



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

February 22, 2022

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February is National Children's Dental Health Month

***The theme for Children's Dental Health month this year is Sealants Make Sense!
Sealants are beneficial for oral health and can prevent cavities in the future.***

CHAMPAIGN, IL – The Champaign-Urbana Public Health District (CUPHD) reminds parents that their children can avoid cavities. Brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth daily with floss, eating a healthy diet that limits sugary beverage and snacks, and seeing your dentist regularly for prevention and treatment of oral disease are the keys to a lifetime of healthy teeth and gums.

While brushing and flossing are the best ways to maintain healthy teeth, it can sometimes be hard to reach every surface in your mouth. This is especially true for the teeth in the way back of your mouth that you use to chew. These teeth are called molars and they can be a popular place for leftover food and bacteria to hide. Dental sealants are a great way to help keep these teeth protected. Dental sealants are a thin, protective barrier that helps prevent bacteria from causing tooth decay.

While sealants are no substitute for brushing and flossing, the American Dental Association (ADA) states that sealants have been shown to reduce the risk of decay by nearly 80% in molars. This is especially important when it comes to your child's dental health. In October 2016, the Centers for Disease Control released a report on the importance of sealants for school-aged children, of which only 43% of children ages 6-11 have. According to the CDC, "school-age children without sealants have almost three times more cavities than children with sealants."

Champaign-Urbana Public Health District School Dental Clinics visit all public schools in Champaign, Savoy and Urbana to provide school dental exams, cleanings, fluoride and dental sealants. All students are eligible for a dental exam at school, at no cost to the parent.

Additional information on CUPHD's Dental Program, including school sealant program schedules and registration packets can be found here: <https://www.c-uphd.org/dental-health.html>

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