BE AN ORAL HEALTH ACTION HERO

BELIEVE ★ ACT ★ CHANGE
Tooth decay is the #1 chronic childhood disease in the U.S.

**JOIN THE FIGHT!**

**CHILDHOOD TOOTH DECAY IS PUBLIC HEALTH ENEMY #1 IN AMERICA!**

WE NEED A **HERO** TO TAKE ACTION!

*TOOTH DECAY IS THE #1 CHRONIC CHILDHOOD DISEASE IN THE U.S.*

In order to **STOP DECAY** we must triumph over **3 BARRIERS:**

- Beliefs
- Behaviors
- Environmental influences

**LEVEL 1: EDUCATE!**

Find ways to change the way we think about taking care of our mouths.

**LEVEL 2: TAKE ACTION!**

Empower children to change negative oral health behaviors.

**LEVEL 3: CREATE CHANGE!**

Remove influences around us that make good habits harder to keep.
RISE TO THE TASK!
COMPLETE ALL 3 LEVELS TO DEFEAT TOOTH DECAY IN YOUR COMMUNITY!

LEVEL 1
CHANGE THE WAY WE THINK.
GOAL:
UNDERSTAND THE UNIQUE ORAL HEALTH CHALLENGES OF YOUR COMMUNITY.

ASK LOTS OF QUESTIONS!
What do your friends, family and neighbors know about oral health?
What are their dental hygiene habits?
What myths do they believe?

EXPLORE*
Bad oral health can stem from unexpected causes!
Are there food deserts in your area?
Is your water fluoridated?

INFLUENCE!
Educate your community about issues that affect them. For example:
Create a social media campaign or design awareness posters.
Start a health club at your school or church.

*FOR A FULL LIST OF TOPICS TO RESEARCH, VISIT OUR WEBSITE.

FIND RESOURCES AT AMERICASToothFAIRY.ORG/HERO
NOW IT’S TIME FOR

CHANGE THE FUTURE!

LEVEL 3

GOAL: CREATE LONG-TERM IMPACT BY CHANGING THE CULTURE AROUND YOU.

Change systems, rules and regulations effecting whole populations, like:

- Advocate for water fluoridation.
- Remove sugary drinks from your school’s cafeteria or vending machines.

LEVEL 2

GOAL: CHANGE THE WAY WE ACT.

Motivate others to apply what they’ve learned about good oral hygiene habits to change negative oral health behaviors.

HELP THE PEOPLE IN YOUR COMMUNITY CHANGE ORAL HEALTH HABITS:

Start a backpack stuffing program to give students in need nutritious food and hygiene supplies.

Promote water bottle distribution so children have access to water (instead of sugary drinks!)

Start an anti-bullying campaign. (Kids with poor dental health are often victims of bullying.)

BE EXTRA

AMAZING!

HOST A SmileDrive

VISIT SMILEDRIVE.ORG FOR MORE DETAILS!
CONTACT US
For any questions or assistance with your project email us at programs@ncohf.org.

REGISTRATION + RESOURCES
Sign up to participate in our HERO Program and access a full list of data and helpful information at AmericasToothFairy.org/HERO

National Children's Oral Health Foundation®

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