

# Good dental care gives your family a reason to smile

*A healthy mouth leads to a healthy you!*



## Dental health impacts your whole life

**1 in 4 adults** avoid smiling due to the condition of their mouth and teeth



**Nearly 40%** of low income adults say their life is less satisfying because of their dental health



**Nearly 30%** of low income adults say the appearance of their mouth and teeth affect their ability to get a job



**More than 20%** of low income adults don't participate in social activities because of their dental health



## Dental health is important to good overall health

Lack of dental care increases your risk of serious health conditions like:



**Pneumonia**



**Heart disease**



**Cavities** lead to infections that may create issues with eating, speaking, playing, and learning.



## Want to improve your family's dental health? You're not alone.

**1 in 5 children** have at least one untreated cavity

**Ohio's preschool-aged children** have **40% more untreated cavities** than children across the country



Nearly **50%** of Ohio's school-aged children have tooth decay



Nearly half of adults aged **30 years or older** show signs of **gum disease**



## Brush up on ways you can improve your family's dental health

- Visit the dentist every six months
- Brush teeth at least twice a day
- Use a soft-bristled brush and fluoride toothpaste
- Floss daily
- Eat a healthy diet with less added sugars



 **buckeye health plan.**

For more information visit: [BuckeyeHealthPlan.com/teeth](http://BuckeyeHealthPlan.com/teeth)