



Fast Facts

Fast Facts are statistics from NADP Research and other credible industry sources, for use by members in their marketing materials, presentations, industry articles and in-house publications. Each Fast Fact contains the proper citation so that members can simply copy and paste the desired fact into their documents. Fun Facts are unattributed bits of information that are also provided as a member benefit. Questions? Contact Director of Communications and Membership, [Rene Chapin](#).

For Employers & Brokers

Most with dental insurance have it through their employer (61%) and feel it's a good value (41%) compared to those who purchased coverage individually. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

75% feel it's very important for employers to offer dental benefits. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

Dental Benefits and Oral Health / Access to Care

Lack of having dental insurance is the main reason people are not visiting a dentist regularly (32% of respondents list "lack of insurance" as the reason they have not visited a dentist in the last year). **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

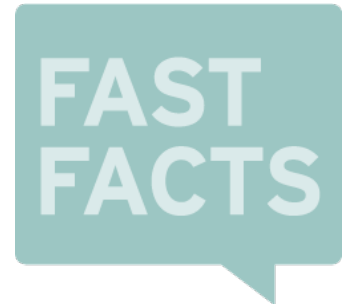
Most people have established relationships with a dentist or dental practice (85% of respondents answered this way) and a third (34%) have had that relationship for 11 years or more. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

The American Academy of Pediatric Dentistry (AAPD) recommends that all children should be seen by a dentist by age one.

71% of kids 0-2 did not visit the dentist in the past year. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

42% of respondents have not recently visited the dentist due to lack of insurance. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.

76% of respondents with benefits had a dental check-up in the last 6 months, while only 46% of respondents without benefits had a dental checkup over the same time period. **Source:** NADP 2015 Consumer Survey, October 2015, Dallas, Texas.



Fun Facts (No Source Available)

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| The average American spends 38.5 total days brushing their teeth over a lifetime. |
| People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others. Put down the pop and sports drinks and pick up some nice fresh water instead. |
| Tooth enamel is the hardest substance in the human body. However, we do not recommend that you use your pearly whites to open bottle caps! |
| If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day! |
| If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side. |
| Every year, kids in North America spend close to half a million dollars on chewing gum. |
| More people use blue toothbrushes than red ones. |
| Like fingerprints, everyone's tongue print is different |
| The average woman smiles 62 times a day. The average man smiles about 8 times a day. Kids laugh around 400 times a day, adults just 15 times a day |
| Just like finger prints, tooth prints are unique to each individual. |
| The average person only brushes for 45 to 70 seconds a day, the recommended amount of time is 2-3 minutes. |
| 78% of Americans have had at least 1 cavity by age 17. |
| 1882 was the year commercial floss was first manufactured. |
| More than 300 types of bacteria make up dental plaque. |
| There are 10-12 teaspoons of sugar in a single can of soda. |
| The average amount of money left by the tooth fairy in 1950 was 25 cents. In 1988 it was \$1.00, the going rate now is \$2.00. |
| The earliest dentist known by name is Hesi-Re. He lived in Egypt over 5,000 years ago. |
| The first toothbrushes were tree twigs. Chewing on the tips of the twigs spread out the fibers, which were then used to clean the teeth |
| Ancient Greeks used pumice, talc, alabaster, coral powder or iron rust as toothpaste. |
| George Washington never had wooden teeth. His dentures were made from gold, hippopotamus tusk, elephant ivory and human teeth! |

In 1905, Dental Assistant Irene Newman was trained to clean teeth. She became the first Dental Hygienist.

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