Social Media Messages

Each message is 140 characters or less, per Twitter requirements. Messages may be used as written or customized to address local or other specific needs.

We have taken care to include a Spanish translation of a message directly after the English version where applicable.

Community Water Fluoridation

All water contains some amount of fluoride, a natural mineral. When water contains the right amount of fluoride, teeth are less likely to suffer cavities. Learn more at http://bit.ly/2PvlxR0

After a Canadian city stopped fluoridating its tap water, children's cavity rates worsened compared to a fluoridated city. https://bit.ly/3cm2kNl

VIDEO: Portland, Oregon is a nice city, but something is missing that would help more of the city's children have healthier teeth. A local pediatrician explains: https://bit.ly/3oGLizp

VIDEO: El pediatra Geisel Collazo habla sobre los beneficios de beber agua del grifo sobre las bebidas azucaradas. #Salud #SaludPública

Fluoridation is a public health success. These tools can help you educate your community about #fluoride and drinking water: http://bit.ly/1x1re9T

The CDC has recognized water fluoridation as one of 10 "great public health achievements." Learn why at https://bit.ly/3DADqF6

A good video from @PewHealth for families who want to know more about fluoride in drinking water http://bit.ly/106LcWr

Leading health & medical experts agree: fluoridated water is safe and effective for reducing tooth decay http://bit.ly/1naDErA

Video: Turning on the tap is helping millions of families protect their children's teeth from cavities https://bit.ly/3Grmy5r

Expertos en salud están de acuerdo: el agua con flúor es segura y efectiva para reducir las caries http://bit.ly/1naDErA

Water fluoridation improves #HealthEquity.

Share this infographic showing why 75+ years of water fluoridation has improved health and well-being: https://bit.ly/3oCCnQC

Tooth decay rose significantly after Calgary ended fluoridation. This led the city to reverse its decision: https://bit.ly/3EFqtLg

Like dental providers, the medical community supports water fluoridation. Why? Read this statement by the United Kingdom's 4 chief medical officers: https://bit.ly/3IBFyAe

Research shows that water fluoridation is especially beneficial to the most disadvantaged people http://bit.ly/1Wa8a4q

La fluoración del agua es beneficiosa para las personas más desfavorecidas http://bit.ly/1Wa8a4q

Study: Fluoridated areas had a much lower rate of hospital admissions for tooth extractions http://bit.ly/ZSxgxD

Research shows that fluoridation is a public health practice that benefits older adults too http://nyti.ms/1NBaETR

Health experts are united when it comes to water fluoridation. Here's what they say: http://bit.ly/1Ja0IPB

What is dental fluorosis? Parents can get the facts here http://bit.ly/1T05dBG

Researcher: Fluoridation is "the most effective and practical" way to reduce dental disparities https://bit.ly/3DCpDhf

Investigación: Fluoración es la forma "más efectiva y práctica" de reducir disparidades dentales https://bit.ly/3DCpDhf

Black US health & medical leaders explain their support for community water fluoridation http://bit.ly/1AV1yg2

Fluoride protects teeth from tooth decay. It can even heal early decay.

Fluoridation is nature's way to keep teeth strong.

Fluoridation is safe and effective in preventing cavities

Educating the Public about Oral Health

Do you know how #diabetes and oral health are linked? Take this quiz and find out http://bit.ly/3UJ47k9

It is a good time to educate parents & pregnant women about their oral health.

#TeethNow

Tooth decay is the most common chronic disease for kids. School-based dental programs and other strategies can help prevent it http://bit.ly/2NvrWLH

@ObesityAction Coalition: Studies show that ppl affected by #obesity have more oral health probs than others http://bit.ly/3geYOKs

According to @WebMD, "dental care is particularly important for people with #diabetes" http://bit.ly/1aC2paO

Smoking raises a person's risk of gum disease. Learn more at http://bit.ly/1aodAHf

Fumar aumenta el riesgo de enfermedad de las encías. Información aquí http://bit.ly/1aodAHf

Did you know that #obesity raises a person's risk of gum disease? Get the facts http://bit.ly/1IW9gub

Visiting the Dental Office

Take your child to the dentist, no later than age one.

For good oral health do not lay your baby down with a bottle of milk or juice.

By child's first birthday, teach the baby how to drink out of an open cup.

Give your child milk or water; do not give sugary drinks, such as soda or juices made w/ sugar.

Between ages 2-3 teach your child to brush teeth, but continue to brush for them to ensure teeth are clean.

Brush your child's teeth w/ fluoride toothpaste 2x a day, especially before bed.

As soon as two teeth touch each other, floss between them once a day. Take your child to the dentist every six months.

Find a dental home (a dentist who provides care for your family's dental needs).

If your child drinks water that isn't fluoridated, they may need fluoride pills or drops.

At age 4-6, encourage your child to brush on her own, but monitor to ensure she doesn't swallow toothpaste.

At age 4-6, teach your child how to floss. Help your child floss teeth once a day.

Oral Health Infrastructure

Community health centers provide dental care to many people, and #CHCs may find these resources helpful https://www.nnoha.org/dentalformslibrary

Centros de salud comunitarios proporcionan atención dental a muchas personas. Recursos útiles aquí #CHCs https://www.nnoha.org/dentalformslibrary

State dental programs are crucial for collecting data and coordinating efforts to improve oral health http://www.astdd.org

More people are getting dental coverage, and community health centers play a key role in meeting their needs http://bit.ly/19A2yyb

Más personas están recibiendo cobertura dental. Los centros comunitarios juegan un papel clave en la cobertura http://bit.ly/19A2yyb

Community health workers can help improve equity by addressing gaps in oral health care delivery http://bit.ly/1Ez2wEY

Los trabajadores comunitarios pueden ayudar abordando deficiencias en prestación de servicios de salud oral http://bit.ly/1Ez2wEY

Dentist: Social workers can help because they have cultural competence to connect and change attitudes http://bit.ly/1QJZm4X

INFOGRAPHIC: Many people in US can play small yet key roles to reduce dental decay among kids http://bit.ly/1Q8losy

Public Dental Coverage

@HeadStartGov recognizes the important role #Medicaid & #CHIP play in keeping kids' teeth healthy https://tinyurl.com/4dpu5k8h

Public insurance programs like #Medicaid & #CHIP provide a dental health safety-net for many kids.

#Medicaid allows states to "tailor benefits within broad federal guidelines" to meet needs of kids/adults http://bit.ly/1AwP7dm

Evaluation: Kids enrolled in #CHIP have better access to dental care than kids who are privately insured http://bit.ly/1wQxfYM

Good news: 39M kids have dental benefits thru #Medicaid. Bad news: 3.7M are eligible but not enrolled https://tinyurl.com/2zx7228a

#CHIP has cut the rate of uninsurance among low-income kids by more than 50% http://bit.ly/1zD9XVv

Tooth decay is the most common chronic disease for kids. #Medicaid & #CHIP coverage helps prevent it https://tinyurl.com/4dpu5k8h

@Results_Tweets: #Medicaid med/dental benefits help "vulnerable Americans weather tough economic times" https://tinyurl.com/vfehb5j5

Data show how #CHIP coverage helps to reduce overall dental costs for kids https://tinyurl.com/5bzva2wy

New study shows #Medicaid coverage for kids may boost families' future earnings http://nyti.ms/1ydhprm

@HealthPolicyHub calls #Medicaid coverage "vital" for kids & other Americans https://tinyurl.com/24wd538a

This #infographic shows why #CHIPworks for the 8-M kids who rely on it for dental care http://bit.ly/Xbgzfp

Oral Health and Nutrition

Good oral health for baby means no bottle in bed & no sippy cup.

Improving access to nutritious foods through programs like SNAP helps keep teeth and gums healthy http://ow.ly/105ixK

Do not lay your baby down with a bottle at nap or nighttime.

Xylitol, a natural sweetener, protects teeth from tooth decay and may repair damage to tooth enamel.

If sugary liquids stay on baby's teeth too long, it can lead to painful tooth decay.

Give your child milk or water; do not give sugary drinks, such as soda or juices.

The sugar from soda & juices w/ sugar stays on your child's teeth and can cause cavities.

Video: How much sugar do kids eat? The answer may shock you http://bit.ly/1P1may7

A healthy diet plays a key role in children's oral health. Learn more at http://bit.ly/1TFahvF

Sugary drinks: A big problem for little kids. Here is good info from @First5LA http://bit.ly/1YlwzE2

Eating caramel or other sweet, sticky foods is especially bad for kids' teeth. Learn more at http://wb.md/1g7wiBs

How often your child drinks sugary beverages & how long the sugar stays in the mouth are important.

New federal health guidelines recommend: "Drink water instead of sugary drinks" http://bit.ly/1MVH764

A healthy diet helps ensure healthy teeth. But #poverty is a driver of the food's families choose http://bit.ly/1RoN0kb

Limiting sugar is only one dietary tip for preventing tooth decay. Here are other tips: http://bit.ly/1RRXJCs

To encourage kids to choose H2O over soda, schools may do a better job of maintaining water fountains http://bit.ly/1Jq1pWD

Sports drinks and energy drinks can raise kids/teens' risk for dental cavities http://n.pr/24zdqnY

What is "baby bottle" tooth decay? Learn more at http://bit.ly/1gxz33e

Basketball star Stephen Curry encourages kids/teens to drink water. Even better if it's fluoridated: http://bit.ly/1OwJ6oG

Get the facts about children's oral health and nutrition: http://ow.ly/YW6TV #CNR2016 #NationalNutritionMonth

Tooth-healthy nutrition information for every age from @TeethFirst http://bit.ly/1Rt70gh

Make learning about #oralhealth fun with these books, recommended by @MDAC01 http://bit.ly/1NjvKa8

If sugary liquids stay on baby's teeth too long, it can lead to painful tooth decay.

The sugar from soda & juices w/ sugar stays on your child's teeth and can cause cavities.

Toothbrushing and Fluoride Toothpaste

Once an infant's first tooth appears, start brushing with #fluoride toothpaste. Learn more at http://bit.ly/1Obynuj

Have a child age 6 or younger? This shows how much #fluoride toothpaste to put on their toothbrush http://nyti.ms/1BwmE63

Questions about #fluoride? This site helps parents find the answers they need http://bit.ly/10HUU1c

#Fluoride toothpaste helps prevent cavities. Drinking fluoridated water adds even more protection http://bit.ly/1n7ilWM

Are your kids brushing their teeth properly? Read these tips during Children's Dental Health Month http://bit.ly/1plSn7g

¿Preguntas sobre el fluoruro? Encuentra respuestas a todas tus preguntas aquí http://bit.ly/1RgrnSA

These videos can help encourage children to brush their teeth regularly http://2min2x.org

Pregnancy and Oral Health

Prenatal care is important for #pregnant women. Order or download a free tear sheet to find out why https://www.orohc.org/pregnancy

La salud dental es importante durante el embarazo. Ordene gratis información para aprender más https://www.orohc.org/pregnancy

Oral health is important during pregnancy.

The health of your teeth and mouth can affect the health of you and your unborn baby

It is important to see a dentist while you are pregnant.

It is safe to see a dentist while you are pregnant.

Educate Parents About Oral Health

Starting good oral health habits early is key. Order these good, free #ThinkTeeth materials for moms-to-be & babies. https://tinyurl.com/4s6n7kxf

Practicing oral health habits at an early age & regular dental visits helps children get started toward a lifetime of good dental health.

Parents of kids with #specialneeds can use this free fact sheet to help their child w/ dental care https://tinyurl.com/e2r4apw3

Educate families about their kids' dental health. Order these materials for free & share with parents https://tinyurl.com/4jh4tk6t

Eduque familias sobre la importancia de la salud oral en los niños. Materiales gratis para los padres https://tinyurl.com/2n3shdu8

Regular dental check-ups from age 1 are key for maintaining a child's healthy teeth.

A child with poor oral health can have problems eating, speaking, learning & socializing

Cavities can cause pain and serious health problems – good news: you can prevent cavities

Seeking the right dentist for kids with #specialneeds? This fact sheet can help you https://www.insurekidsnow.gov/media/1726

Tooth decay is preventable. Order these great, free #ThinkTeeth materials & share them with parents https://tinyurl.com/nhk2fs6r

Your child will need your help to brush her teeth until she is 6-8 years old.

First dental visit by first birthday – whether teeth have appeared or not.

Take your child to the dentist every six months.

Video: Baby teeth will eventually fall out, but they still need to be kept healthy. Here's how http://bit.ly/1MRWvEk

Cavities can spread from your mouth to your baby's mouth. Do not share food, spoons, or forks.

Don't taste your child's food before you feed them. Doing so can unintentionally spread germs that cause cavities.

Parents: These books (English & Spanish) are a fun way for kids to learn about oral health http://bit.ly/1ezYdMZ

Bedtime and brushing are a perfect pair for kids. Learn about the "Brush, Book & Bed" program http://bit.ly/1SiBDuf

This interactive timeline shows parents how to keep their kids' mouths healthy http://bit.ly/1ytzcuX

Mantener una buena salud oral en los niños es importante. Aprende como hacerlo dependiendo de su edad http://bit.ly/1kN1bAV

These tips can help if an injury breaks or knocks out one of your child's teeth http://bit.ly/1P5MaXv

Avoid spreading germs that can cause cavities: do not clean baby's pacifier with your mouth.

Video: How to brush your toddler's teeth, when to start and what kind of toothpaste to use http://bit.ly/1PeG4ST

Here's a great video to raise kids' awareness that their teeth matter http://bit.ly/1n4YCMq

Brush your child's teeth w/ fluoride toothpaste 2x a day, especially before bed

As soon as two teeth touch each other, floss between them once a day

Near your child's first birthday, teach him/her to drink from an open cup. If your baby uses a pacifier, do not dip it in anything sweet like sugar or honey.

For infant oral health wipe baby's gums clean with a damp cloth after feedings & before bed.

Parents: This video shows you what to expect from your child's first visit to a dental office https://tinyurl.com/2v2p7yy2

Once your child's 1st tooth comes in, brush twice a day, especially before bedtime!

When brushing use a soft child's toothbrush and use water and a smear of #fluoride toothpaste.

Baby teeth are important because they hold spaces for adult teeth

A child with poor oral health can have problems eating, speaking, learning & socializing

Cavities can cause pain and serious health problems – good news: you can prevent cavities

Cavities are easy to prevent. Brush twice a day with fluoride toothpaste.

Clean baby's gums before teeth come in with a clean, soft cloth after feedings & before bed.

Brush baby's teeth twice everyday w/ a child's toothbrush & a smear of fluoride toothpaste.

Healthy Mouths = Healthy Kids!

Healthy mouths are important – even for babies and young children

Children need healthy teeth to help them chew and to speak clearly

At age 4-6, encourage your child to brush on her own, but monitor to ensure she doesn't swallow toothpaste

At age 4-6, teach your child how to floss. Help your child floss teeth once a day

Early Childhood Tooth Decay

Healthy Mouths = Healthy Kids!

Healthy mouths are important – even for babies and young children

Children need healthy teeth to help them chew and to speak clearly

How common is tooth decay among preschoolers and what can states do to reduce it? http://bit.ly/1ZijmMJ

Fluoride varnish is recommended for all infants and toddlers when their first tooth appears. http://bit.ly/3OdLFxR

Early childhood decay dropped slightly, but 1 in 4 kids (ages 2-5) have had a cavity. We can do better http://bit.ly/1EjyALt

Find fact sheets, infographics & other great resources for preventing early childhood cavities at http://bit.ly/1ZijmMJ

@MayoClinic says cavities in baby teeth "can have serious and lasting

complications" if untreated http://mayocl.in/1QsIPjE

Early childhood tooth decay is an infectious disease that can begin as soon as teeth first appear. http://bit.ly/3X3ckS1

#Fluoride varnish is a proven strategy to protect toddlers' teeth from tooth decay http://bit.ly/1NnY38Q

Tooth decay among young children has a great human and financial cost.

Avoid spreading germs that can cause cavities: do not clean baby's pacifier with your mouth.

Between feedings, don't give your baby a bottle or sippy cup filled with sugary drinks.

Near your child's first birthday, teach him/her to drink from an open cup.

If your baby uses a pacifier, do not dip it in anything sweet like sugar or honey.

For infant oral health wipe baby's gums clean with a damp cloth after feedings & before bed.

Dental Sealant/Fluoride Varnish and School-Based Programs

School-based dental sealant programs are a proven public health approach to reducing tooth decay among kids. http://bit.ly/3Ehyil8

Dental sealant programs prevent tooth decay. Raising awareness of school officials can help us expand them. http://bit.ly/3OkdVyH

Dental sealants are a proven public health approach to reducing tooth decay. Get more info: https://bit.ly/36ubztn

Dental sealants are thin coatings put on the back teeth of children to prevent cavities.

A mouthguard cushions blows that might otherwise cause broken teeth or injuries to the lips and tongue.

School sports teams should include mouthguards as part of the uniform.

Using mouth guards to protect the mouth from injuries while playing school athletics is SMART.

Missed school days have been shown to be a consequence of poor oral health among students.

Improving student's oral health status is an excellent way to enhance their educational experience.

Teachers and school nurses encourage students to drink fluoridated water & ensure water is available for all students throughout the day.

Children with untreated dental decay are often in pain and unable to concentrate on their schoolwork.

Blog: Why schools are an ideal place to reach children who need preventive dental services http://bit.ly/17j9QVh

Oral health in schools helps to promote healthy behaviors and positive attitudes among children & youth.

Oral health education can be taught as a specific subject or a part of other subjects like nutrition and school safety.

Dental sealants prevent tooth decay and also stop cavities from growing. More info at @CDCChronic http://bit.ly/3tyxiur

Schools are a smart way to connect more kids with dental services. http://bit.ly/3ObxpW6

Las escuelas son excelentes sitios para educar y prestar servicios dentales para los niños. Ejemplo Kansas http://bit.ly/3UXkTM6

Brief explores strategies for engaging decision-makers and gaining support for school oral health programs. http://bit.ly/3OeRWJr

Report: What challenges do states face in operating school-based dental sealant programs? http://bit.ly/1tQJBff

Sealants prevent cavities, yet only 1/6 kids (ages 6-9) has received a dental sealant on a perm. molar http://bit.ly/1DKiawD

Oral Health Literacy

Let parents know at-home eating & brushing habits can reduce kids' risk of getting cavities https://kidshealth.org/en/parents/healthy.html

What is oral health literacy and why is it crucial? Find out here: http://bit.ly/3UXIrSa

Researchers: Oral health literacy is a "pathway to reducing oral health disparities" http://bit.ly/3X2dH3i

Parents: These 2-minute videos can help make toothbrushing fun for your kids https://2min2x.org/

What is "smart snacking" and how can it help prevent dental cavities? http://bit.ly/1oCC3wR

Good questions to consider asking your dentist or dental staff http://bit.ly/1s9PiVe

What are the best foods and beverages for good oral health? http://bit.ly/3Ali9jR

Oral health literacy includes knowing the crucial role of #fluoride in water & toothpaste http://bit.ly/1Ho1Ts5

These books are a good way to help parents educate children about good oral health habits http://bit.ly/1ezYdMZ

Flossing your teeth: are you doing it correctly? http://bit.ly/1LAQx9Q

This Mouth Healthy web page can answer people's dental-related questions from A to Z https://www.mouthhealthy.org/all-topics-a-z/

This initiative seeks to raise physician assistants' oral health knowledge http://bit.ly/1S8pGo2

Research has shown that dental materials "are commonly written" at inappropriate reading levels http://bit.ly/1M0UXZ4

These 3 oral health quizzes are a fun way to test the knowledge of stakeholder groups http://bit.ly/1qA6bl3

Oral health literacy is improved with websites like this, answering ?s about #fluoride http://ilikemyteeth.org

These tips can help parents pack a tooth-friendly lunch for their children http://bit.ly/1Gwe1OF

These free oral health materials offer tips to start healthy habits early https://eclkc.ohs.acf.hhs.gov/oral-health/article/oral-health-resources-families

Here's a free oral health activity booklet for children and parents.

http://bit.ly/3TLxL70

Great info on #oralhealth for pregnant women & importance of early dental visit @TeethFirst http://bit.ly/1LBOfar

Info to help learn and share about #fluoride from @ILikeMyTeeth http://bit.ly/107mDhc

Good oral health means more than healthy teeth. Let's educate people about gum disease too https://www.nidcr.nih.gov/health-info/gum-disease

Educate families about their kids' dental health. Order these materials for free & share with parents https://www.mouthhealthy.org/resources

See a dentist while you're #pregnant. A free one-pager in English/Spanish explains why. http://bit.ly/3TGhws4

Educating families and public officials is crucial. Use the resources on this "Cavities 101" page http://bit.ly/20Hh6B9

Es importante educar las familias y funcionarios públicos. Utilice estos recursos "Cavidades 101" http://bit.ly/20Hh6B9

Smoking and Tobacco

Smoking not only can cause gum disease, but it can lower the chances for successful treatment http://bitly.com/d1lumU #CDCtips

Video: Felicita describes how her longtime smoking led to gum disease & how it has disrupted her life http://bit.ly/1yRSCbi #CDCtips

Brett lost most of his teeth after many years of smoking. He shows what gum disease did to his smile http://bit.ly/VtP00m #CDCtips

If you think cancer is all smokers have to worry about, then you're forgetting about your teeth and gums http://bitly.com/VeqP5y #CDCtips

Felicita lost her teeth due to gum disease -- for many years, cigarettes were "eating my gums" http://bit.ly/1yRSCbi #CDCtips

Smokers have a much higher risk of gum disease, which can lead to tooth loss. Call 1-800-QUIT-NOW http://bitly.com/VeqP5y #CDCtips

Even people who smoke less than 1/2 pack per day have 3x the risk of gum

disease as non-smokers http://bit.ly/VeqP5x #CDCtips

Video: Ex-smoker Brett got gum disease and lost most of his teeth. Now, he has a tip for smokers http://bit.ly/VtP00m #CDCtips

NIH calls smoking "one of the most significant risk factors" associated with gum disease http://bitly.com/d1lumU #CDCtips

For each person dying from a smoking-related cause, 30 more suffer at least one serious illness from smoking www.cdc.gov/tips #CDCtips

Smokers: Your risk of severe gum disease is 4x that of non-smokers. Call 1-800-QUIT-NOW http://bitly.com/VeqP5y #CDCtips

A dentist sums up the research: "don't smoke if you want to save your teeth -- and your life" http://bitly.com/VeqP5y #CDCtips

Longtime smoker Felicita lost her teeth due to gum disease & says she's "still going thru the consequences" http://bit.ly/1yRSCbi #CDCtips

Consequences of Poor Oral Health to Children and Youth

By the time they reach their teens, half of all U.S. children have had a dental cavity http://bit.ly/1EjyALt

FACT: Tooth decay is the most common chronic disease of U.S. children https://tinyurl.com/mtae5nit

Children with cavities in their baby teeth are 3x more likely to get cavities in adult teeth http://bit.ly/19ZJkyH

Dental problems affect a child's ability to attend and perform well in school https://tinyurl.com/6pemcnc3

Baby teeth eventually fall out, but keeping them free of cavities is still important.

Aunque los dientes de leche se caen con el tiempo, es importante mantenerlos libre de caries.

Parents of children with special health care needs often struggle to get dental care for their kids https://tinyurl.com/e2r4apw3

It's "just a cavity"? Think again. This boy died b/c the infection in his tooth spread to his brain http://wapo.st/1cZWHA1

Dental problems account for nearly 2 million missed school days each year for children http://bit.ly/1BruFsb

Oral Health Equity

What is health equity? A helpful #video from @HealthEquitySF http://bit.ly/1IW7SdE

Untreated tooth decay is more likely to affect children of color. Let's strive for oral health equity http://bit.ly/1EjyALt

American Indian & Alaska Native children are 4x > likely to have untreated tooth decay than white kids http://bit.ly/1mZyx0S

Greater focus is needed on the social determinants that shape a child's or family's oral health. http://bit.ly/3An1An1

White children are more likely to get the benefits of dental sealants than Black or Asian kids. http://bit.ly/3AkyIfP

Oral Health Disparities

Untreated tooth decay is more likely to affect US children of color. Let's work together to achieve http://bit.ly/1EjyALt

Black adults were at least 2.5 times more likely than white, Hispanic, or Asian adults to have visited a hospital emergency department for dental care. http://bit.ly/3hSfhEU

Nearly 1/2 of US adults have some form of gum disease. Men are more likely to be affected. http://bit.ly/3AIPxal

#Medicaid kids, especially Latinos & Blacks, visit dentists less often than privately insured kids. http://bit.ly/3geae0W

DYK: black and Hispanic children are more likely to have untreated tooth decay? https://bit.ly/3An1Anl

CDC: Oral health disparities by race, ethnicity & other factors are "profound" in the US. https://bit.ly/3An1Anl