

SPORTS MOUTHGUARD

USE IN CHILDREN IN AUSTRALIA

32%

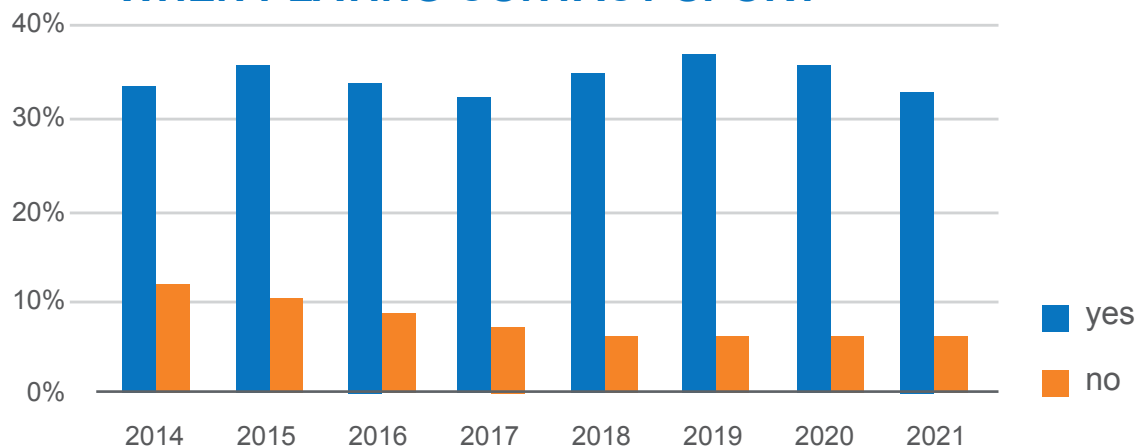
OF PARENTS REPORT THEIR CHILD SUFFERED DAMAGE TO THEIR TEETH AS A RESULT OF PLAYING SPORT OR FROM A FALL, BUMP OR OTHER INCIDENT¹

1 IN 4

CHILDREN DAMAGED THEIR TEETH PLAYING SPORT¹

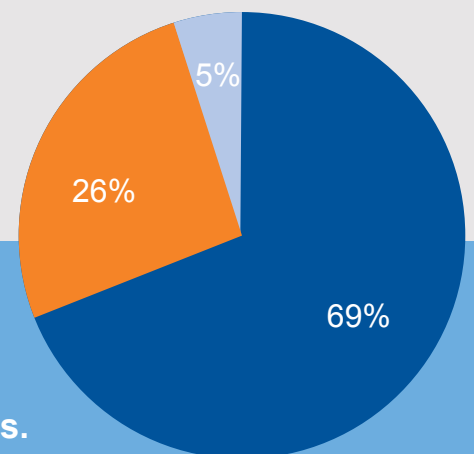


CHILDREN WHO WEAR A MOUTHGUARD WHEN PLAYING CONTACT SPORT*1-8



WHERE MOUTHGUARDS ARE PURCHASED²

- store-bought
- custom-made by dentist
- other or unsure



Dentists recommend custom-made mouthguards for adults and children. They provide the most protection, are comfortable to wear and make it easier to breathe and speak compared to store-bought sports mouthguards.

HOW CAN WE IMPROVE AWARENESS?

- Add mouthguards to the Child Dental Benefits Schedule
- Professional athletes must lead by example
- Sporting clubs are encouraged to make mouthguard wear mandatory; 'no mouthguard, no play' policy.⁹

FOR MORE INFORMATION, VISIT TEETH.ORG.AU

Data sources: 1. APMI. Australian Dental Association Consumer Survey, 2020. 2. APMI. Australian Dental Association Consumer Survey, 2021. 3-8. APMI. Australian Dental Association Consumer Survey, 2019-2014. 9. ADA x SMA. Mouthguard Policy, 2015. Find it at www.sma.org.au/sma-site-content/uploads/2015/06/ADASMA_mouthguardpolicy.pdf. *The remainder of children do not play contact sports