



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

January/February 2007

Experiment Corner

Soft Drinks = Soft Teeth

How many sodas do you drink a day? One? Two? Three? More? When people enjoy a soft drink, they do not realize that their teeth are being weakened by the sugars and acids in the soda. Not only does soda cause cavities, but it also weakens teeth when the acids dissolve the calcium and take it out of the teeth. Here is a simple but effective experiment you can do with your students to show them the harmful effects of soda.

Materials: A dry chicken or turkey bone, a jar or glass and soda .

Instructions:

- Put the bone in a jar or glass of soda, then put it aside where it won't be disturbed for two days. Make sure the bone is soaked in the liquid. This represents what would happen to your bones if you drank 3 to 4 sodas a day, everyday.
- Remove the bone from the soda and feel how soft and rubbery it now is. This is because the soda, which contains acid, has taken the calcium out of the bone.

Solution: Drink water or milk instead of soda.

CELEBRATE NATIONAL CHILDREN'S DENTAL HEALTH MONTH!

February is **National Children's Dental Health Month!** The Centers for Disease Control and Prevention recommends the following:

- * Parents begin cleaning their child's teeth as soon as the first tooth appears.
- * Use only a pea size amount of toothpaste. If children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots.
- * Parents should brush their child's teeth twice daily until the child reaches the age of 4 or 5 years old and can properly and effectively use the toothbrush alone.
- * Do not let a child younger than 6 years old use a fluoride mouth rinse unless the child's dentist recommends it.

Celebrate National Children's Dental Health Month in your classrooms with the following videos. Request the videos by using the form on the reverse side or calling the Health Promotion Resource line at 201-634-2703.

Geena's Tremendous Tooth Adventure VHS, 8 minutes. Request: ND8

The Haunted Mouth VHS, 12 minutes. Request: ND7

The Adventures of Wiggly Tooth VHS, 12 minutes. Request ND3

Toothbrushing With Charlie Brown VHS, 5 minutes. Request ND1

It's Dental Flossophy Charlie Brown VHS, 5 1/2 minutes. Request ND2

Dudley's Visit to the Dentist VHS, 8 minutes. Request ND4

Dudley & Dee Dee in Nutritionland VHS, 6 minutes. Request ND 13

Dudley's Classroom Adventure VHS, 9 minutes. Request ND12

Brushing With Dudley and Dee Dee VHS, 6 minutes. Request ND11

COVER THAT COUGH !!!

Are you and your students still coughing and sneezing the way they did during the Plague? Then you need to watch *Why Don't We Do It In Our Sleeves?* Infection control specialists are wild about this DVD that punches out a serious message that people will remember. Use this video to educate your school staff, and subsequently your students, on the importance of using your elbow to cover coughs and sneezes to prevent the spread of germs and illnesses like the flu. DVD, 5 minutes. Request DVD MC01



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2703



Bergen County Health Promotion Resource Center

Health Publications

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The materials described below are **FREE** to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to request materials. Please encourage residents to contact the Health Promotion Resource Center at 201-634-2703 to inquire about available resources and initiatives.

Brush Up on Dental Health - A black/white handout with tips on how to keep your teeth healthy. (All ages)

Dental Word Search - Students will search for different words pertaining to dental health.(Black/white copy; elementary)

Simple Steps for Kids' Smiles - Full color handout for parents to learn more about keeping children's teeth healthy.

The Oral Cancer Exam - Full color card stresses the importance of oral cancer screening. (Teens and adults)

What's the simplest way to protect yourself from colds, flu, diarrhea, hepatitis A? - Full color hand washing brochure.

Wash Your Hands So You Can Stop Germs -Laminated poster suitable for hanging near every sink.

I am interested in receiving the following materials:

Handouts

- Brush Up On Dental Health
- Dental Word Search
- Simple Steps for Kids' Smiles
- The Oral Cancer Exam
- Hand Washing Brochure
- Laminated Hand Washing Poster

Videos

- Geena's Tremendous Tooth Adventure (ND8)
- The Haunted Mouth (ND7)
- The Adventures of Wiggly Tooth (ND3)
- Toothbrushing With Charlie Brown (ND1)
- It's Dental Flossophy Charlie Brown (ND2)
- Dudley's Visit to the Dentist (ND4)
- Dudley & Dee Dee in Nutritionland (ND13)
- Dudley's Classroom Adventure (ND12)
- Brushing With Dudley & Dee Dee (ND11)
- Why Don't We Do It In Our Sleeves? (DVD MC01)

Name: _____

School/Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 ■ Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, **ATTN: Resource Center**
For information on multiple copies, call 201-634-2703.

Video Borrowing Policy

Up to two videos may be borrowed at one time. • School personnel can call to inquire about courier delivery.

Print Materials

Multiple copies will be provided upon request if supplies are available.
Please contact the Resource Center at 201-634-2703 to inquire about product availability.