



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.¹ In fact, the percentage of children with obesity in the United States has more than tripled since the 1970s.¹ Today, about one in five children ages 6 to 19 has obesity.¹ 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.² 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 meals³
- › Eat at least five servings of fruits and veggies every day⁴



Children who don’t eat at least five servings of fruits and veggies every day are 3x more at risk for developing cavities⁴

- › Avoid sugary snacks and foods³
- › Limit snacking³
- › Drink more water and less sugar-sweetened beverages⁵



A 20-ounce bottle of non-diet cola can add an extra 227 calories to your child’s day.⁵

A 12 oz serving of apple juice or fruit punch can add as much as 192 calories⁵

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.^{1,3}



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>
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 (last reviewed/updated September 23, 2015)

This document is provided by Cigna solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna HealthCare of Connecticut, Inc., and Cigna Dental Health, Inc. and its subsidiaries. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.