



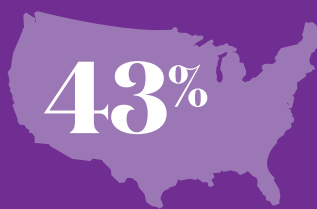
Dental defenders

National Children's Dental Health Month
Empowering kids to be dental hygiene heroes



Tips for a dental hygiene hero

Go to the dentist to avoid cavities.



of kids in the U.S. **between the ages of 2 and 11** have had cavities in their primary teeth.¹

Get a yearly dental exam to spot signs diabetes early.



About **40%** of children who have type 2 diabetes **have no signs or symptoms**. A yearly dentist visit can help detect diabetes early.²



Brush twice a day to shield yourself from tooth decay.

Nearly **40% of children ages 3 – 15 years** don't brush their teeth twice a day.³

Take care of your teeth to keep your mouth healthy.



Children ages 6 to 11 years without sealants have almost **three times more first-molar cavities** than children with sealants.⁴



Eat healthy, low-sugar foods to defend against tooth decay.

Tooth decay is the **most common chronic disease** among children ages 6 – 19.⁵



¹Fleming E, Afful J. Prevalence of total and untreated dental caries among youth: United States, 2015–2016. Centers for Disease Control and Prevention. July 25, 2018. Available at: [cdc.gov/nchs/products/databriefs/db307.htm](https://www.cdc.gov/nchs/products/databriefs/db307.htm). Accessed January 29, 2019.

²Mayo Clinic staff. Type 2 diabetes in children. Mayo Clinic. April 19, 2017. Available at: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes-in-children/symptoms-causes/syc-20355318>. Accessed January 29, 2019.

³Thornton-Evans G, Junger M, Lin M, et al. Use of toothpaste and toothbrushing patterns among children and adolescents — United States, 2013–2016. Centers for Disease Control and Prevention. February 1, 2019. Available at: <https://www.cdc.gov/mmwr/volumes/68/wr/mm6804a3.htm>. Accessed February 4, 2019.

⁴Centers for Disease Control and Prevention. Dental sealants. October 18, 2016. Available at: https://www.cdc.gov/oralhealth/dental_sealant_program/index.htm. Accessed February 4, 2019.

⁵Centers for Disease Control and Prevention. Hygiene-related diseases: dental caries (tooth decay). September 22, 2016. Available at: https://www.cdc.gov/healthywater/hygiene/disease/dental_caries.html. Accessed February 4, 2019.

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