

SEPTEMBER

A healthier lifestyle can lead to a healthier mouth

Obesity and oral health: What you should know



Keeping a healthy weight can reduce your oral health risks.

Oral health and your diet

Contributors to obesity and oral health issues include:

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

A poor 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

- › Eat smaller portions and fewer calories.
- › Limit sugars, starches and fast food.
- › Drink water instead of soda, juice or sports drinks.
- › Don't use food as a reward.
- › Increase your physical activity.
- › Brush twice a day and floss each night.
- › Visit your dentist regularly.

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. Centers 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>.

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

A 25-29.9 BMI is overweight, and anything above 30 is obese.

Obesity is also a problem for children⁴

- › Between 16%-33% of children and adolescents are obese.
- › A child who is obese at age 10-13 has an 80% chance of being an obese adult.
- › When one parent is obese, children have a 50% chance of also being obese. When both parents are obese, their children's obesity risk soars to 80%.

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