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Infographic: How Well do North Dakota Third-Grade Students Take Care of Their Teeth?

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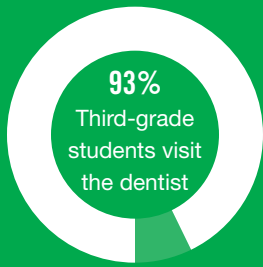
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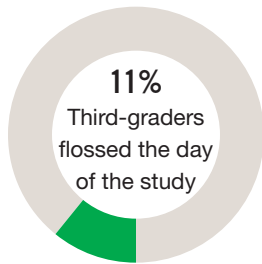
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HOW WELL DO NORTH DAKOTA THIRD-GRADE STUDENTS TAKE CARE OF THEIR TEETH?

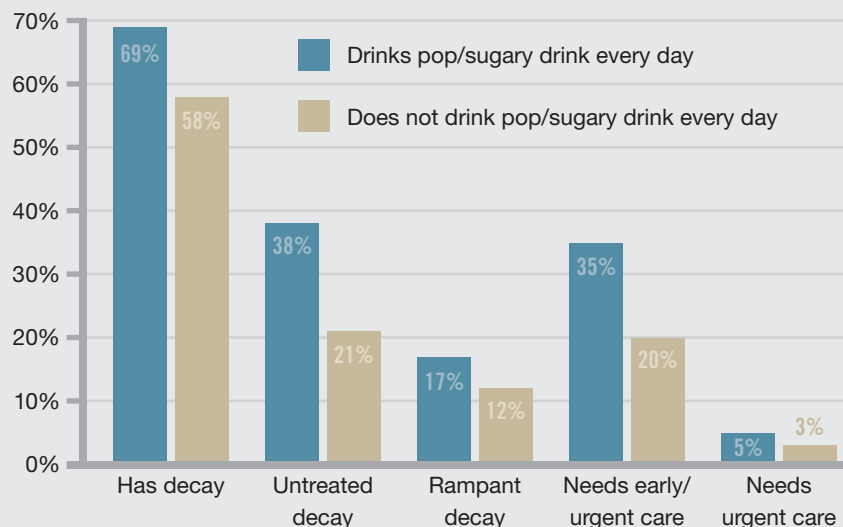
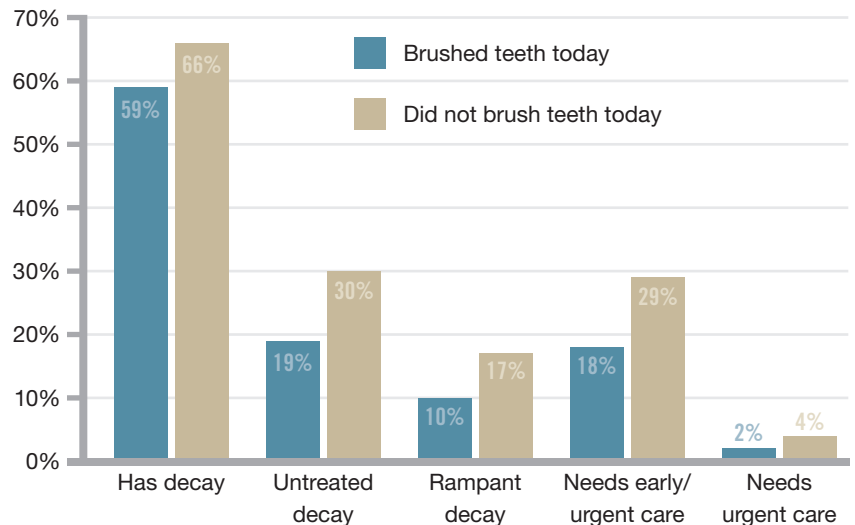


93% of the third-grade students had visited the dentist at least once in their life. Children who report never seeing a dentist have a significantly higher need for urgent dental care.

Although 95% of third-grade students have their own toothbrush, **only 59% had brushed their teeth that day.** It is recommended that you should brush twice a day, two minutes each time! Children who reported not brushing their teeth that day had higher rate of decay and need for urgent dental care.



Only 11% of the third-grade students in North Dakota had flossed their teeth the day they participated in the school screening program. Brushing is great, but it won't remove particles of food and plaque between your teeth and near the gumline. You should try to floss every day.



16% of the third-grade students in North Dakota shared that they drink pop or sugary drinks every day. A greater percentage of students who drank sugary drinks every day had decay and need for early and urgent dental care.

Sugar in soda pop and other sugary drinks combines with bacteria in your mouth and forms acid which attacks the teeth. The acid attack lasts about 20 minutes, and it starts over again with every new sip of that sugary drink. This weakens enamel and cavities begin when tooth enamel is damaged.

These data represent 1,769 third grade children in North Dakota who received a dental screening at 41 schools randomly selected during the 2021-2022 school year. This work was completed in cooperation with the State Oral Health Program. The content is the sole responsibility of the author and does not necessarily represent the official views of the State Department of Health & Human Services. Additional State oral health data are available at hhs.nd.gov/health/oral-health-program Contact Dr. Shawnda Schroeder at Shawnda.schroeder@UND.edu