



**World Oral  
Health Day**  
20 March

# DSSN NEWSLETTER

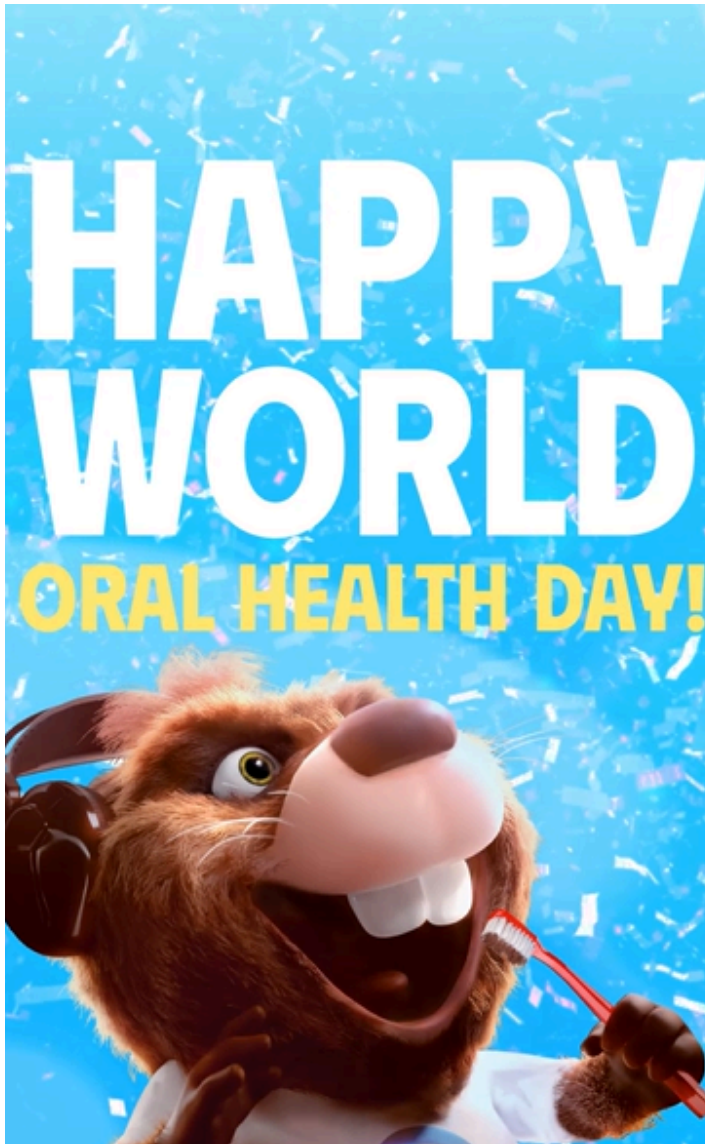
WOHD 2025 SPECIAL EDITIONS



Mar 20, 2025

## World Oral Health Day (WOHD)

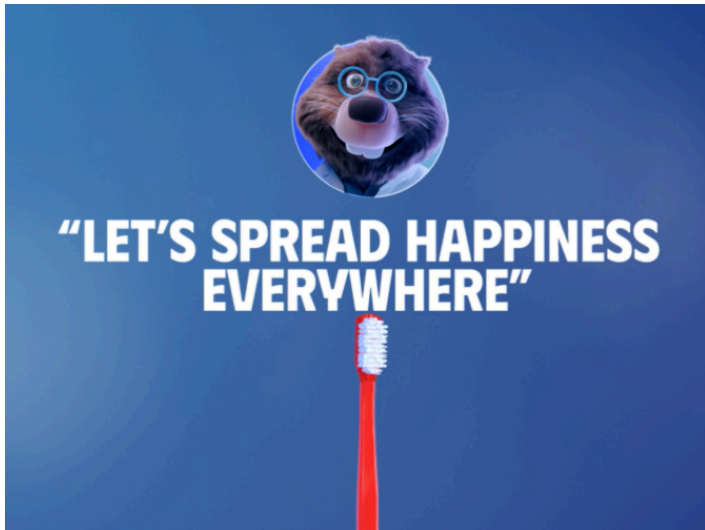
Celebrated all around the world annually on March 20



### WHY World Oral Health Day?

WOHD focuses on raising global awareness of the issues around [oral health](#) and the importance of [oral hygiene](#) so that governments, health associations and the general public can work together to achieve healthier mouths and happier lives.

# What is World Oral Health Day?



Empowered by a common goal to reduce the burden of oral diseases, the oral health community comes together year after year to organize free dental check-ups, school activities, educational lectures, awareness walks, flash mobs, and more in the name of WOHD.



“

**FUN FACT:** World Oral Health Day was first declared in 2007 and was originally celebrated on 12 September - the birth date of FDI founder Dr Charles Godon.

”



### WHY DO WE CELEBRATE WOHD IN MARCH 20?

- Seniors must have a total of 20 natural teeth at the end of their life to be considered healthy
- Children should possess 20 baby teeth
- Healthy adults must have a total of 32 teeth and 0 dental cavities
- Expressed on a numerical basis this can be translated as 3/20 hence, March 20



### WHAT IS THE THEME FOR THIS YEAR?

2024 - 2026:

**A Happy Mouth is...A Happy Mind**

### GLOBAL ORAL HEALTH BURDEN:

**Oral diseases are among the most common noncommunicable diseases worldwide, affecting an estimated 3.5 billion people.**

(Source: WHO oral health status report 2022.)

# What is DSSN doing on WOHD?

## Digital campaigns

|                          |  |  |                                 |
|--------------------------|--|--|---------------------------------|
| Muskaan Digital Campaign | A digital collaboration with Youth Dentistry Nepal providing Parents and Teachers of young children (3-9 years) of various schools, oral health awareness and oral hygiene education via online meeting. |  |                                 |
| Happy Mouth contest      | Participated by more than 60 participants all over Nepal showing their brightest smile and enthusiasm.   |  |                                 |
| #BrushAndBoogie Contest  | Participants posting online reels using the Brush and boogie song  | Joining the Oral Health for All agenda | Creating awareness in a fun way |

## Community Out-reach programs

|                 |  |                       |                 |
|-----------------|--|-----------------------|-----------------|
| What it is:     | Out-reach programs targeting Children, Women, Adolescent and adults, Handicapped, Low socio-economic status individuals          |                       |                 |
| Why it matters: | Joining the global goal of reducing oral inequalities as well as creating oral health awareness among people who really need it. |                       |                 |
| Launch date:    | March 14- April 7  |                       |                 |
| Who are going?  | Clinical experts, collaborators like National Dental Association   | about 20 coordinators | 200+ volunteers |



### Questions?

Reach out to our DSSN team at [dssnnepal.org.np](https://dssnnepal.org.np)

# Article of the month:

## The Power of Smiling: How a healthy mouth boosts your mental health?

-A confident smile and a healthy mouth can significantly improve your mood by triggering the release of endorphin and dopamine, two neurotransmitters linked to happiness and pleasure that ultimately boost self-esteem, stress hormone cortisol can be lowered by smiling, which promotes relaxation and calmness.

-Being able to smile confidently can enhance social interactions and foster positive relationships as smile is a universal sign of friendliness and approachability.

-Frequent discomfort and pain due to poor oral health conditions like toothaches and gum infections can result in stress or anxiety. Maintaining a healthy mouth reduces the likelihood of these problems, which makes you feel more at ease.

-Sleep apnea and bruxism can be exacerbated by poor oral health, such as gum disease or misaligned teeth. These problems can be resolved with proper dental care, resulting in higher-quality sleep, which enhances mental health.

-If left untreated, oral health problems increase the risk of cardiovascular diseases as well as cognitive decline and disorders like dementia.

-Maintaining a regular oral hygiene routine encourages other positive habits, such as eating healthy food and regular physical activity. These habits can directly affect your mood and mental acuity, promoting mental health in general.

### Follow these steps for a healthy and happy mouth

1. Brush twice daily with fluoridated toothpaste and soft brush
2. Limit sugar intake and have healthy balanced diet
3. Avoid tobacco products and alcohol
4. Avoid bottle feeding to children after age of one and half years.
5. Visit the dentist once every six months

**Want a happy mind? Start with happy mouth**



# GOOD ORAL HEALTH IS A WIN–WIN–WIN!



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