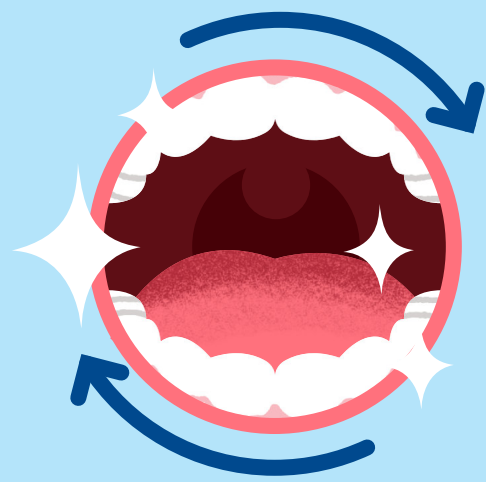




Understanding WHOLE MOUTH HEALTH Globally

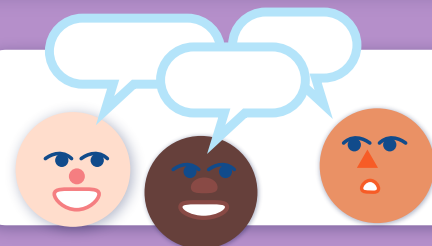


Everyone has the right to smile and enjoy lifelong whole mouth health.

$\frac{1}{2}$

However, the jaw dropping reality is that almost **half of the world's population** have poor oral health.

To improve global oral health the **World Health Organization Global Oral Health Action Plan** instructs nations to **engage with civil society**.



Our research project started a **global citizens' conversation** to inform next steps in improving oral health.

Here's what we learned:

We heard from people of all ages in **Australia, Chile, Nigeria** and the **UK**. The two most **important things** we learnt about how to help people achieve whole mouth health were:

1. Mouth positivity matters



Stop mouth shaming.



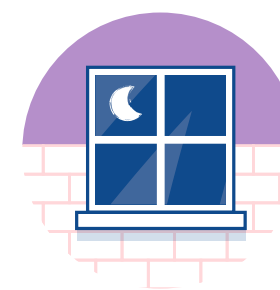
Explain that healthy mouths are **not identical**. Public health messaging needs to show **diversity in healthy mouths**.

2. Make mouth health achievable

Ensure people know the **key and achievable prevention facts**. For example, people were surprised to find out that:



If you eat sweets, it is better for your teeth to eat them **all in one go**.



A **night time** brushing routine is most important.



Public health messages need to be **balanced, not sensational**. Use simple messaging like:

Let's talk

Spread the word globally about bottom-up and **interactive engagement** in whole mouth health to empower people to self-manage and prevent dental health problems.



Find out more about how we engaged in our global conversations by reading our **co-design infographic**.



You can also watch our **animation** and read our **research paper**.

Scan to visit our website

