



# 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.<sup>1</sup>

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.<sup>2</sup>



**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.<sup>3</sup>

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.<sup>4</sup>



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

Tooth decay is the **most common chronic disease** among children ages 6 – 19.<sup>5</sup>



<sup>1</sup>Fleming 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.

<sup>2</sup>Mayo 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.

<sup>3</sup>Thornton-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.

<sup>4</sup>Centers for Disease Control and Prevention. Dental sealants. October 18, 2016. Available at: [https://www.cdc.gov/oralhealth/dental\\_sealant\\_program/index.htm](https://www.cdc.gov/oralhealth/dental_sealant_program/index.htm). Accessed February 4, 2019.

<sup>5</sup>Centers 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](https://www.cdc.gov/healthywater/hygiene/disease/dental_caries.html). Accessed February 4, 2019.

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