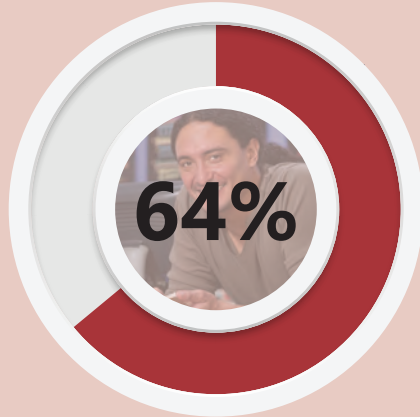


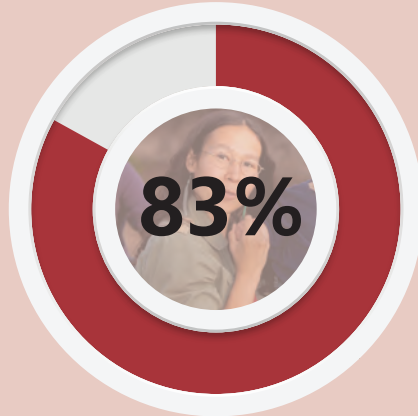


Maintaining a Healthy Adult Smile and Setting an Example for Indigenous Youth

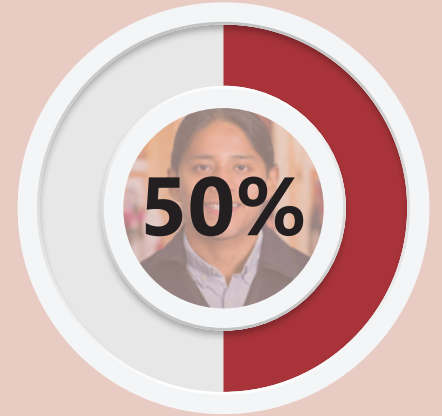
Qichi-aya'aa Taŋ'ka Maaʔihdía Wičháša Wínyan Adults



64% of Indigenous adults (ages 35-49) have untreated cavities.



83% of Indigenous adults (ages 40-64) report one or more missing teeth.



50% of Indigenous adults (ages 35+) report having poor oral health.

Protecting our Native Smiles



Drink fluoridated (tap) water and make sure your toothpaste has fluoride.



Brush your teeth twice a day and floss daily.



Visit your dentist at least once a year, even if you have no natural teeth or if you have dentures. Don't wait until your teeth hurt!



Keep tobacco use traditional and avoid using any recreational tobacco products or e-cigarettes.



Avoid frequent snacking throughout the day and, when you do snack, choose healthy snacks.



Limit your number of sugary drinks. This includes energy drinks, chocolate milk, sports drinks, soda, and fruit juices. If you do have a sugary drink, drink it all at one time and do not sip on it throughout the day.