



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](#)



Thank you for participating in Random Acts of Kindness Week (Feb. 11-13). We hope you continue to make a point of showing yourself, and those around you, some kindness, that’s elevating your total well-being!

“And the Winners Are...”

Stanley Cup

- **Norberto Martinez**, Circuit Court
- **Jamie Antoine**, Office of Information Technology
- **JoAnn Bransom**, Police Accountability Board

\$100 Gift Card

- **Joseph Tredway**, Board of License Commissioners
- **Jordan Owens**, Fire-EMS Department
- **Shamari Harris**, Health Department

Keurig Single Serve Coffee Maker

- **Leondra Milton**, Police Department
- **Cheryl Pope**, Board of Elections
- **Elizabeth Abney**, Office of Human Resources Management

Showing Our **L♥VE** to the Wellness Champions!

Level Up is spreading the love with our 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: Christina Kirk
Position: Human Resources Assistant
Department: Office of Human Resources Management (OHRM)
Years with the County: 2



Why did you volunteer to be a Wellness Champion? I thought this would be a great opportunity to interact with people, while encouraging them to be their best selves. Trying to conquer physical health, mental health, or even financial health can be tough. However, being able to bring awareness to these kinds of topics while making it interactive and fun- you can always count me in! I’m also a big supporter of mental health; and being able to share knowledge about the resources we have is a plus. One of our goals is to encourage, and I love that I can do that as a Wellness Champion.

What do you do for exercise or physical activity? I started Zumba last year and I've really been enjoying it. I also like dancing- Beyonce choreography is my favorite! I also enjoy doing yoga.

What is your health goal(s)? So, me and the gym have a love/hate relationship, but this year I am committed to going to the gym once week. I also want to get to walking consistently. Once the weather breaks the parks will see me again!

What is your favorite healthy snack? I LOVEEEEEEE tomatoes, cherry tomatoes are my favorite. I could literally eat that all day. I also like to snack on grapes, apples, and carrots.

What keeps you motivated? My daughter is my biggest motivation. Seeing how she takes on each day with a smile, makes me want to do the same. Another big motivation for me are my co-workers. To know my team is always rooting for me and wanting to see me win is one the greatest feelings ever. When something seems too big to conquer or I'm scared to take a leap, they are always there letting me know I CAN DO IT and if I can't they will be there to catch me.

What is your favorite motivational quote? Every day the sun won't shine, but that's why I love tomorrow.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

