



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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World Oral Health Day: March 20th

CUPHD encourages everyone to make the best decisions possible to look after their oral health for their happiness and well-being.

CHAMPAIGN, IL – The Champaign-Urbana Public Health District (CUPHD) celebrates March 20th as World Oral Health Day. Oral health is multi-faceted. It allows you to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions with confidence and without pain, discomfort and disease. An unhealthy mouth can restrict your capability to perform these everyday functions, which can have a severe impact on your quality of life by affecting your emotional, social, mental, and overall physical well-being. Poor oral health affects nearly 3.5 billion people worldwide and has far-reaching consequences, yet people tend not to realize the severe impact an unhealthy mouth can have on their life.

CUPHD wants everyone to make the best decisions for their mouths and encourages you to:

- Practice a good oral hygiene routine;
- Visit the dentist regularly;
- Eat a balanced, low-sugar diet;
- Avoid tobacco.

More than 530 million children worldwide suffer from tooth decay in their primary teeth, which can lead to pain, infection, tooth loss and missed school days. CUPHD's Child and Teen School Sealant Program visits all public schools in Champaign, Savoy and Urbana to provide school dental exams, cleanings, fluoride and dental sealants. All students are eligible for a dental exam at school, at no cost to the parent.

Additional information on CUPHD's Dental Program, including school sealant program schedules and registration packets can be found here: <https://www.c-uphd.org/dental-health.html>

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