



# GIVE CHILDHOOD OBESITY AND TOOTH DECAY A ONE-TWO PUNCH

Healthy nutrition is the key

Obesity and tooth decay are of equal concern for children today. Obesity is defined as having excess body fat.<sup>1</sup> In fact, the percentage of children with obesity in the United States has more than tripled since the 1970s.<sup>1</sup> Today, about one in five children ages 6 to 19 has obesity.<sup>1</sup> And about one in five children ages 5 to 11 have at least one untreated decayed tooth—making it one of the most common chronic conditions of childhood in the United States.<sup>2</sup> While childhood obesity and oral health may not be directly connected, they are both preventable and they also share a common contributing factor: nutrition. That's good news - because it means steps you take to prevent one can also help to prevent the other.

## Here are nutrition habits to help the children in your life maintain a healthy weight and a healthy mouth.

- › Eat nutritious and balanced meals<sup>3</sup>
- › Eat at least five servings of fruits and veggies every day<sup>4</sup>



Children who don't eat at least five servings of fruits and veggies every day are 3x more at risk for developing cavities<sup>4</sup>

- › Avoid sugary snacks and foods<sup>3</sup>
- › Limit snacking<sup>3</sup>
- › Drink more water and less sugar-sweetened beverages<sup>5</sup>



A 20-ounce bottle of non-diet cola can add an extra 227 calories to your child's day.<sup>5</sup>

A 12 oz serving of apple juice or fruit punch can add as much as 192 calories<sup>5</sup>

## Here are key practices for good oral health:

- › Brush twice a day with a fluoride toothpaste
- › Floss at least once a day
- › Visit your dentist regularly



Together, all the way.®





**Children with poor eating habits are more at-risk of becoming overweight or obese and experiencing dental cavities in their adult teeth.<sup>1,3</sup>**



1. Centers for Disease Control and Prevention. "Children's Obesity Facts." January 2017. <<https://www.cdc.gov/healthyschools/obesity/facts.htm>>
2. Centers for Disease Control and Prevention. "Children's Oral Health." November 2014. <[https://www.cdc.gov/oralhealth/children\\_adults/child.htm](https://www.cdc.gov/oralhealth/children_adults/child.htm)>
3. Tooth Decay Process: How to Reverse it and Avoid a Cavity. National Institute of Dental and Craniofacial Research. July 2016. <<https://www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth/ToothDecayProcess.htm>>
4. International Journal of Dental Hygiene. August 14, 2016; 220–225 DOI: 10.1111/idh.12165 Lundgren A-M, Öhrn K, Jönsson B. Do Adolescents Who are Night Owls Have a Higher Risk of Dental Caries? – A case–control study.
5. Centers for Disease Control and Prevention. "Rethink Your Drink" [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html) (last reviewed/updated September 23, 2015)

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