

GET HEALTHY

Your smile will thank you.



Did you know that obesity **may** increase your risk for gum disease? Keeping a healthy weight can reduce your oral health risks.

Oral health and your diet

The causes of obesity include:

- › A diet high in fat and calories
- › Eating large amounts of processed foods or sugar
- › A lack of physical activity

These same lifestyle choices can cause oral health problems such as tooth decay and gum disease.

Also, a bad diet may result in a lack of essential nutrients. That could make it harder for your body to fight off an infection in your mouth.¹

Tips for keeping a healthy weight and smile

- › Control portions and consume fewer calories
- › Reduce your sugar intake
- › Drink water not soft drinks
- › Avoid junk food and fast food
- › Don't use food as a reward
- › Increase your physical activity
- › Brush twice a day and floss each night
- › Visit your dentist regularly

Maintain a healthy weight and make sure you're up to date with your dental cleanings and exams. Call your dentist today to make an appointment.

Know your BMI, know your risk

Obesity is determined by a person's body mass index, or BMI.² It's a measure of body fat based on height and weight for adult men and women.

To determine your BMI, grab a calculator and do this simple calculation:³

1. Your height in inches x your height in inches = A
2. Your weight ÷ A = B
3. B x 703 = your BMI

25–29.9 – overweight.

30 and above – obese

Obesity is also a problem for children⁴

- › Between 16% and 33% of children and adolescents are obese. That means they weigh at least 10% more than what is recommended for their height and weight.
- › Childhood obesity can start as early as age five.
- › A child who is obese at age 10–13 has an 80% chance of being an obese adult.
- › When one parent is obese, there is a 50% chance that the children will also be obese. That risk increases to 80% when both parents are obese.

Together, all the way.®



1. "Diet and Dental Health". American Dental Association. <<https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>>

2. Mayo Clinic, "Diseases and Conditions: Obesity." August 2019. <http://www.mayoclinic.org/diseases-conditions/obesity/basics/definition/con-20014834?p=1>.

3. Center for Disease Control and Prevention, "About BMI for Adults." August 2017. http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

4. Centers for Disease Control and Prevention, "Childhood Obesity Facts." September 2018. <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.

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