

North Carolina Surpasses Three National 2020 Oral Health Objectives

In the spring of 2013, the N.C. Department of Health and Human Services, Division of Public Health, Oral Health Section screened third graders in a random sample of elementary schools across the state. Information was collected as part of the Centers for Disease Control and Prevention National Oral Health Surveillance System.



Healthy People 2020 provides science-based, 10-year national objectives for improving the health of all Americans through health promotion and disease prevention.

Results show that **North Carolina has already surpassed** the **Healthy People 2020** goals for third graders in THREE important areas:

DENTAL DISEASE

Only **41.9%** have ever had a dental disease. The national 2020 target is 49.0% or less.

UNTREATED CAVITIES

Only **14.3%** had untreated cavities. The national 2020 target is 25.9% or less.

DENTAL SEALANTS PLACED

45.3% had preventive dental sealants. The national 2020 target is 28.1% or more.

Tooth decay affects more children than any other chronic childhood disease, in spite of the fact that it is almost entirely preventable. Children free of pain are able to sleep well, have higher self-esteem and arrive at school ready to learn. Only prevention can reduce tooth decay.



Prevent tooth decay by:

- Drinking fluoridated water
- Getting preventive dental sealants
- Brushing with fluoridated toothpaste and flossing every day
- Limiting sweet snacks
- Regular visits to your dentist

NORTH CAROLINA 
ORAL HEALTH

Oral Health Prevention = Healthier Children

Reference: Healthy People.gov (<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicId=32>)



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