Maryland's Children at Risk for Dental Disease
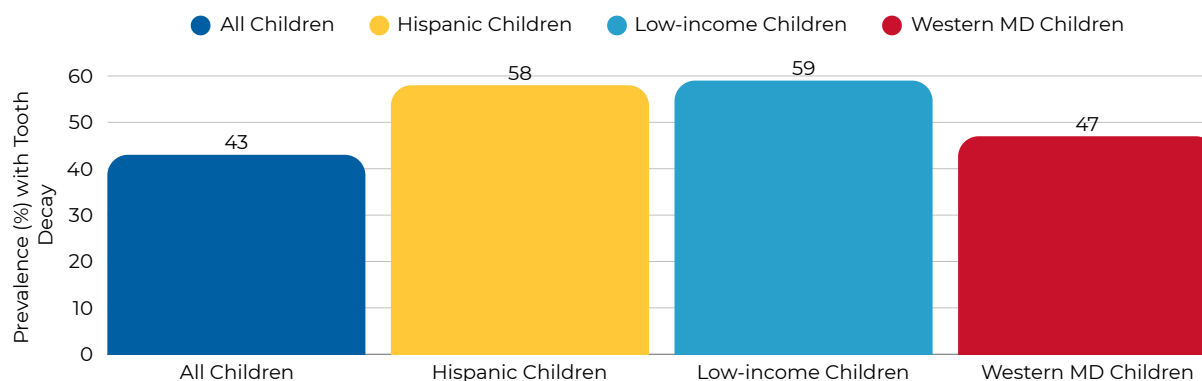
Almost 50% of Maryland school children have tooth decay, according to recent Maryland Department of Health and Howard University College of Dentistry survey.

Dental Decay and Children in Maryland

Tooth decay can cause pain, lead to missed school days, and harm overall health.

Tooth Decay in Maryland School Children by Group (2022-2023)

Legend: ● All Children ● Hispanic Children ● Low-income Children ● Western MD Children

Bar chart — Prevalence (%) with Tooth Decay:
- All Children: 43
- Hispanic Children: 58
- Low-income Children: 59
- Western MD Children: 47

Children in minority and low-income communities are at a higher risk for tooth decay.

Citation: Maryland Childrens Oral Health Survey (2022-2023)

Stop Cavities Before They Start!

Dental Sealants and Fluoride Varnish Can Help

Dental sealants and fluoride varnish offer safe, effective, and low-cost protection against cavities.

Sealants: Thin plastic coatings placed on the back teeth to block food and germs from creating decay. *Reduce cavities by 80%.*

Fluoride varnish: A quick, painless coating professionally painted on teeth that strengthens enamel. *Reduces cavities by 40%.*

Action Steps for Parents

☑ Ask your child's dentist about dental sealants and fluoride varnish.

☑ Brush your child's teeth with a fluoride toothpaste twice a day.

☑ Start your child's dental visits when they are 1 year old.

☑ Feed your child nutritious meals and avoid sugar-sweetened beverages.

Protect Your Child's Teeth Today!

Make an appointment with your child's dentist and ask about sealants and fluoride varnish.

Citation: Maryland Childrens Oral Health Survey (2022-2023)

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