Did you know that obesity may increase your risk for gum disease? Keeping a healthy weight can reduce your oral health risks.

**Oral health and your diet**

The causes of obesity include:
- A diet high in fat and calories
- Eating large amounts of processed foods or sugar
- A lack of physical activity

These same lifestyle choices can cause oral health problems such as tooth decay and gum disease.

Also, a bad diet may result in a lack of essential nutrients. That could make it harder for your body to fight off an infection in your mouth.

**Tips for keeping a healthy weight and smile**

- Control portions and consume fewer calories
- Reduce your sugar intake
- Drink water not soft drinks
- Avoid junk food and fast food
- Don’t use food as a reward
- Increase your physical activity
- Brush twice a day and floss each night
- Visit your dentist regularly

**Know your BMI, know your risk**

Obesity is determined by a person's body mass index, or BMI. It’s a measure of body fat based on height and weight for adult men and women.

To determine your BMI, grab a calculator and do this simple calculation:

1. Your height in inches x your height in inches = A
2. Your weight ÷ A = B
3. B x 703 = your BMI

- 25–29.9 – overweight.
- 30 and above – obese

**Obesity is also a problem for children**

- Between 16% and 33% of children and adolescents are obese. That means they weigh at least 10% more than what is recommended for their height and weight.
- Childhood obesity can start as early as age five.
- A child who is obese at age 10–13 has an 80% chance of being an obese adult.
- When one parent is obese, there is a 50% chance that the children will also be obese. That risk increases to 80% when both parents are obese.

**Maintain a healthy weight and make sure you're up to date with your dental cleanings and exams.**

Call your dentist today to make an appointment.

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