THE ROLE OF THE DENTAL HEALTH UNIT IN PROMOTING HEALTHY LIFE-STYLE

by:

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Maintaining a healthy body and staying fit at all times must be everyone’s priority. In our modern world where each of us will be enticed by the fast foods and restos’ around us that offers eye-catching delicacies, our tendency is to forget that good health is dependent in having healthy life style, involving not only understanding and exercising proper food habits but also our practice in taking care of our teeth, that most of us set aside. Here in this situation that today, the medical and dental staff assigned at Department of Education joined hands and forces to help the children develop a healthy life-style.

Unbalanced and uncontrolled eating makes a person unhealthy and it also affects his/her dental condition. When we eat too much and consumes food that is not good for our health like beverages, chocolates, junk foods and other instant foods, it will lead to poor health condition and worse of all, it might cause harmful disease.

Not only do we need to educate our learners or our pupils and students on how to have a Healthy life-style during celebration of Nutrition month but let us be vigilant in reminding them that everyday is “Proper Food and Dental Habit Day”