

Health Disparities Newsletter

Monthly Health Observances

February 2025

Fresno County Department of Public Health
Division of Health Policy and Wellness

American Heart Month

Heart disease is a **leading cause of death** in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. This includes **coronary heart disease**, which is the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a **heart attack**. You can also improve your overall health and well-being.

Source: nih.gov

What are Risk Factors for Heart Disease?

- Smoking
- High Blood Pressure
- High Cholesterol
- Family History of Early Coronary Heart Disease
- Overweight/Obesity
- Physical Inactivity
- Diabetes
- Age for Women, 55 and Older



Image source: nih.gov, 2024.

Heart Disease is Preventable!

According to Centers for Disease Control and Prevention (CDC) here is what you can do now to reduce your risks:

- Do Not Smoke
- Eat Healthy Food and Drinks
- Keep a Healthy Weight
- Get Regular Physical Activity
- Control Your Blood Pressure
- Manage Your Diabetes
- Check Your Cholesterol
- Take Your Medicines as Directed
- Work with Your Healthcare Team

Upcoming Events

FEB
7

National Wear Red Day



National Wear Red Day is a day in February when many people wear red to show their support for the awareness of heart disease. Show your support and wear red!

Image source: goredforwomen.org, 2025.

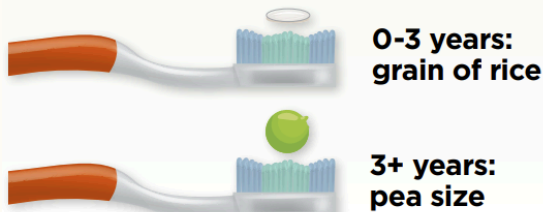
Children's Dental Health Month

Every day should be about children's dental health. This year, the American Dental Association (ADA) is offering new materials to celebrate and promote children's dental health, not only during the month of February, but **all year long**.

- According to the Centers for Disease Control and Prevention (CDC), half of children (50%) **ages 6-9** years have had at least one cavity in their primary (baby) or permanent teeth.
- Children from **low-income** families are 2x more likely to have untreated cavities, compared with children from higher-income households.
- Untreated cavities can cause **pain and infections** making it a problem for children to eat, speak, and learn. The good news is cavities are preventable! Source: cdc.gov

Brush Regularly

Brush two times a day with toothpaste that contains fluoride. **Recommended toothpaste amount by age:**



Parents should assist children when they're brushing their teeth until they can brush on their own. When choosing a toothpaste with fluoride look for the American Dental Association (ADA) seal.

Image source: smilecalifornia.org, 2022.

Did You Know?

MYTH

Baby teeth are just going to fall out anyways, they don't really matter.

FACT

Baby teeth matter just as much as adult teeth and are indicators of what the adult teeth will look like. Good dental habits are something you want to make a regular part of your child's life from the early stages.

MYTH

I don't need to take my child to the dentist until they're at least 3 or 4 years old.

FACT

To prevent dental problems, your child should see a pediatric dentist and establish a dental home when the first tooth appears, or no later than his/her first birthday.

Image source: mychildrenshealth.org, 2025.

Stages of Teeth Development

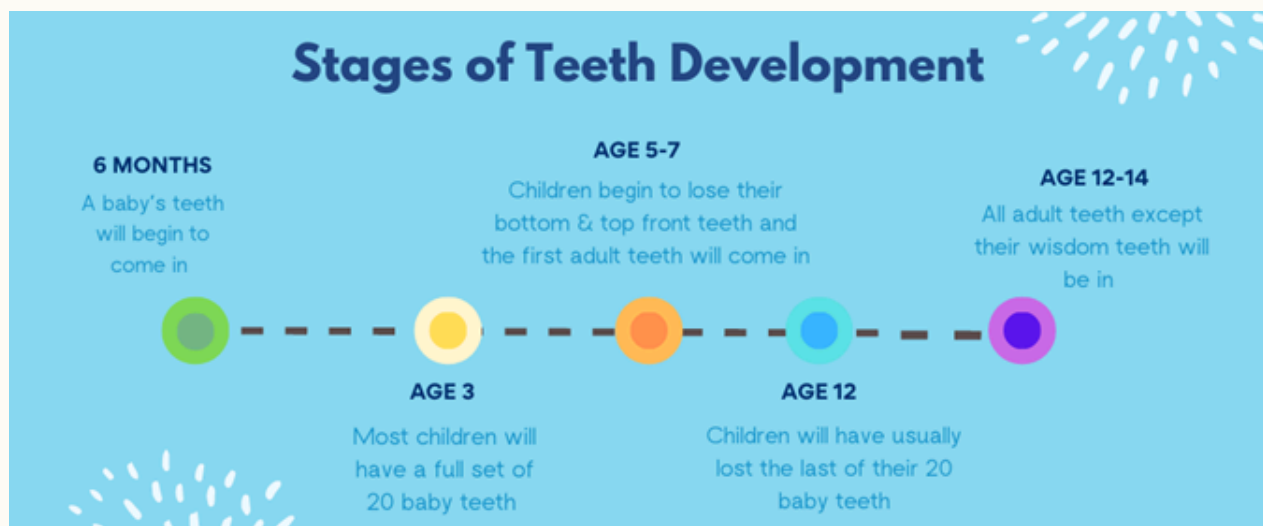


Image source: mychildrenshealth.org, 2025.

American Heart Resources

- NIH: 10 Ways You Can Support Heart Health
 - DASH Eating Plan: Tips on What to Eat vs. Limit Fact Sheet, English / Spanish
- Your Healthiest Self: Wellness Toolkits
 - Environmental Wellness (English / Spanish)
 - Emotional Wellness (English / Spanish)
 - Physical Wellness (English / Spanish)
 - Social Wellness (English / Spanish)
 - Disease Prevention (English / Spanish)



(Click the image to view sample social media posts)

Children's Dental Health Resources

- American Dental Association, click the images to view larger.



Images source: ada.org, 2025

- Smile California, Medi-Cal Dental Program
 - Medi-Cal Dental Materials
- U.S. Department of Health & Human Services, Head Start
 - Brushing Your Child's Teeth
 - Toothbrushing Tips for Your Child with a Disability
 - Getting Fluoride for Your Child
 - Oral Health: Tips for Families English / Spanish
 - Questions to Ask When Looking for a Dental Office
 - American Academy of Pediatrics, Oral Health Campaign Provider Toolkit English / Spanish
- American Academy of Pediatric Dentistry, Tips for Tooth Decay/Cavities Prevention
- Big Love for Little Teeth Colorable Valentines
- What To Do If...Childhood Tooth Injuries English / Spanish
- Fresno County Department of Public Health, Local Oral Health Program (see flyer attached)
 - Find a Medi-Cal Dentist in Fresno County
 - Kindergarten Oral Health Assessment
- Healthy Smiles Mobile Dental Foundation Urgent Dental Care Mobile Center
 - Call the office to make an appointment at 559-229-6437
- Fresno EOC, School-Based Sealant Program

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