

# All I Want for Christmas... Are my Two Front Teeth 32 Healthy Teeth.

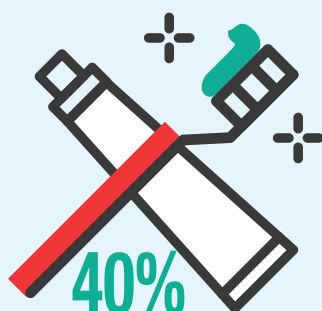


Report they have damaged a tooth, filling, or crown while eating a holiday treat.

## Naughty and Nice



Nearly 1 in 4 American adults (24%) say they don't intend on eating as many sweets and desserts this holiday season.



Say their dental hygiene is fairly consistent during the holidays, but 1 in 10 (10%) admit their dental hygiene is worse during the holidays.



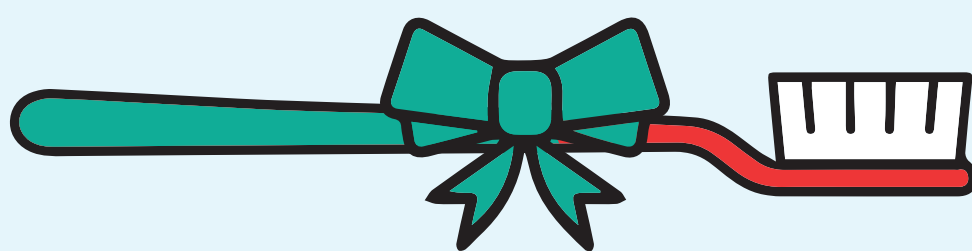
Say they prefer to schedule general dental check-ups around the holidays and/or that winter break is the best time of the year to schedule their children's dental check-ups.

## Holiday Wishlist



**Nearly 1 out of every 4** (23%) American adults say they would consider giving an oral irrigation tool (e.g. a Waterpik) as a gift to someone they know this holiday season.

The toothbrush may be one of the top gifts during the holidays...



In fact, **68% of American adults** said they would consider giving a toothbrush to someone they know this holiday season.

## New Year's Resolution



**Nearly 1 in 2** adults in the U.S. (48%) say one of their New Year's resolutions will relate to oral health.

Of those who have a 2021 New Year's resolution relating to oral health, **more than 1 in 6** (18%) want to quit or reduce teeth grinding.



On another related note — **1 in 11 Americans** (9%) say they would consider gifting a mouth guard to someone they know this holiday season.