



Health Promotion Toolbox

http://www-nehc.med.navy.mil/hp/HP_Toolbox.htm

September – Dental Health

Message for Commanding Officers

Dental Readiness ensures that your Sailors and Marines are judged to not be likely to have any urgent oral health needs in the next twelve months following their most recent annual dental exam. It is imperative in this time of manning efficiency that all personnel have the ultimate of dental readiness- Dental Health. Dental Health is the optimum of oral health. This means the Sailor or Marine has no further oral health needs for the next twelve months following their annual dental exam. Simply stated a Sailor or Marine who has attained Oral Health, maintains their mouth in optimum condition by brushing after each meal and flossing daily, and assumes the responsibility to get their annual dental exam, will be better able to function in their assigned tasks. How can you as a Commander help your personnel attain and maintain their oral health? Here are some key points:

1. Make annual dental exams a required commitment.
2. Ensure your supervisors allow time for good oral hygiene habits among their