NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY

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.

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.

Bottom 10 states with the lowest % of dental visits:

on average have health insurance

56%

Top 10 states with the highest % of dental visits:

on average have health insurance

72%

ORAL HEALTH ISSUES IN CHILDREN (2-4 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.
4. 18% to 1995 to 2004. Tooth decay has increased, with significantly more reported among non-Hispanic black & Mexican-American children.

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).

DON’TS FOR ORAL HEALTH

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

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!