbh.net to schedule today.



Chocolate Brownie Energy Bites

- 1 cup (145 g) raisins, packed
- 1 cup (120 g) cashews
- ¼ cup (20 g) cocoa powder
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- Pinch cinnamon

1. Place raisins in a medium bowl and cover with hot water. Let soak for 5 minutes to soften then drain.
2. Add raisins and all remaining ingredients into a food processor and pulse until the mixture turns into the consistency of sand. Remove blade from the unit.
3. Using your hands, scoop out dough and form into balls on the palms of your hands.
4. Chill for 30 minutes and enjoy. Store in an airtight container in the fridge for one week.

Healthy Spring Recipe Ideas



Consider using cookie cutters to make fun shapes with fruits veggies and more! Let children help and be creative. This can also be a great way to encourage children to try a new food!



For Babies

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.



For Children

Brush their teeth twice a day with fluoride toothpaste.



For Moms

When you're pregnant, you may be more prone to gum disease and cavities, which can affect your baby's health. Follow these 3 steps to protect your teeth:

See a dentist (it's safe!) before you deliver.

- Brush your teeth twice a day.
Floss Daily.



The Benefits of Fluoride

The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%) of cavities in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have fewer cavities.

Dental sealants can also prevent cavities for many years. Applying dental sealants to the chewing surfaces of the back teeth prevent 80% of cavities.

Dental Sealants Keep Cavities Away



CUYAHOGA COUNTY BOARD OF HEALTH

YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



www.ccbh.net

Our Mission

To Work in partnership with the community to protect and improve the health and well-being of everyone in Cuyahoga County.

Our Vision

To create the conditions in which all people who live, learn, work and play in Cuyahoga County have the opportunity to be healthy.

Our Core Values

Health equity, integrity, partnership and innovation.

Remember the Steps to OHP Renewal

- 1. Provide 2 weeks of Menus**
- 2. Provide a brief statement of success**
- 3. Provide a new healthy policy that will be added to your parent handbook. Remember to show the page number too!**
- 4. A copy of your OH-PANA assessment results located at www.odh.ohio.gov/earlychildhood**

Incentive packages are still provided to those working with CCBH.

All items can be sent to Theresa at thenderson@ccbh.net

