

# Oral Health Habits

During National Smile Month, the Oral Health Foundation and TePe are helping everybody learn what they can do to have a clean and healthy mouth.

But are the UK's oral health habits really something to smile about? Here's what our research says about how British adults are caring for their smile.



Twice daily brushing is the **most effective way to keep teeth clean** and healthy, however...

**26%**

Of Brits only **brush their teeth** once a day.



**1 in 4** do not brush their teeth in the evening **before they go to bed.**

The night time brush is the **most important!**



More than **2 in 3** say they **could not go a day** without brushing their teeth.

...which makes it **more essential** than other daily tasks.

What we can't go a day without

**68%** Brushing teeth

**43%** Breakfast

**41%** Showering

**21%** Exercising



The **daily oral care routine** should include more than toothbrushing. Despite this...

**53%**

Use **mouthwash** during the day.

**22%**

Clean between their teeth with **interdental brushes.**

**13%**

Chew **sugar free gum** daily.

In addition to twice daily brushing and dental visits, **these are the habits needed to achieve good oral health!**

Women are better **twice-daily brushers** compared to men.



Who are the **best brushers** in your family?

The good habits we have developed through the pandemic....



**38%**

Go for **walks** more often.



**38%**

**Cook** more meals from scratch.



**23%**

**Exercise** more often.



**20%**

**Brush thier teeth** for longer.

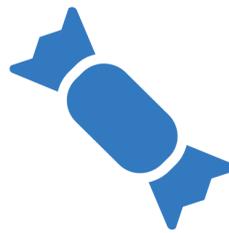
## The oral care routine



Brush teeth **last thing at night & one other time during the day**, with a fluoride toothpaste.



**Clean between your teeth every day** with interdental brushes or floss.



Cut down how much and how often **you have sugary foods and drinks.**



Visit the dentist regularly, **as often as your dentist recommends for you.**

Sometimes we need expert advice about our health. **The Dental Helpline** is there to provide us with the very best information and support about the health of our mouth.

**Dental Helpline**  
**01788 539780**  
Oral Health Foundation

## Approved interdental brushes

The Oral Health Foundation evaluates consumer oral health care products to ensure that the claims made by manufacturers are clinically proven and not exaggerated.

Our Accreditation programme is all about giving you an added level of assurance and confidence that the products you buy do what they claim to do.

As part of this programme, we are delighted to accredit the range of TePe interdental brushes as a great tool for good oral health.

