



Nevada Department of
Health and Human Services
Oral Health Program

Welcome to National Children's Dental Health Month "Water - Nature's Drink"

The February 2021 National Children's Dental Health Month (NCDHM) is brought to you by the Nevada Oral Health Program, in partnership with the American Dental Association. This year's NCDHM campaign slogan is **"Water, Nature's Drink!"** which encourages kids to swap out sugary beverages for water.

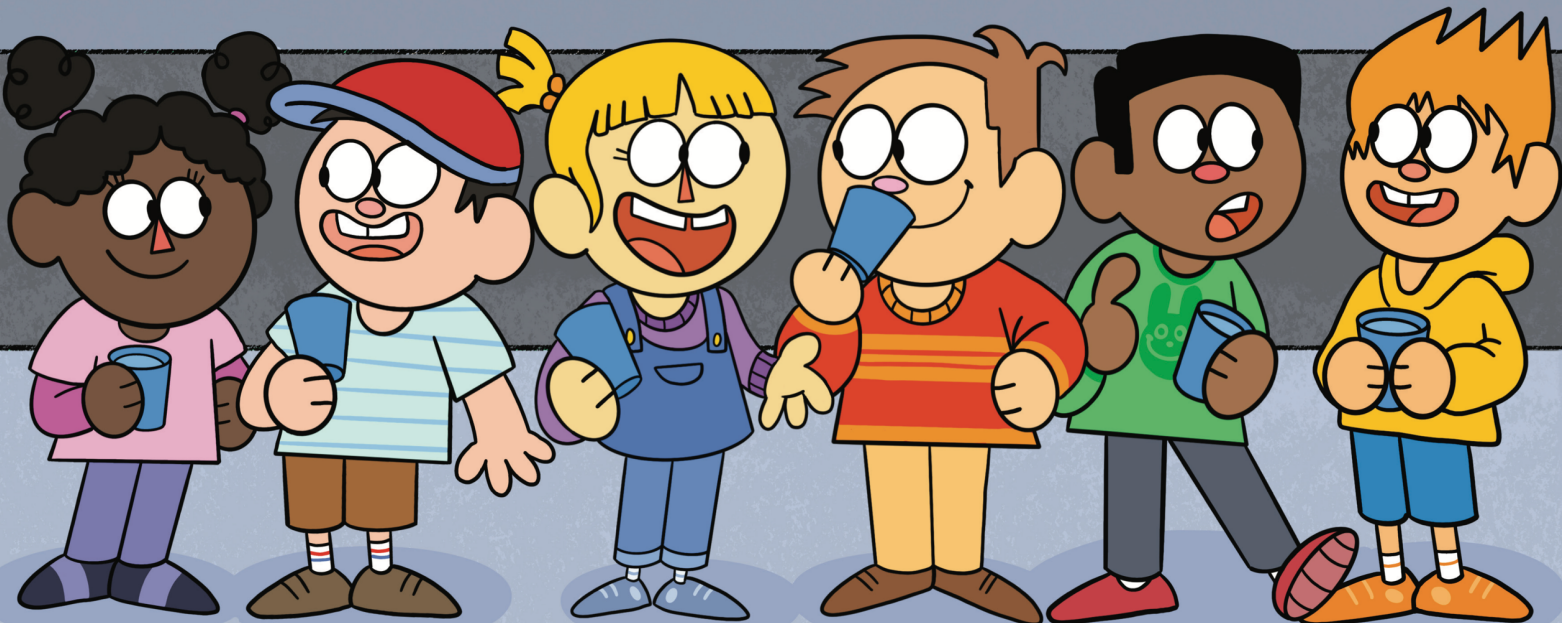
Tooth decay is the #1 most common chronic childhood disease. This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. NCDHM messages reach millions of people in communities across the country and at numerous armed service bases. Local observances often include poster, coloring and essay contests, health fairs, free dental screenings, museum exhibits, classroom presentations and dental office tours.

For this year's campaign, the Nevada Oral Health Program will be facilitating a social media campaign to promote choosing water rather than sugar sweetened beverages. The Nevada Oral Health Program challenges Nevadans to swap out these types of drinks with **"Water, Nature's Drink!"** Post a video on your social media platforms of yourself sharing why you choose water over sugary drinks and doing the Sip & Flip challenge. Be sure to use the hashtags **#sipNflip4NVkids**. Then, tag and challenge three of your followers to do the same!

To help you get started, this year's community toolkit includes:

- **#sipNflip4NVkids** Challenge Reusable Water Bottle
- **#sipNflip4NVkids** Challenge Step-By-Step Guide
- Sugar Sweetened Beverages Infographic
- About the Nevada Oral Health Program
- DPBH OHP Mask
- USB Drive with Additional Electronic Materials
 - Campaign Launch Video
 - **#sipNflip4NVkids** Challenge Step-By-Step Guide - to share on social media!
 - Sugar Sweetened Beverages Infographic - to share on social media!
 - NCDHM Activity Sheets
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For more information contact Imoses@health.nv.gov



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February is National Children's Dental Health Month. Visit ADA.org/NCDHM2021 for more activity sheets.