

TAKE ACTION TO IMPROVE ORAL HEALTH IN YOUR COMMUNITY!

WHY SHOULD MY COMMUNITY CARE ABOUT ORAL HEALTH?



Poor oral health impacts people of all ages and disproportionately affects people of color and those with lower incomes. Dental pain is the number one reason children miss school. Studies demonstrate that children with healthy mouths do better in school and are more likely to become happy and successful adults. For adults, poor oral health impacts the ability to get and retain jobs. Think oral health is only about the mouth? Poor oral health not only impacts teeth and gums but increases the risk for heart disease and diabetes. For older adults, nutritional intake is better when a person has all or most of their teeth.

For years we thought taking care of our teeth was a hygiene issue and not a health issue. But the mouth is a window into our overall health. And it is not just an individual responsibility. **Community decisions impact our ability to have good oral health!**

Do your, businesses, government and schools offer **bottled water** rather than tap water?

25%
FEWER CAVITIES



Not only does it cost less, but tap water provides fluoride which can **reduce cavities by over 25%.**

Do your schools and other public facilities promote **healthy eating and drinking** that will benefit oral and physical health?



Do your municipal buildings have **candy and soda machines** like these?

Eating and drinking sugar can significantly contribute to tooth decay.



Do your schools offer **preventative oral health services?**



Join other interested Aurora citizens and organizations to improve oral health in YOUR community.

We want you to become part of our effort.

Please contact: francoise@oralhealthcolorado.org

Thanks to **Delta Dental of Colorado** and the **DentaQuest Foundation**, Oral Health Colorado has the opportunity to work with your community to change policies that impact oral health. By bringing together a wide range of community members and providing some funding, we believe that together you can improve oral health in your community. We'll share ideas for policy change, assist in developing a plan and budget for your collective action, and be there to help along the way. Let's make a difference together!

 **Oral Health Colorado**
Connecting Colorado's Oral Health Advocates

For more information visit: www.oralhealthcolorado.org