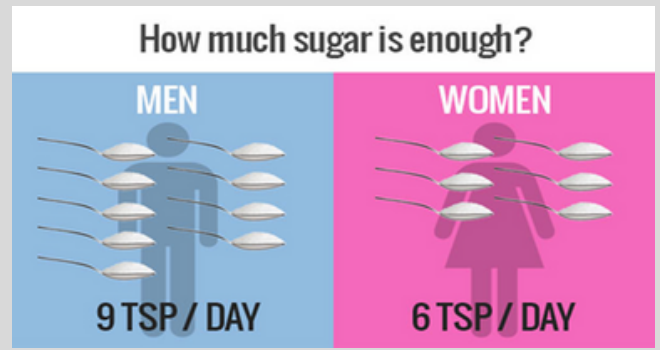


# DENTAL HEALTH WEEK

Maintaining a healthy smile for life is the theme of 2021's Dental Health Week campaign, Keep Your Smile for Life. If you think your oral hygiene routine could do with some improvement, you're not alone. A consumer survey by the Australian Dental Association found that:

- 1 in 5 Australian adults don't brush their teeth twice a day
- Only 1 in 4 adults floss or clean between their teeth at least once daily
- 39% of parents say their children drink 2 to 5 soft drinks per week
- 47% of adults say they consume too much sugar
- Only 1 in 3 adults have a usual dentist
- 68% of adults usually visit the dentist when they have a problem
- Only 27% see their dentist regularly for a check-up

While you might not be able to prevent all dental disease, improving your oral hygiene habits can significantly lower your risks.



## 4 Key Messages

For the best chance of keeping your teeth and gums healthy for a lifetime, the ADA and dentists recommend keeping these four key messages in mind:

1

**Brush your teeth twice daily with a fluoride toothpaste**

2

**Clean in-between your teeth once a day (with floss or interdental brushes)**

3

**Eat a healthy, balanced diet and limit your sugar intake**

4

**Regularly visit the dentist for check-ups and preventive treatment**



Yours in Health  
**MISCHA LAWFORD**  
 SCHOOL BASED YOUTH HEALTH NURSE