



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES



For immediate release (Disponible en français sur la demande)

**Media Release**

**From Age One to One Hundred: Oral Health Matters**

April 2023 (Ottawa, ON) — April is Oral Health Month in Canada, and an important part of the celebration is National Dental Hygienists Week™ (NDHW™), which takes place from April 4–10. The week’s theme is “Oral Health for Total Health,” and it reminds us that taking care of our mouth, teeth, and gums benefits our overall physical and mental well-being for a lifetime.

Dental hygienists are essential primary health care providers who work in a variety of settings, including independent dental hygiene practice, helping people of all ages to develop good daily oral hygiene habits. They also offer preventive treatments such as scaling, root planing, dental sealants, and fluoride, and can provide dietary recommendations, tobacco cessation counselling, and sports mouthguard fittings. This year, during NDHW™, dental hygienists will highlight the importance of supporting children’s oral health, especially now that the federal government has launched the new Canada Dental Benefit.

“Tooth decay is the most common, preventable childhood chronic disease in Canada and around the world,” notes Anne Caissie, president of the Canadian Dental Hygienists Association (CDHA). Oral diseases often begin in the preschool years when children don’t have a good at-home oral care routine or regular access to an oral health care professional. The Canada Dental Benefit will provide up to \$650 per year, per child under 12 years of age, to parents or caregivers with an annual net family income under \$90,000 and without private dental insurance. This financial support will offset the cost of professional oral care services, such as dental exams, X-rays, cleanings, fluoride applications, oral hygiene instruction, fillings, and tooth extractions. “Dental hygienists know that this program will have a lasting impact on the lives of an estimated 500,000 children across Canada,” adds Caissie. “That’s something we can all smile about!”

Championed by the Canadian Dental Hygienists Association (the collective national voice for more than 31,000 dental hygienists across the country), National Dental Hygienists Week™ is a perfect time to focus on our own oral health and that of our children. Visit [cdha.ca/NDHW](https://cdha.ca/NDHW) for resources and activities, including our national colouring contest for children. For additional information on oral health, visit [dentalhygienecanada.ca](https://dentalhygienecanada.ca).

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Angie D’Aoust, Director of Marketing and Communications  
1-800-267-5235 ext. 134, or by email  
[adaoust@cdha.ca](mailto:adaoust@cdha.ca)

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