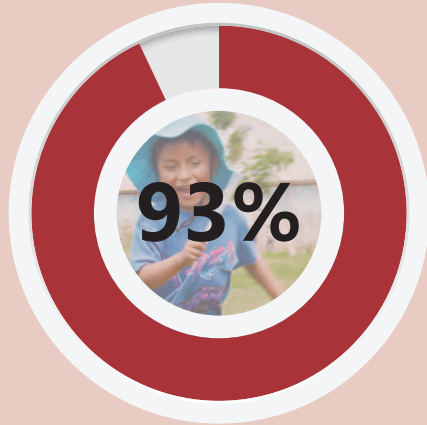




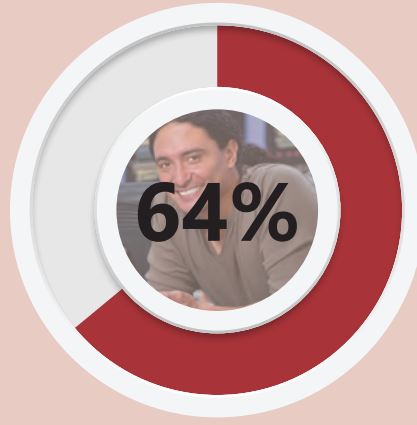
Protect the Health of You and Your Tribe Through Good Dental Hygiene



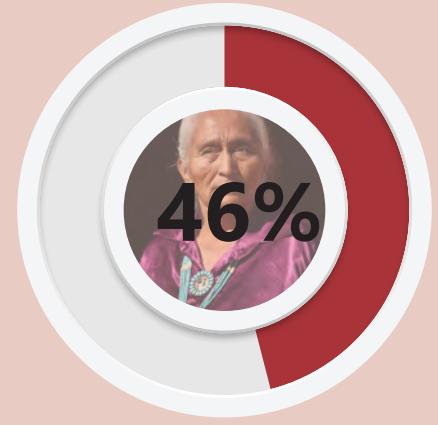
Aánu' Giibid Wiibid Hi Iihshá Wičháhi Tooth



93% of North Dakota kindergarteners who are Indigenous have or have had cavities.



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



46% of Indigenous adults over the age of 65 have untreated cavities.

Protecting our Native Smiles



Brush your teeth twice a day with fluoride toothpaste and floss daily.



Keep tobacco use traditional and avoid using recreation chewing tobacco or smoking tobacco (cigars, cigarettes, or e-cigarettes).



Drink water from the faucet that is fluoridated instead of bottled water, which does not have fluoride.



Visit the dentist at least once a year for check-ups and cleanings. Avoid waiting until your teeth hurt.



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



Drink water when you are thirsty, and avoid regularly drinking high sugar beverages like chocolate milk, soda, sports drinks, and fruit juices.