

NATIONAL SMILE MONTH

The UK's Most Surprising Oral Hygiene Habits

A new ground-breaking survey from Hive Business has revealed the UK's surprising oral hygiene habits as part of National Smile Month 2022, and these following results have left dental experts concerned.

1 How often do you brush your teeth?



39% of 25-34-year-olds brush their teeth less than once a week

A recent survey on dental hygiene habits from Hive, a dental accountants company based in Cornwall, found that 39% of 25 to 34-year-olds brush their teeth less than once a week.

Over 30% of people admit that they forget

It's pretty common for people to allow other health issues to take precedence over dental health and forget about brushing. That's why dental practitioners need to educate and inform.



63% of squeaky clean millennials brush their teeth over 3 times a day

Millennials are considered the most 'woke' generation, and now they can add to their accolades for being squeaky clean. Millennials brush 3 times daily according to our survey.

- 12% lower risk of heart failure.
- 10% lower risk of developing atrial fibrillation.

2 Do people regularly share toothbrushes with others?

28% of respondents have shared their toothbrush at least once

A recent survey on dental hygiene habits exposed some unusual traits as 28% revealed they share toothbrushes daily. Leading health professionals have warned this can lead to the spread of gum disease.



3 How often should you mouthwash?



36% of 35-44-year olds reveal they have NEVER used mouthwash

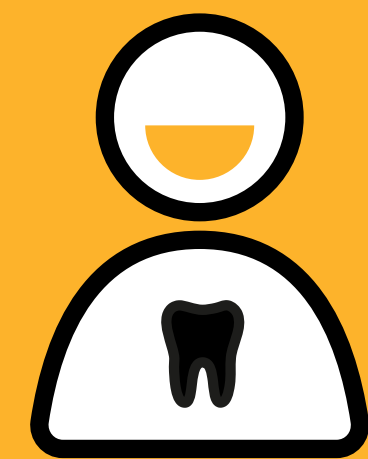
Studies show that 36% of 35-44-year olds notice their breath when meeting others for the first time. That's not surprising since over a third of 35-44's have never used mouthwash!

- ★ Mouthwash is a vital part of any oral care routine and can help decrease cavities.

4 How frequently should you visit the dentist?

49% of 25-34-year olds visit the dentist more than 4 times in a year

Our survey showed that nearly half of 25-34-year-olds visit the dentist more than 5 times a year. Dental professionals recommend visiting the dentist at least twice a year, but it appears that 25-34's are going above and beyond to ensure their dental health.



5 How frequently should you visit the dental hygienist?



33% of UK respondents reveal they are not registered with a dental hygienist

Does the cost of living discourage people from prioritising their dental hygiene?

A recent survey on the UK's dental hygiene habits revealed that a third of the population isn't even registered with a dental hygienist.

Hygienist treatments can cost £20 to £300 and sometimes more depending on the length and complexity of the cosmetic procedures. This may be a discouraging factor for locals as the exorbitant costs give people fewer reasons to smile.

