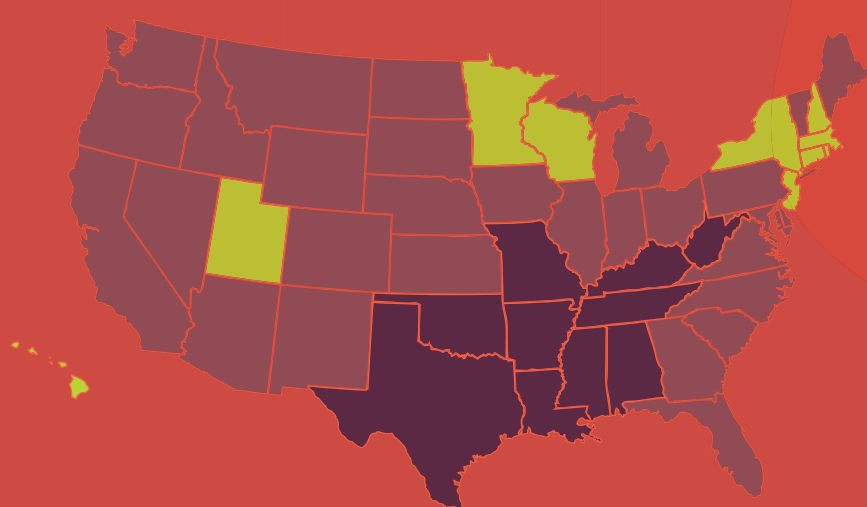


# NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



**\*TOP 10 STATES WITH THE HIGHEST % OF DENTAL VISITS:**

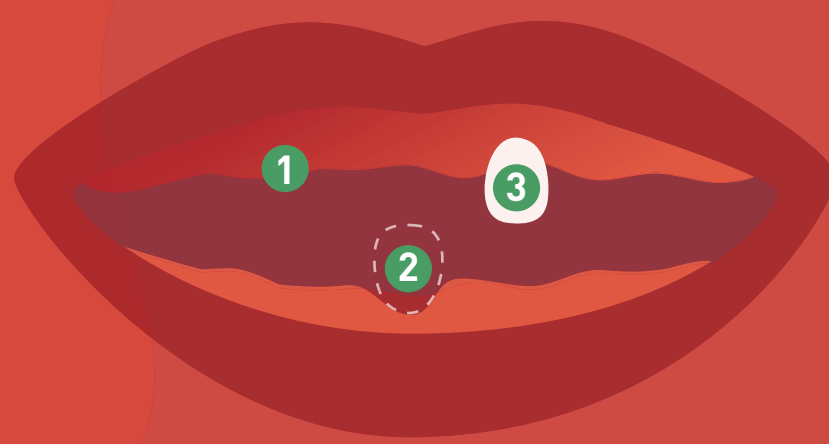
**72%** on average have health insurance

**\*BOTTOM 10 STATES WITH THE LOWEST % OF DENTAL VISITS:**

**56%** on average have health insurance

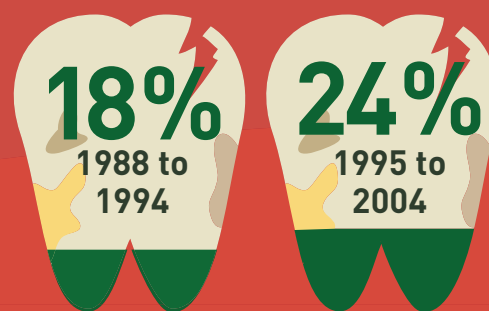
ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

**1/3** **HAVE UNTREATED DENTAL ISSUES**



- 1** 40% have periodontal (*gum*) disease.
- 2** 2x more likely to be toothless if living in poverty.
- 3** 25% have no natural teeth and instead use dentures or implants.

ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



Tooth decay has increased, with significantly more reported among non-Hispanic black & Mexican-American children.

## THE DON'TS FOR ORAL HEALTH

- 1 DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- 2 DON'T** overly consume sticky foods or slow-dissolving candies.
- 3 DON'T** frequently eat desserts or other sugary foods.

## THE DO'S FOR ORAL HEALTH

- 1 DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products and whole grains that provide essential nutrients.
- 2 DO** practice good oral hygiene (*i.e. brushing your teeth with fluoridated toothpaste twice a day; drinking fluoridated water; and seeking regular oral health care*).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION

But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!