

Chapter 1 : World Health Day - Information, Date, Themes

Take care of your oral health to protect your mouth and body. It's never too early or too late to start looking after your oral health. Act today to keep a healthy mouth through life.

Below you will find some excerpts from the interview. The complete interview can be found [here](#). In your opinion, is oral health improving globally? As the authoritative voice of dentistry, it is our responsibility to step up to the challenges and drive the fight against oral disease to ensure that we are fulfilling our vision of leading the world to optimal oral health. With almost four billion people worldwide affected by oral disease, it is our job to raise awareness of and educate people on the link between oral health and overall health and encourage them to develop healthy habits that last a lifetime. In your opinion, what are the main risks or barriers to people not focusing on their oral health? Lack of oral health education remains a main barrier to people maintaining good oral health. Therefore, we work hard to raise awareness of the importance of oral health and educate people on the intrinsic link between oral health and general health. Working with the FDI, we hope to raise awareness of the importance of building good oral health care routines and encourage people to visit their dental professional and, importantly, to follow his or her advice and maintain good routines between visits. If we can get people to make small behavioral changes, these can go a long way towards positively impacting oral health, for example, through their diet and brushing their teeth twice a day for 2 minutes. We want people to make the connection between their oral health and their general health and recognize the close association between the two and the impact that one has on the other. What is next for the future of oral health care? We must shift our attention from a traditional restorative approach to one that emphasizes disease prevention and oral health promotion. We believe that we will see a move to more preventative care owing to the rise of digitally connected technology. This will change the way dental professionals communicate with their patients and hopefully improve patient compliance between visits. It is never too early or too late to start looking after your mouth; your body will thank you! Adopting good oral hygiene habits, having a healthy diet that is low in sugar, quitting tobacco use, keeping away from excessive alcohol consumption, and having regular dental check-ups help protect the mouth and body at all ages. I would recommend visiting the dental professional, especially from a young age. I would like to encourage people to visit their dental professional or hygienist regularly and to follow his or her advice. The two most common types of oral disease, tooth decay and periodontal disease, are completely preventable with an effective oral care routine, brushing for 2 minutes twice a day. It is important to remember that good oral health is for life, not just for World Oral Health Day, and developing these habits from an early age can positively impact on longer term health and wellness. Share on social media.

Chapter 2 : Philips celebrates World Oral Health Day - Blog | Philips

A media guide to help promote the World Oral Health Day campaign.

World Health Day will be celebrated worldwide on 7th of April, at Saturday. World Health Day The World Health Day is celebrated by the people all across the world every year on 7th of April under the leadership of World Health Organization to draw the mass people attention towards the importance of global health. It was first celebrated worldwide in the year as the World Health Day. Varieties of events related to the particular theme are organized on the international and national level by the WHO. It is an annual event being celebrated for years to raise the common public awareness towards the health issues and concerns. A particular theme is chosen to run the celebration and take care of the health for whole year. Global Polio Eradication was also one of the special themes of the year of world health day. From then, most of the countries have become free of this fatal disease whereas in other parts of the world its awareness level has increased. World Health Day targets all the health issues on global basis for which several programs are organized yearly by the WHO and other related health organizations at various places like schools, colleges and other crowd places. It is celebrated to remember the establishment of the World health Organization as well as draw the attention of people towards the major health issues in the world. WHO is a vast health organization working under UN for addressing the health issues on a global basis. Since its establishment it has addressed serious health issues including chickenpox, polio, smallpox, TB, leprosy and etc from various developing countries. It has played a significant role aiming to make the world a healthy world. It has all the statistics about global health reports. How World Health Day is Celebrated World Health Day is celebrated worldwide by the government, non-government, NGOs including various health organizations at many places by organizing programmes relating to the public health issues and awareness. Participated organizations highlight their activities and supports through the media reports by means of press releases, news and etc. Health authorities from different country take part in the celebration with their pledges in order to support on the health issues worldwide. Varieties of activities are done in the conference of health workers to encourage people to maintain their health in the presence of media coverage. Debates on the related topics, art exhibitions, essay writing, competitions and award ceremony are organized to fulfill the aim of world health day. Why World Health Day is Celebrated World Health Day celebration focuses on increasing the life expectancy by adding good health to the lives of people and promoting healthier living habits. Youths of the new era are also targeted by this event to prevent and make them healthy to make the world healthy and free from AIDS and HIV. Disease spreading vectors like mosquitoes malaria, dengue fever, filaria, chikungunya, yellow fever and etc , ticks, bugs, sand flies, snails and etc are also spotlighted by the WHO to make the world free from a wide range of diseases caused by parasites and pathogens. It provides better prevention and cure from the vector-borne diseases spread by vectors and travelers from one country to other. WHO supports various health authorities on global basis to make their own efforts for the public health problems to enhance better life without any diseases. Some of the objectives of why it is being celebrated yearly are listed below: Key 1: Keep clean, Key 2: Separate raw and cooked food, Key 3: Cook food thoroughly, Key 4: Keep food at safe temperatures, Key 5: Use safe water and raw materials.

Chapter 3 : World Oral Health Day - Wikipedia

World Oral Health Day (WOHD) is celebrated globally every year on 20 March. It is organized by FDI World Dental Federation and is the largest global awareness campaign on oral health.

Make every mother and child count Working together for health International health security Protecting health from the adverse effects of climate change Save lives, Make hospitals safe in emergencies Good health adds life to years Healthy heart beat, Healthy blood pressure Working together for health[edit] Nations identified with critical health worker shortages In , World Health Day was devoted to the health workforce crisis, or chronic shortages of health workers around the world due to decades of underinvestment in their education, training, salaries, working environment and management. The day was also meant to celebrate individual health workers “the people who provide health care to those who need it, in other words those at the heart of health systems. The report contained an assessment of the current crisis in the global health workforce, revealing an estimated shortage of almost 4. Protecting health from the adverse effects of climate change[edit] In , World Health Day focused on the need to protect health from the adverse effects of climate change and establish links between climate change and health and other development areas such as environment, food, energy, transport. The theme "protecting health from climate change" put health at the centre of the global dialogue about climate change. WHO selected this theme in recognition that climate change is posing ever growing threats to global public health security. Make hospitals safe in emergencies[edit] Hospital in Hartford, Connecticut World Health Day focused on the safety of health facilities and the readiness of health workers who treat those affected by emergencies. Often, already fragile health systems are unable to keep functioning through a disaster, with immediate and future public health consequences. Urbanization and health[edit] With the campaign " cities, lives", events were organized worldwide during the week starting 7 April The global goals of the campaign were: Antimicrobial Resistance[edit] The theme of World Health Day , marked on 7 April , was " Antimicrobial resistance and its global spread" and focused on the need for governments and stakeholders to implement the policies and practices needed to prevent and counter the emergence of highly resistant microorganisms. On World Health Day , WHO called for intensified global commitment to safeguard antimicrobial medicines for future generations. The organization introduced a six-point policy package to combat the spread of antimicrobial resistance: Strengthen surveillance and laboratory capacity. Ensure uninterrupted access to essential medicines of assured quality. Regulate and promote rational use of medicines, including in animal husbandry, and ensure proper patient care; reduce use of antimicrobials in food-producing animals. Enhance infection prevention and control. Foster innovations and research and development for new tools. Ageing and Health[edit] World Health Day was marked with the slogan "Good health adds life to years". Life expectancy is going up in most countries, meaning more and more people live longer and enter an age when they may need health care. Meanwhile, birth rates are generally falling. Countries and health care systems need to find innovative and sustainable ways to cope with the demographic shift. As stated by John Beard, director of the WHO Department of Ageing and Life Course, "With the rapid ageing of populations, finding the right model for long-term care becomes more and more urgent. Millions of people participated [12] in that event to make awareness of Yoga as a part of healthy living. Healthy Blood Pressure[edit] The theme of World Health Day , marked on 7 April , was the need to control raised blood pressure hypertension as a "silent killer, global public health crisis". The organization estimates one in 3 adults has raised blood pressure. Specific objectives of the World Health Day campaign were to: Small bite, Big threat[edit] Aedes aegypti yellow fever mosquito feeding World Health Day put the spotlight on some of the most commonly known vectors “such as mosquitoes, sandflies, bugs, ticks and snails “responsible for transmitting a wide range of parasites and pathogens that can cause many different illnesses. Mosquitoes, for example, transmit malaria “the most deadly vector-borne disease, causing an estimated deaths annually worldwide “as well as dengue fever , lymphatic filariasis , chikungunya , Japanese encephalitis and yellow fever. The goal of the World Health Day campaign was better protection from vector-borne diseases, especially for families living in areas where diseases are transmitted by vectors,

and travelers to countries where they pose a health threat. The campaign advocated for health authorities in countries where vector-borne diseases are a public health problem or emerging threat, to put in place measures to improve surveillance and protection. Changes in food production , distribution and consumption ; changes to the environment; new and emerging pathogens; and antimicrobial resistance all pose challenges to food safety systems. The WHO works with countries and partners to strengthen efforts to prevent, detect and respond to foodborne disease outbreaks in line with the Codex Alimentarius , advocating that food safety is a shared responsibility “ from farmers and manufacturers to vendors and consumers ” and raising awareness about the importance of the part everyone can play in ensuring that the food on our plate is safe to eat.

Chapter 4 : World Oral Health Day 5 Foods For Shiny White Teeth

World Oral Health Day (WOHD) is a far-reaching global oral health campaign. It is a platform for the public, oral health community, and policymakers to help reduce the overall oral disease burden.

It is a severely underrated topic and while spreading awareness on the added benefits of proper oral care, it also covers oral disease and hygiene habits. Such a day can also call for funding for support, awareness campaigns and other dental programs for prevention and detection of such cases. There is much emphasis on the following message- Oral care goes much further than just a pretty smile. It shares a direct link to your general wellbeing and on a harsher note, oral diseases also share common risk factors with other diseases such as diabetes or cancer. It invites people to open their mouths for examination and brings to life the notion of the mouth serving as a mirror to the body and reflecting overall health. We want people to understand the mouth and body connection because the more informed they are about the impact of oral health on their general health, the more likely they will be to engage in preventive oral care routines. And if there are numerous qualified professionals at hand, the reasons for these high ratings must lie in our lifestyles. So what is it about our lifestyles that could bring about such dramatic numbers? Betel chewing This is one of the most popular methods by far to wreck your oral care. When betel leaf is combined with arecanut, it enables a stimulant feeling much like tobacco and other drugs and gives way to the possibility of mouth ulcers, tumors and cancers, amongst many other bodily problems. Tobacco Smoking Image courtesy of Flickr The consequences of this habit are well known. It is essentially the same as betel chewing when it comes to oral care. Tooth erosion is a common problem here due to the vomiting and food reflux. Carbonated Drinks and Sugary Foods Amongst the younger generations, carbonated drinks are always considered heaven-sent. Sugary foods are something we all have a weakness for. Unfortunately both are packed with acids which results in tooth erosion. However, untrained caregivers of such institutions fall short of taking the right steps towards dental care. It gets swept away with all the work and other social callings and is most often forgotten. These are some simple ways us Sri Lankans can maintain our oral health: Promoting such healthy messages is vital to such a cause. Remember “oral care goes far beyond a pretty smile. Think smart and think healthy about your well-being.

Chapter 5 : Get Involved | World Oral Health Day

World Oral Health Day This event has passed. It is an international day to celebrate the benefits of a healthy mouth and to promote worldwide awareness of the issues around oral health and the importance of oral hygiene to looking after everyone old and young.

World Oral Health Day: It is for supporting the improvement of oral health all over the world. It provides an occasion for national, regional and global activities that promote oral health. However, most of these dental diseases can be prevented and treated easily through the intervention of a dental health professional and the practice of good oral care. During the public health and awareness campaign, the public is given information regarding how to practice good oral health. Here are some simple tips for good oral health: Brush your teeth at least two times daily preferably after meals. Floss your teeth at least once a day and use a gentle sawing motion. Use fluoridated toothpaste to help harden enamel and reduce the risk of tooth decay. Limit the intake of acidic beverages like soft drinks and fruit juices since these can soften tooth material and lead to cavities or caries. Protect your teeth by using a mouth guard or helmet when playing contact sports. See your dentist regularly especially when you feel that something is wrong with your teeth. Do not use your teeth to crack nuts, remove the top of bottles or anything other than chewing food to prevent chipping or breaking them.

Purpose of World Oral Health Day The main purpose of World Oral Health Day is to promote the awareness of the different issues about oral health and the importance of practicing good oral hygiene regardless of age. It is also for informing the public that oral diseases are linked to serious chronic diseases including cancers , heart disease, diabetes and low birth weight in newborns. Tooth decay is the most common oral health problem and it is about 5 times more common than asthma making it a major problem today. Organize an event to commemorate World Oral Health Day. Distribute flyers on the importance of good oral hygiene and how to practice it. Use social media to spread oral healthcare awareness. Contact your local newspaper, television station or radio station so that they will make a public service announcement regarding the public health and awareness campaign. Write an article about practicing good oral health and get it published in your local paper. Organize a dental mission in rural areas offering free dental services. Organize an event in your local school showing children how to brush properly and practice good oral health. Display World Oral Health Day posters in public areas. Organize an educative and preventive lecture for children and teenagers regarding dental health. Giveaway toothbrush and other oral health paraphernalia in underprivileged areas or countries. Organize a dental mission in third world countries with little access to oral health care. Organize a community outreach activity working with local health agencies and private dental organizations. Organize a fundraising event for the World Dental Federation. Distribute World Oral Health Day posters to all dentists in your area. Start a social media campaign for raising oral healthcare awareness.

Message of World Oral Health Day Oral health is very important because there is a close connection between dental diseases and chronic diseases like cancers, heart disease and diabetes. This is the perfect time to educate the public about the importance of practicing good oral health. A major problem is that most people are just plain ignorant when it comes to oral hygiene so it would be very helpful to impart useful tips on practicing good oral health. Everyone can contribute and help in reaching the goals of World Oral Health Day even through simple ways like the ones mentioned. Support Consumer Health Digest by linking to this article from your website [Permalink](#) to this article:

Chapter 6 : World Oral Health Day |

This World Oral Health Day, we want people to make the connection between their oral health and general health and understand the impact that one has on the other. Knowing how to protect your mouth and body at all ages contributes to a better quality of life."

Flossing should be a regular part of your dental routine. It cleans those parts of the teeth where toothbrush cannot reach. Flossing your teeth can make your teeth look brighter. Read further to know more about flossing and its oral health benefits. This is a simple step that should never be overlooked. Brushing your teeth in the morning and more importantly again at night is important to remove plaque build-up and bacteria that lead to tooth decay and periodontal disease. The Modified Bass technique where you should hold the brush head at 45 degrees angle, partly on the gums, and gently move the brush in tiny circular motions or small horizontal strokes 20 times on each tooth shall improve your oral hygiene significantly. Do not brush too vigorously as it can damage your gums and teeth. World Oral Health Day Brush your teeth Photo Credit: Floss daily Your brushing is not complete without flossing. Floss your teeth after brushing Photo Credit: Oral Irrigators These are newer cleaning aids which pump water in a steady or pulsating manner and flushing out food and bacterial by-products. Skip the sugar Sugary and starchy foods cause a reaction in your mouth that leads to tooth decay. Sugar reacts with the bacteria in your saliva to form an acid that erodes your tooth enamel, the outer protective layer of your teeth. Avoid sugary foods Photo Credit: Swish with mouthwash For an added boost to your oral hygiene routine, rinse with an anti-bacterial mouthwash which is prescribed by your dentist. Use fluoride toothpaste Fluoride helps strengthen your tooth enamel to combat tooth decay. Use a fluoride toothpaste Photo Credit: Your tongue harbors bacteria too, so use your toothbrush or a tongue scraper to give it a cleaning. Pay attention to your mouth and gums Note when your gums look inflamed or if you spot blood while brushing. Also, a dental cleaning removes tartar build-up that cannot be removed at home. Parents play a very important role in making sure that oral hygiene practices are taught early in childhood. Restrict bottle feeding to meal times. Avoid putting your baby to sleep with a bottle. The milk or juice that pools in the mouth will bathe teeth in the sugars on which bacteria feed. Before their teeth grow in, get your baby accustomed to regular oral care by wiping their gums twice per day with a clean, soft, thin cloth, such as a handkerchief. Swallowing toothpaste while their teeth are developing can cause a condition called fluorosis, which occurs from absorbing too much fluoride and causes their teeth to look mottled or grainy. Your smile is one of the first thing people notice. Good Oral Health changes far more than your outward appearance. It renews your confidence. It changes the way you view yourself. Charles Mayo once said, "preventive dentistry can add ten years to human life. The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. The information, facts or opinions appearing in the article do not reflect the views of NDTV and NDTV does not assume any responsibility or liability for the same. COMMENT DoctorNDTV is the one stop site for all your health needs providing the most credible health information, health news and tips with expert advice on healthy living, diet plans, informative videos etc. You can get the most relevant and accurate info you need about health problems like diabetes , cancer , pregnancy , HIV and AIDS , weight loss and many other lifestyle diseases. We have a panel of over experts who help us develop content by giving their valuable inputs and bringing to us the latest in the world of healthcare.

Chapter 7 : World Oral Health Day All About Gum Disease, Best Tips To Keep It Away

World Oral Health Day is observed annually on 20 March, and launches a year-long campaign dedicated to raising global awareness of the issues around oral health and the importance of oral hygiene so that governments, health associations and the general public can work together to achieve healthier mouths and happier lives.

We cannot live without food; it is the source of our energy. We would not be able to survive. Our mouth, especially our teeth play a very important role in our health. Hence, there was need of something that would encourage people to maintain good oral and dental health so that they can take care of the health of the teeth and mouth. World Oral Health Day is one such day which is celebrated globally to promote the importance of oral and dental health from children to adults. World Oral Health Day is celebrated on 20th March each year to promote good oral and dental health awareness among the people across the globe. The day also marks the launch of a year-long campaign to raise awareness of oral health and prevention of oral diseases. Since these campaigns have featured a specific theme by which the celebration of the day takes place. Also, World Oral Health Day offers the dental and oral health community a platform to take action and help reduce the overall disease burden. Hence each year the world oral health day is celebrated according to the theme. Each year has its own theme. And it will be the same theme till the year campaigns. People should know the strong relationship between the oral health and overall health. The previous years also had their own themes to celebrate the world oral health day. Asian countries like Indonesia, India, Malaysia are developing countries and are still battling with major health problems malnutrition and hunger. It is very appreciating to know that these countries are also working on promoting oral and dental healthcare campaign for the people. India has its own National Oral Health Programme under which it runs many activities and campaigns to create awareness about the importance of oral health. Global oral health brand Colgate is also promoting the oral health benefits in India. Participating countries compete for the best activity or campaign to promote the oral health. The previous year winners are these four countries: Spain, Egypt, Sudan and Palestine. Dentists, doctors and health experts around the world are working to create awareness in the public. To truly celebrate the world oral health day one should be working on creating awareness and spreading information about the oral health to the people. Here are some celebration ideas for students, doctors and every general people to celebrate the world oral health day. On this day over countries organize various campaigns and activities to promote the cause. Workshops and Seminars for Public Students can organize public seminars in public which will give them information about the necessity of good oral health of our body. Students can also visit the nearest residential areas and educate them about the oral health benefits. Poster and Banners Making Students can make informative posters and banners which will contain the benefits of maintaining oral health and how to do it and showcase them in schools, offices and public places. The school or medical institute can also organize the poster or banner making contest about the same topic and give the prize to the best banner or poster. Fun Activities for Children Schools can organize various funny activities for the students where they will learn the importance of brushing their teeth and maintaining oral health. Tooth brushing demonstration Invite dental staff from your local dental clinic to demonstrate to children and families how to brush their teeth and maintain their oral health. I hope this article given you the information you needed about the World Oral Health Day.

Chapter 8 : "Say Ahh"™ announced as World Oral Health Day theme | FDI World Dental Federation

World Oral Health Day (WOHD) would not be the success it is without the commitment and dedication of people like you. We rely on your actions to engage others locally to raise awareness on the prevention and control of oral diseases.

Chapter 9 : | World Oral Health Day

World Oral Health Day is celebrated globally every year on March 20 and is organized by FDI World Dental Federation.

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