A healthy diet, low in sugar, salt and fat, and high in fruit and vegetables contributes to reducing the risk of oral diseases, obesity and other noncommunicable diseases.

Only 19 countries in the world consume less than the recommended 25g (or 5 teaspoons) of sugar per person per day.

Use of fluorides is among the top 10 greatest public health achievements ever (according to US Centers for Disease Control).

Alcohol and tobacco are major risk factors for cancers of the mouth, larynx, pharynx and oesophagus, and for periodontal disease.

The average 5-year survival rate of patients with oral cancer is about 50%.

"Oral health is essential to general health and quality of life.”