

Oral HEALTH

Take Charge of Your Health to Put Yourself on the Path to Wellness



Take charge of your **health** to put yourself on the path to **wellness**. **Health and wellness** means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

We have easy tips to enhance your wellness!

www.WellnessAtoZ.org



LiveWELL Caring for Your Teeth

Keeping a Clean Toothbrush Routine

- Keep your brush in its own holder to prevent cross-contamination
- If possible, brush at least 6 feet away from the toilet. Bacteria can travel.
- If you brush in the shower, consider brushing over the sink instead. Water can spread the germs from the shower head to your mouth.

A squeaky clean session:

- **WASH** your hands before you touch your brush
- **BRUSH** for 2 minutes with a fluoride toothpaste
- **RINSE** your toothbrush to remove food debris

Replace your toothbrush:

- Every 3 months
- After bristles start to fray
- After you have been sick

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Source: Delta Dental of AZ



Dental Don'ts

- Do not store your brush in a closed cap or container. Bacteria thrive in a moist setting.
- Never share your toothbrush. You can easily transfer germs and illnesses.
- Never use the microwave to sanitize your toothbrush. The heat damages your brush and does not disinfect it.

Learn more about protecting your smile

deltadentalazblog.com/postings/

WELLCommunity Make a difference to the smiles of local kids



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Founded in 1997, the Delta Dental of Arizona Foundation was created to promote oral health and prevent dental disease in children and youth through age 18, with a particular emphasis in underserved and uninsured communities.

Unlike many nonprofit organizations, 100% of the contributions received through the Delta Dental of Arizona Foundation are used for programs and services in the community (not administrative costs). As a result, donors know that every penny they contribute is used entirely for programs that serve children.

Learn how the AZ Charitable Tax Credit can improve Arizona's smiles
<http://deltadentalaz.com/foundation/wp-tax-credit.asp>



Arizona is a wonder! It's a great place to live, play and be your best. Show your support for our community and explore all the wonders right around you. From beautiful scenic walking paths to local farmer's markets, be local. You can also participate in wonder activities with some of your colleagues. Even better, challenge other companies to see who can complete the most wonders. Work off stress, have fun and build camaraderie!

Sign up for the Fall Wellness Wonders activity challenge
<http://phoenixchamberfoundation.com/wondersaz/index.php>

7 Fall Wonders Include:

- Fall into Health Quiz** – Test your seasonal health knowledge. Take the online quiz!
- Race Off** – Walk or run in a race or fund a running buddy.
- Mountains & Parks** – Find the fall colors at Arizona's local, state or national parks.
- Farmers Markets & Gardens** – Visit a market, community garden or pick seasonal fruit at a local orchard.
- Canals & Green Spaces** – Run, bike or walk Arizona's open spaces
- Tackle a Fall Sport** – Get out and play a sport – any sport.
- Choose Your Own Adventure** – Choose your own wellness adventure or outdoor activity.

CHALLENGE

Check off the **7 Wonder Activities** starting October 1 – November 12 and win prizes.

Sign up today!

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The ASU College of Nursing & Health Innovation (CONHI) is distinguished as a model for excellence and inspiration in nursing and interprofessional practice, education, and research to advance knowledge and innovative practice models, and new solutions to optimize the health and well-being of the diverse local, national and global communities.

How long have you been at ASU?

12 years, with the College of Nursing and Health Innovation

Do you have a wellness goal?

I want to be healthy and active enough to dance at my grandchildren's weddings. This is a long term goal, as I do not have any grandchildren yet!

Which challenges do you face in achieving your goal?

I mainly have a desk job with lots of meetings and computer work. My greatest challenge is staying motivated to make daily physical activity a priority.

How has your workplace helped you achieve your wellness goals?

The College of Nursing and Health Innovation supports the use of stand/sit work stations and encourages walking meetings. The college is half way through a "walk 60 miles in 60 days" challenge to commemorate our upcoming 60th Anniversary as a college. Free pedometers were provided and an online tracking mechanism was created. Several colleagues are holding me accountable to sustain my goal of walking a minimum of one mile a day.

In addition, I am enrolled in an incentive-based wellness program through which university faculty and staff can earn as much as \$200 per year by participating. The program is offered by the State of Arizona to benefits-eligible employees and provides free exercise sessions, quarterly fitness challenges, mini-health screening clinics, and online health and wellness educational materials.



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It's that time of year again...cheering on your favorite football team, spending time with loved ones and dealing with being surrounded by endless amounts of baked goods and sweets. Halloween candy is in the stores tempting both kids and adults to start celebrating the holiday early. Replacing refined sugar with natural and healthy sweets, such as fruit and seasonal vegetables like pumpkin, will help to keep your smile healthy. Try these mouth healthy recipes your family will love!

According to the FDA, on average Americans get about **13%** of their total calories from added sugars such as sugar sweetened soft drinks, and snacks and sweets (jams or dairy desserts).

Fun Treats to Make With Your Kids For a Healthy Halloween
deltadentalazblog.com/2-fun-treats-to-make-with-your-kids-for-a-healthy-halloween/

WHOLE WHEAT PUMPKIN PANCAKES

INGREDIENTS:

- 1 cup whole wheat flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1 cup buttermilk
- 3 large egg whites
- 1/4 cup canned pumpkin
- 2 tbsp sugar-free maple-flavor syrup
- 1 tsp vanilla
- 2 tsp oil
- Nuts such as walnuts or pecans (optional)
- Cooking spray

INSTRUCTIONS:

- Mix the flour, baking powder, salt, cinnamon, and pumpkin pie spice in a bowl. Combine the remaining ingredients in a separate bowl, except for the optional nuts, and mix until smooth. Combine the wet and dry ingredients, mixing well. You can fold in walnuts or pecans at this point as well.
- Heat a large skillet on medium-low heat. To prevent the pancakes from sticking, coat the skillet with cooking spray, and then pour 1/4 cup batter into the skillet. When the edges of the pancake begin to set (about two minutes), flip them over and cook for an additional two minutes or so. Repeat with the rest of the batter.

NUTRITIONAL INFO:

Servings: 4 | Calories: 234 | Fat: 4g
Protein: 10g | Carbs: 31g | Fiber: 4g

