

A HAPPY MOUTH IS... a happy mind

EMPOWER EVERYONE, EVERYWHERE
TO IMPROVE THEIR ORAL HEALTH



#WOHD25
#HappyMouth
worldoralhealthday.org



**World Oral
Health Day**
20 March

fdi 
FDI World Dental Federation

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The mouth, body, and mind are all connected, and taking care of your teeth and gums can significantly impact your overall well-being. A healthy mouth can boost self-esteem, relationships, productivity, and overall confidence. It can also encourage you to smile more often, further enhancing feelings of wellness. Everyone deserves to feel good inside and out, which is why prevention is key.

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.

