

April is Oral Health Month!

The Theme for Oral Health Month 2020 is “Sugary Drinks Consumption”

The new Canada’s Food Guide places an emphasis on making water the drink of choice and replacing sugary drinks with water. Consider the following key messages and web pages for use during oral health month. Additional information on overall oral health have also been included.

Food Guide Key Messages on Sugary Drinks

Replace sugary drinks with water.

- Sugary drinks include:
 - Iced tea
 - Fruit juice
 - Soft drinks
 - Sports drinks
 - Energy drinks
 - Chocolate milk
 - Speciality coffee and teas
 - Fruit-flavored drinks and punches
 - Sweetened plant-based beverages
 - Flavoured waters with added sugars

Make water your drink of choice.

- Drinking water is important for your health
- Drinking water is a way to keep hydrated without calories
- Fluoridated drinking water protects your teeth against cavities

Teens are some of the highest consumers of sugary drinks.

- Drinking sugary drinks may lead to increased risk of cavities for children, and obesity and type 2 diabetes for the entire population
- Sugary drinks are a major source of sugars in the diets of pre-teens and teens

Tips

- **Make water the easy choice.** Keep a pitcher of water on the table or in the fridge for easy access. Carry a reusable water bottle when you are out
- **Limit sugary drinks.** Reduce the number of sugary drinks available at home
- **Add flavour.** Flavour your water with fruit and herbs or try carbonated water. Try adding mint, berries or cucumber slices to your water for different flavours

For more Food Guide tips visit:

- [Sugary Drinks](#)
- [Sugary Drinks and Your Teen](#)
- [Make Water Your Drink of Choice](#)

Additional Oral Health Month Key Messages

Taking care of your mouth

To maintain good oral health and reduce your risk of developing periodontal disease and other diseases, you can:

- remove plaque by brushing your teeth for about 2 minutes at least twice a day
- floss daily to remove plaque between your teeth
- use water, toothpaste or rinses containing fluoride to strengthen your teeth
- check your teeth, gums and mouth regularly. If you notice any problems with your mouth or teeth, plan to see an oral health professional as soon as you can
- don't smoke or chew tobacco
- stay active and make healthy food choices according to Canada's Food Guide
- [Learn more](#) about oral health

Are you caring for an older adult living with dementia at home?

- Older adults with dementia have more cavities than those without dementia
- Start by finding routines that are familiar to the older adult living with dementia and identify routines you are both comfortable with—such as brushing teeth together, in the same place and at the same time of day
- Dry mouth is very common in older seniors and increases the risk of cavities. Help older adults reduce their risk by making water the easy choice
- [Learn more](#)

Are you pregnant or planning on becoming pregnant?

- Morning sickness during pregnancy can expose your teeth to stomach acid and weaken the surface of your teeth by demineralizing
- Eating healthy foods and limiting your intake of sugary beverages will help maintain good oral health
- [Learn more](#)

Are you caring for smaller children?

- Take your child to an oral health professional by age 1
- After your child's permanent teeth begin to erupt, talk to an oral health professional about having dental sealants applied
- [Learn more](#)

Developed by: The Office of the Chief Dental Officer's Office, Public Health Agency of Canada