

Capital BlueCross Visits Newberry Elementary Students to Teach the Importance of Dental Health

1 in 5 children in U.S. has an untreated cavity, says CDC

Harrisburg, Pa. – Capital BlueCross today held a Healthy Habits Health Fair at Newberry Elementary School in Etters, York County, to teach students the importance of taking care of their teeth. The event celebrated National Children's Dental Health Month.

According to the Centers for Disease Control and Prevention, tooth decay is one of the most common chronic conditions among children in the United States. About 1 in 5 children between the ages of 5 and 11 have at least one untreated cavity. In addition to causing pain, untreated tooth decay can cause infections that may lead to problems with eating, speaking, playing and learning.

The Health Fair at Newberry Elementary featured puppets that showed children proper brushing and flossing techniques. Experts from the Capital Blue health and wellness center in Enola, Cumberland County, also showed the children what a well-balanced, nutrient-rich meal looks like.

Local children's author Floyd Stokes read his popular book *Say Ahh! The Teeth Book*. The illustrated book features a variety of animals teaching important dental health facts to children. Each child also was given a kit including a toothbrush, toothpaste and floss to take home.

"Starting healthy dental habits at an early age can have positive benefits throughout a lifetime," said Jennifer Caricato, Capital BlueCross senior health education consultant. "We're teaching children that, in addition to brushing and flossing daily, eating a well-balanced diet and limiting sugary snacks can keep their teeth healthy and strong."

The American Dental Association recommends the following steps for healthy teeth:

- Brush twice a day with fluoride toothpaste
- Clean between your teeth once a day
- Eat a balanced diet and limit snacks
- Visit your dentist regularly

Capital BlueCross also had a member of its Children's Health Insurance Program (CHIP) department on hand to lead a *Good Dental Health = Good Overall Health* coloring session. CHIP provides health insurance for children up to age 19 including dental and medically-necessary orthodontic services. CHIP is available to any uninsured child in Pennsylvania regardless of family income. For most families, CHIP is free. For information and to apply, visit capbluecross.com/CHIP or call 1.800.KIDS.101.

About Capital BlueCross

Capital BlueCross, headquartered in Harrisburg, Pa., is the leading health solutions and insurance company in Central Pennsylvania and the Lehigh Valley. A partner in the community's health for nearly 80 years, Capital BlueCross offers health insurance products, services and technology solutions that provide peace of mind to consumers and promote health and wellness for our customers.

More than a health insurer, the company delivers innovative solutions through a family of diversified businesses that is creating a healthier future and lowering health care costs. Among these solutions are patient-focused care models, leading-edge data analytics, and digital health technologies. Additionally, Capital BlueCross is growing a network of Capital Blue stores that provide in-person service and inspiration to help people reach their health goals. Capital BlueCross is an independent licensee of the BlueCross BlueShield Association.

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