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
› A diet that includes 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.

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

› Approximately 17% 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%.

Be proactive about your oral and overall health
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