



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy

Proper dental and oral care is an important aspect of maintaining good health. Our teeth and gums are affected by our diet, medicines, stress levels, smoking, chewing tobacco and other factors. Poor teeth and gum care can lead to cavities, gum disease and serious infections. Effective teeth and gum care involves brushing, flossing, exposure to fluoride, healthy eating and visiting your dentist once or twice a year. Brushing and flossing help remove bacteria and food particles that can lead to disease.

DENTAL AND ORAL HEALTH

THE NUMBER OF TIMES I CARE FOR MY TEETH AND GUMS IS:

Healthy is brushing 2-3 times per day and flossing at least once a day

Health Risk is brushing 1-2 times per day and not flossing or flossing occasionally

Unhealthy is brushing 0-1 times per day and not flossing

- HEALTHY** – Look on the back side of this card to see how to keep your teeth and gums healthy.
- HEALTH RISK** – If your teeth and gum care does not improve, you may develop health problems. Look on the back of this card to see how you can improve your teeth and gum care.
- UNHEALTHY** – Poor teeth and gum care can lead to health problems or make your current health problems worse. Look on the back of this card to see what you can do to lower your risk for tooth decay and gum disease.

CRCH

CENTER FOR RURAL & COMMUNITY HEALTH

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What to do for ...

HEALTHY TEETH AND GUM CARE: Use toothpaste that contains fluoride and a soft-bristle toothbrush. Continue to floss.

HEALTH RISK TEETH AND GUM CARE: Use toothpaste that contains fluoride and a soft-bristle tooth brush. Avoid sugared drinks as much as possible and floss regularly to remove food particles. See your dentist, doctor, a nutritionist or community health worker for help improving your diet.

UNHEALTHY TEETH AND GUM CARE: See your dentist, doctor, nutritionist or community health worker for ideas on how to improve your teeth and gum care.

Get more information

ABOUT DENTAL AND ORAL HEALTH BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteo.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

