

# Oral health is strongly linked to chronic diseases

## JA-CHRODIS good practice example in Portugal: Value of oral health in all policies

- **Healthy eating in Portugal** was one of the seven good practices in the field of health promotion and chronic disease prevention identified by JA-CHRODIS Work Package 5.
- Since 2012, a wide variety of activities have been and are taking place in schools, supermarkets and other locations to involve and educate the people of Portugal, with a particular **focus on children and other socially vulnerable groups**.
- It has been successful in reducing the percentage of obese children in Portugal and is an excellent example of **multi-sectoral and multi professional collaboration**<sup>1</sup>.



Collaboration between ministries of health, education, finance and agriculture



One health approach through multi-disciplinary committees



Raise public awareness, increase quality and quantity of information and enable community engagement



Improve the nutritional status of the population and to promote their health

## What is good for general health is good for oral health and vice-versa

The state of oral health is an indicator for the state of general health

General health and oral health share common risk factors<sup>2</sup>

Poor oral health is linked to a number of chronic conditions



Sugar



Smoking



Excessive alcohol consumption



Heart diseases



Type 2 diabetes



Frailty

More awareness, consistent and reliable data are needed to improve oral health and reduce oral health inequalities within and between member states of the European Union

## Key facts about oral diseases

Although overall dental caries prevalence in children has decreased over the last 30 years, in many EU Member States, it has not improved in many deprived groups and in some Eastern European Countries.

There is a lack of robust epidemiological data for many aspects of oral disease

There is a link between number of teeth lost and earlier onset of dementia

Oral diseases are socially patterned with a much higher burden on the lower socioeconomic groups.

The economic impact of dental diseases in Europe amounted to almost 124 billion Euros in 2010

People with gum disease are almost twice as likely to have coronary artery (heart) disease and people who have had a stroke are more likely to have gum disease.

1. Graça P., Grégorio M.J. (2015), Strategy for the promotion of healthy eating in Portugal, Health by Numbers Portugal V4 36-40

2. Platform for better Oral Health in Europe (2016), Policy position paper: Oral health and general health – Putting the mouth back in the body

# Oral health is strongly linked to chronic diseases

## JA-CHRODIS good practice example in Portugal: Value of oral health in all policies

- **Healthy eating in Portugal** was one of the seven good practices in the field of health promotion and chronic disease prevention identified by JA-CHRODIS Work Package 5.
- Since 2012, a wide variety of activities have been and are taking place in schools, supermarkets and other locations to involve and educate the people of Portugal, with a particular **focus on children and other socially vulnerable groups**.
- It has been successful in reducing the percentage of obese children in Portugal and is an excellent example of **multi-sectoral and multi professional collaboration**<sup>1</sup>.



Collaboration between ministries of health, education, finance and agriculture



One health approach through multi-disciplinary committees



Raise public awareness, increase quality and quantity of information and enable community engagement



Improve the nutritional status of the population and to promote their health

## What is good for general health is good for oral health and vice-versa

The state of oral health is an indicator for the state of general health

General health and oral health share common risk factors<sup>2</sup>

Poor oral health is linked to a number of chronic conditions



Sugar



Smoking



Excessive alcohol consumption



Heart diseases



Type 2 diabetes



Frailty

More awareness, consistent and reliable data are needed to improve oral health and reduce oral health inequalities within and between member states of the European Union

## Key facts about oral diseases

Although overall dental caries prevalence in children has decreased over the last 30 years, in many EU Member States, it has not improved in many deprived groups and in some Eastern European Countries.

There is a lack of robust epidemiological data for many aspects of oral disease

There is a link between number of teeth lost and earlier onset of dementia

Oral diseases are socially patterned with a much higher burden on the lower socioeconomic groups.

The economic impact of dental diseases in Europe amounted to almost 124 billion Euros in 2010

People with gum disease are almost twice as likely to have coronary artery (heart) disease and people who have had a stroke are more likely to have gum disease.

1. Graça P., Grégorio M.J. (2015), Strategy for the promotion of healthy eating in Portugal, Health by Numbers Portugal V4 36-40

2. Platform for better Oral Health in Europe (2016), Policy position paper: Oral health and general health – Putting the mouth back in the body