

did you know?



tooth decay at the gumline and in between teeth is a growing problem nationally in pre-teen and teen-age children. The American Dental Association reports that in the late 1980s, most children between the ages of 5 and 11 were cavity-free. Of children between the ages of 12 and 17, however, an estimated 70 percent had cavities.



that just 2% of school children meet USDA daily food guide recommendations; 16 percent do not meet any, and only 30% get the daily amount of USDA recommended milk group servings.



the National Soft Drink Association reports soft drink sales in excess of \$54 billion a year – and that every man, woman and CHILD consumes an average of 56 GALLONS OF SOFT DRINKS A YEAR!



And FYI, if drinking bottled water is part of your regular routine, be sure to get fluoride from other sources daily such as a fluoride rinse or fluoridated tap water to help further prevent tooth decay.

Avoid the
CAVITY TRAP
Give Sweets
the
BRUSH OFF!

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Informing - Representing - Serving



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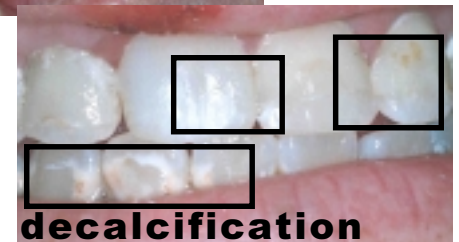
Is your child
trading this?



For This?



decay of tooth
and at gumline



decalcification
starting



EAT CANDY?
DRINK POP?
have cavities?



the mouth/body connection

Medical research indicates a possible link between good oral and good physical health, and that poor nutritional habits can have a harmful affect on both.

Cavities from poor nutritional habits are not as visible initially, but by the time the tooth hurts, **decay is usually more intrusive and severe, and treatment more costly.**

While specific medical evidence may not YET document this, dental professionals – **who are seeing an increase in cavities among adolescents that as children were relatively cavity-free** – are concerned that the dietary habits of young people, especially as practiced in school, are hurting their overall health now and in the future.

This is a sentiment shared by reputable organizations such as the American Dairy Council, American Academy of Pediatrics, American Medical Association and USDA.

Children are **“failing healthy eating,”** said USDA secretary Dan Glickman. And they are doing so at home, at play and in school, where the prevalence of soda pop, vending machines and competitive, low-nutrition foods is at its highest ever.

the dental/health connection

Dentists believe one of the reasons for an increase in tooth decay is that kids (and adults) are drinking more soda pop. Youth are also eating more candy, snack bars, and other high-sugar foods and sweets.

And they are doing this at home and school!

CHEW ON THIS:



When you consume high-sugar foods and/or beverages, germs in the mouth eat the sugar and make acid. **IT TAKES JUST 20 MINUTES FOR THE ACID TO START TO DISSOLVE TOOTH ENAMEL.**



Soda pop makes this worse since it is already high in acid content. Combine that with sugar content, and there is a double whammy on the teeth. Sugar-free pop, while lower in sugar, is still a problem because of its acidity.



A low fat snack is not necessarily better for teeth because **low fat foods are often high in sugar.** Dietary sugars and starches increase the chance for tooth decay.

**AVOID THE CAVITY TRAP ...
GIVE SWEETS THE BRUSH-OFF!**

what can be done?

The child is raised by the village philosophy: a comprehensive collaboration of education and awareness between dental and other health professionals, parents, community, school administrators, teachers, nutritionists and others.

And, basic oral care solutions:

Drink water, not soda. Be aware of the amount of sugar in your diet, including from beverages. Rinse the mouth with water after eating sweets or drinking pop to wash away sugar and acid. This can be done easily at school or in any other setting when you can't immediately brush. **DON'T SUPERSIZE!**

Regular brushing, flossing and a fluoride rinse at night can **help fight** gum disease and tooth decay. This also can help prevent and/or remove plaque from chewing surfaces before it hardens and invades tooth enamel or gums.

Limit how much soda pop and low-nutrition foods your child consumes. Visit the dentist every six months for a routine cleaning and oral exam; early detection may reduce the severity of the cavity and the amount of treatment needed.

KNOW WHAT TYPES OF FOOD AND BEVERAGES YOUR KIDS CAN BUY AT SCHOOL DURING THE DAY – AND WHAT THEIR HEALTH TRADE-OFF IS!