



A HAPPY MOUTH IS... A HAPPY BODY

EMPOWERING EVERYONE,
EVERYWHERE TO IMPROVE
THEIR ORAL HEALTH

#WOHD24
#HappyMouth



worldoralhealthday.org



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“Can you be healthy without oral health?” The simple answer is, “No.” Maintaining a healthy mouth plays a fundamental role in maintaining a healthy body. When a mouth becomes unhealthy through actions, behaviours and habits, it can lead to oral diseases as well as other health conditions, such as diabetes and heart disease. Prevention is key and this is what it looks like...



PRACTICE GOOD ORAL HYGIENE

- **Brush teeth** with fluoride toothpaste twice a day for 2 minutes.
- It doesn't matter if an electric or manual toothbrush is used, as long as all the sides and surfaces of the teeth are cleaned.
- After brushing, spit don't rinse.
- **Clean between the teeth** at least once a day (e.g., floss, interdental brushes).
- **Replace a toothbrush** every 3 months or when it is splayed or worn.



VISIT THE DENTIST REGULARLY

- **A regular check-up** allows the dentist to see if there are any dental problems and helps keep the mouth healthy.
- Most oral health conditions are largely preventable and can be treated in their early stages.



ADOPT HEALTHY HABITS

- **Enjoy** a healthy, balanced diet and avoid sugary drinks. Favour water.
- **Do not eat** sugary snacks or treats in-between meals. Having sugar throughout the day increases the risk of tooth decay (dental caries).
- **Avoid** tobacco and harmful use of alcohol.
- **Wear** a mouthguard for contact sports and on bicycles.



WHAT CAN GOVERNMENTS DO?

- **Governments have a responsibility** to implement population-wide measures for oral health promotion that aim to increase oral health literacy and access to:
 - fluoride toothpaste;
 - clean water to reduce consumption of sugary drinks;
 - essential oral health services as part of universal health coverage plans.

