



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

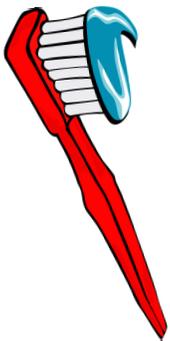
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## Start Caring for Your Child's Teeth Early

Your child's teeth are at risk for cavities as soon as they first appear— around age 6 months. The good news is that cavities are preventable!



### **Clean Your Child's Teeth**

- ☺ As soon as your child's teeth begin to come in, brush them gently with a child-size toothbrush and water
- ☺ For children older than 2, brush their teeth with a pea-sized amount of fluoride toothpaste. Be sure they spit out the toothpaste.
- ☺ Until your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, floss their teeth every day

### **Prevent Cavities**

- ◆ Try not to share saliva with the baby through common use of feeding spoons or licking pacifiers. Saliva can carry cavity causing bacteria.
- ◆ Place only formula, milk or breast milk in bottles. Avoid sugar water, juice or soft drinks.
- ◆ Do not let infants or children take bottles or cups to bed. (Unless filled with water.)
- ◆ If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey.
- ◆ Help your child learn to drink from a cup by his/her first birthday.



### **Ask About Fluoride**

- Fluoride is a mineral that occurs naturally in water, including oceans, rivers and lakes.
- Fluoride is also added to some community tap water, toothpastes and mouth rinses.
- Bottled water may not contain fluoride.
- Infants and toddlers who do not receive enough fluoride may be at an increased risk for cavities since fluoride helps make teeth more resistant to cavities. It also helps repair weakened enamel.
- Discuss your child's fluoride needs with your dentist or doctor. They may recommend a fluoride supplement if you have well water or live in a community without fluoridated water.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Tips for Snacking Smarter:

**MyPlate and snack food selection:** Choose snack foods from the MyPlate food groups. Choose a variety of fruits and vegetables to help get the full range of vitamins, minerals, and fiber needed for health. Whole fresh fruits, dried fruits, and packaged pre-cut vegetables are easy snacks to carry along. Snack on whole grains such as popcorn, low-fat granola bars, brown rice cakes, or snack mixes with whole-grain cereal. Consume three cups per day of fat-free or low-fat dairy, such as yogurt, string cheese, or cottage cheese. Eat a variety of lean protein such as meat, poultry, beans, eggs, nuts, and seeds.



**Keep nutritious snacks handy:** Research shows that availability often drives snack selection. If your cupboard is full of cookies, chips, and candy, it's easy to make them your snack. Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Store sliced vegetables in the fridge and eat them with dips like hummus or low-fat dressing. Have healthy snacks portioned into snack-size bags or containers.

Adapted from: By Lisa Franzen-Castle, Extension Nutrition Specialist, PhD, RD, University of Nebraska-Lincoln

Brought to by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension (Phone 608-930-9856).

**UW**  
**Extension**

## WIC & Health Check Clinics

(Immunizations given at all these clinics)

**Mar 3rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Mar 8th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Mar 9th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Mar 15th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Mar 17th**—Platteville Lutheran Church of Peace from 9:30am to 3:30pm

**Mar 22nd**—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

**Mar 23rd**—Late Lancaster Schreiner Memorial Library from 3:00pm to 6:30pm

**Mar 24th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closing at noon on the following day:

March 25, 2016

## Excess Sodium Intake Remains Common in the US

Nearly all Americans – regardless of age, race, gender or whether they have high blood pressure (hypertension) – consume more sodium than is recommended for a healthy diet. That is the conclusion of a new report published by the Centers for Disease Control and Prevention (CDC) in today's *Morbidity and Mortality Weekly Report* (MMWR).



According to the latest findings, more than 90% of children and 89% of adults aged 19 and older eat too much sodium, that is, more than the recommended limits in the *2015-2020 Dietary Guidelines for Americans*, not including salt added at the table. The newly released guidelines – which are developed around current scientific evidence and released every five years – recommend limiting sodium to less than 2,300 mg per day for people over the age of 14 and less for those younger. Evidence links excess sodium intake to high blood pressure and other health problems.

“The finding that nine of ten adults and children still consume too much salt is alarming,” said CDC Director Tom Frieden, MD, MPH. “The evidence is clear: too much sodium in our foods leads to high blood pressure, a major risk factor for heart disease and stroke. Reducing sodium in manufactured and restaurant foods will give consumers more choice and save lives.”

CDC researchers analyzed dietary data from the 2009-2012 National Health and Nutrition Examination Surveys (NHANES) to calculate how much sodium Americans are eating. Nearly 15,000 people were included in this study.

### Sodium consumption high among those at risk of heart disease

Excess sodium intake is a problem across gender, race, and health status. Some differences were seen:

- Among adults, a larger proportion of men (98%) than women (80%) consume too much sodium.
- About 90 percent of adult whites consume excess sodium compared with 85 percent of blacks.
- Estimated sodium and calorie consumption peaks between the ages of 19 and 50.
- Among people at greater risk of developing heart disease or stroke – such as people age 51 and older, African Americans and individuals with high blood pressure or pre-hypertension (blood pressure higher than normal but not in the “high” range) – more than three out of four exceed 2,300 mg per day.
- Adults with hypertension consume slightly less sodium than other adults, and may be trying to follow physicians’ advice to reduce sodium. However, 86 percent of adults with hypertension still consume too much.

These findings show that little has changed in sodium consumption over the past decade. More than three quarters of sodium in the American diet is estimated to come from processed and restaurant food, which gives consumers little choice when it comes to lowering daily intake. A key strategy for lowering population-wide sodium intake is gradually reducing sodium in the food supply. Some food companies have begun to voluntarily reduce sodium in their products and others are being encouraged to take similar steps.

The report also highlights the important role healthcare professionals can play in advising patients on how to limit salt in the diet. About one in three U.S. adults – or about 70 million people – already have high blood pressure and only half have it under control. Heart disease, stroke, and other cardiovascular diseases kill more than 800,000 Americans each year and cost nearly \$320 billion a year in health care and lost productivity.

“Sodium reduction is a key part of preventing heart disease and stroke,” said Sandra Jackson, an author of the report and an epidemiologist in CDC’s Division for Heart Disease and Stroke Prevention. “Reducing sodium is an achievable and effective strategy to improve heart health for everyone, but it’s going to take all of us working together to make it possible.”

For more information on the report or tips on reducing sodium, visit <http://www.cdc.gov/salt/>.

# Little Loving Things You Can Say

Most parents and caregivers want to care for and nurture children as best they can. Children believe what they hear, and what adults say to children influences how children feel about themselves. When you are with a child listen and respond positively to them to let them know they are important.. By using loving words you will help children develop greater confidence and feel good about themselves. You'll feel better, too.



You Are terrific!

## YOU CAN DO IT.

*Tell me more.*

Good Job!

**Good Try.**

Thank you.



You are a good friend.

**WAY TO GO!**

**SUPER!**

*I love you.*

**You are a big help.**

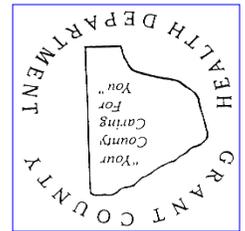
You are smart.

You're sweet.



**I'm proud of you.**

Looking good.



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