

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

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## Florida Department of Health Recognizes October as National Dental Hygiene Month

**TALLAHASSEE** – October is National Dental Hygiene Month and the Florida Department of Health is working to increase preventive dental services through the 2014-2015 School Based Sealant Project. This pilot program features dental hygienists delivering preventive services in Title 1 schools in Charlotte, Hendry, Highlands, Glades and Martin counties.

“Our local county health departments are going the extra mile to make sure that Florida’s children have good oral health,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Early dental care keeps children in school and preserves healthy smiles for life.”

Over 21,000 Florida students received a dental service through the Department between 2013 and 2014 and over 123,000 teeth were sealed in a school setting statewide. Dental sealants prevent decay on the chewing surfaces of teeth. Through local county health departments, this pilot project provides dental sealants to second, third and fifth grade students who are otherwise unlikely to receive them.

Starting good oral health early is one key to a long healthy life. Some tips for maintaining good oral health include:

- Drink water and limit sugary drinks.
- Brush teeth twice daily and floss every day.
- Floss and rinse with mouthwash daily.

Regular dental check-ups are essential milestones for a lifetime of oral health.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit [www.FLHealth125.gov](http://www.FLHealth125.gov) for more information.

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