



Changing lives: one smile at a time!

- **Health literacy**, including oral health literacy, is now recognised as an important component of health promotion and healthcare.
- **Low health literacy** is associated with lower rates of preventive care and higher rates of hospitalisation.
- **Poor oral health literacy** is linked to a decrease in fluoride demand and usage and poor oral health outcomes, including higher rates of tooth decay.



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- **Who is the Tooth Fairy's best friend?** provides a new oral health literacy resource that has been used in primary schools, libraries and kindergartens across NSW and Victoria.
- This **children's picture book & activity kit** has been used as a successful model of delivering health information to children, parents & teachers about the benefits of fluoride for good oral health.

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