CareFirst
Family of health care plans

PROTECT YOUR SMILE

Oral Health in Numbers

Nearly

92%

OF ADULTS AGES 20 TO 64 YEARS

have had decay in their teeth and for

1 in 4 the tooth decay was **untreated**.[1]

9 in 10

ADULTS believe that a dental visit is as **important as an annual physical**.[2]

Top motivators of proper oral care

1. **To save money/avoid unexpected costs**
2. **To prevent issues like cavities and gum disease**
3. **To prevent tooth decay.**[2]

Smokers are

6X

more likely than nonsmokers to **develop oral cancer**.[6]

46%

OF 2-19 YEAR OLDS

in the U.S. have **tooth decay in one or more primary or permanent teeth**.[3]

47%

OF ALL ADULTS

aged 30 years and older have gum disease. **Severe gum disease affects about 8% of adults**.[4]

40%

OF YOUR TEETH SURFACES remain dirty **when you don't floss**.[5]

Replace your toothbrush every 3–4 months, and even more often if you've been sick![7]

Use antiseptic mouthwash **before brushing to avoid washing away your toothpaste's fluoride benefits**. Swish and gargle for about 30 seconds twice a day. [8]

Chewing sugarless gum for **20 minutes following meals** can help prevent tooth decay.[6]

[1] National Institutes of Health. National Institute of Dental and Craniofacial Research. Dental Caries. Accessed August 2, 2024. https://www.nidcr.nih.gov/research/data-statistics/dental-caries/adults.
[2] Delta Dental®. The 2024 State of America's Oral Health and Wellness Report. Accessed August 2, 2024. https://www.deltadental.com/us/en/state-of-americas-oral-health-report.html.
[3] Prevention. National Center for Health Statistics. Oral and Dental Health. Accessed August 2, 2024. https://www.cdc.gov/nchs/fastats/dental.htm#:~:text=Data%20are%20for%20the%20U.S.
[4] Centers of Disease Control of Prevention. Oral Health. Accessed August 2, 2024. https://www.cdc.gov/oral-health/data-research/facts-stats/fast-facts-gum-disease.html.
[5] DentaGama. 15 Facts About Flossing. Accessed August 2, 2024. https://dentagama.com/news/15-facts-about-flossing.
[6] mouthhealthy™. ADA®. Chewing Gum. Accessed August 2, 2024. https://www.mouthhealthy.org/all-topics-a-z/chewing-gum.
[7] American Dental. Why You Should Change Your Toothbrush Every 3 to 4 Months. Accessed August 2, 2024. https://atooth.com/why-you-should-change-your-toothbrush-every-3-to-4-months/.
[8] Geisinger. Balance by Geisinger. Accessed August 2, 2024. https://www.geisinger.org/health-and-wellness/wellness-articles/2018/01/29/20/46/is-mouthwash-safe-to-use-every-day.

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