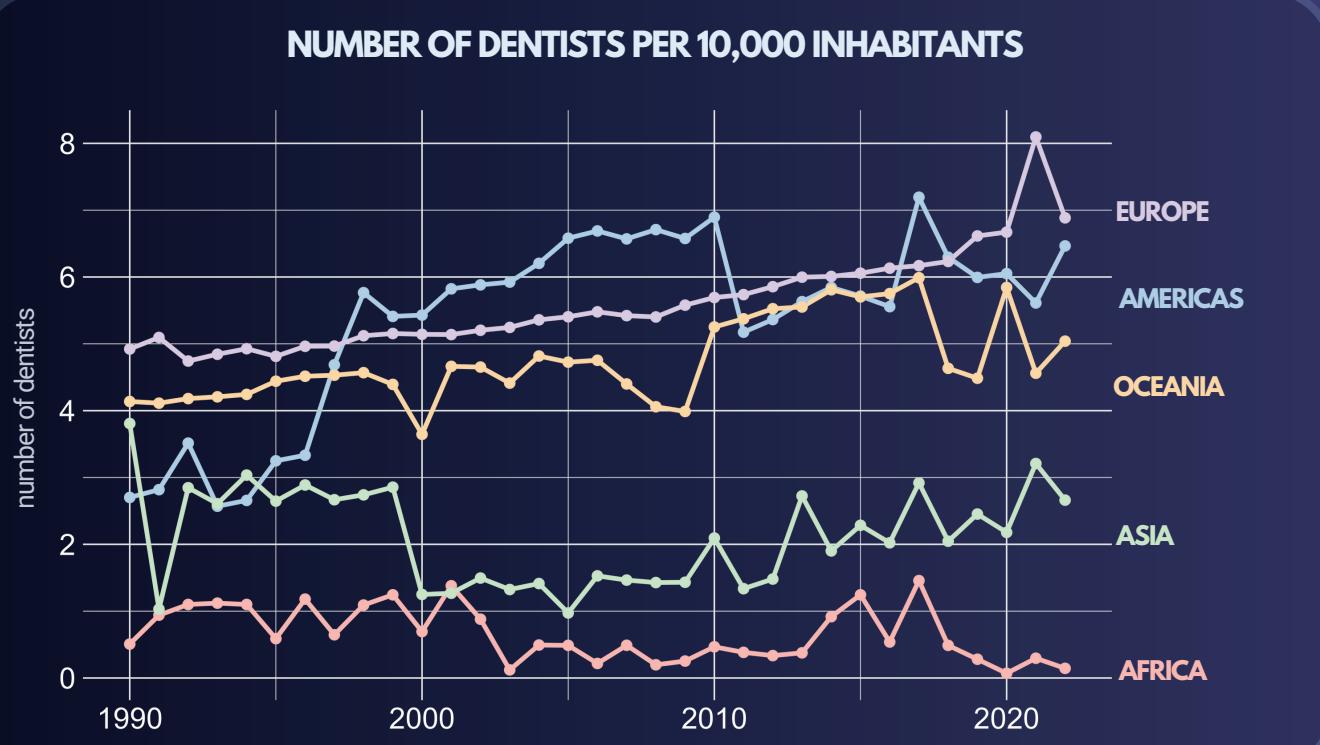


TOOTH TRUTH

Can everyone receive the care they need?

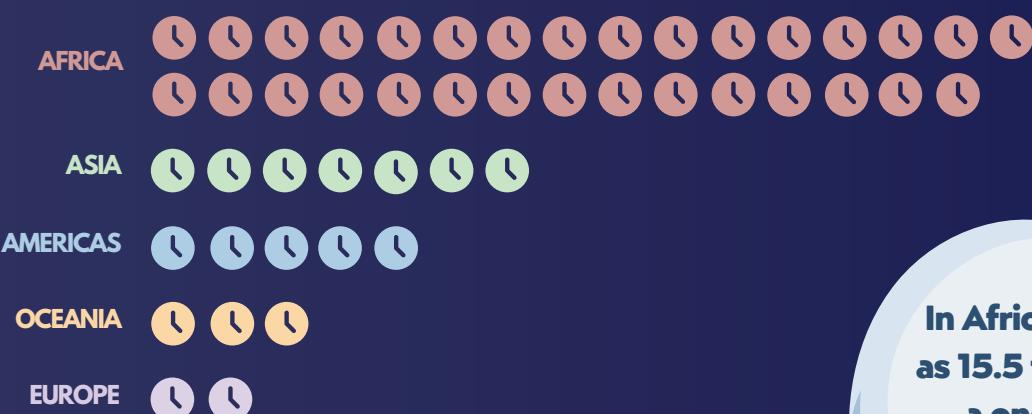


Moreover, Africa and Asia lag behind other continents in more than just access to dental professionals. In Africa, the number of days required to afford a year's supply of fluoride toothpaste is often several times higher than in other parts of the world. Similarly, though to a lesser degree, access to oral hygiene products is also more limited in Asia.

Now that we have an overview of access to oral healthcare worldwide, we can consider how this impacts dental health. Based on the findings so far, we might hypothesize that where someone lives significantly affects their dental health.

Let's start our analysis with one of the most fundamental indicators of oral healthcare quality — the number of dentists. Greater access to dental services typically leads to more regular check-ups and early treatments, which is a standard expectation for many Europeans. However, the data provided suggests that this expectation is far from universal. In regions like Asia and Africa, the number of dentists per 10,000 inhabitants is notably lower than in Europe or the Americas. In fact, in 2022, Europe had 47 times more dentists per capita than Africa.

NUMBER OF LABOUR HOURS NEEDED TO BUY ANNUAL SUPPLY OF TOOTHPASTE



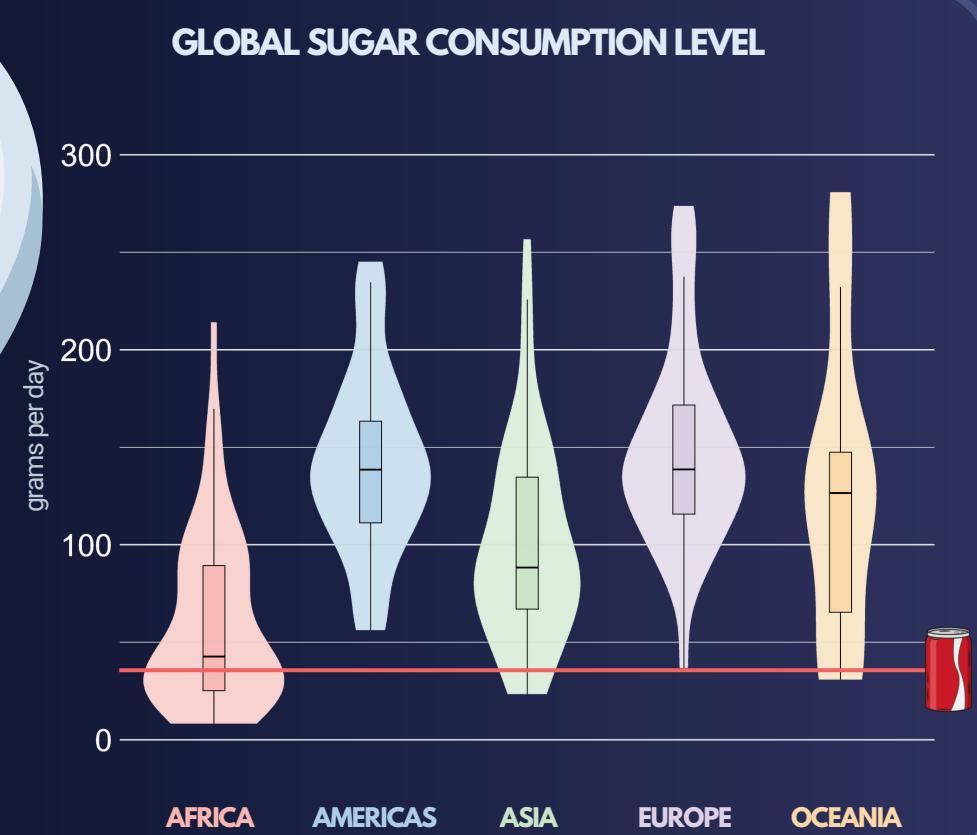
In Africa, it takes as much as 15.5 times longer to buy a one-year supply of fluoride toothpaste compared to Europe.

Does better access to dental care mean we have shinier teeth?

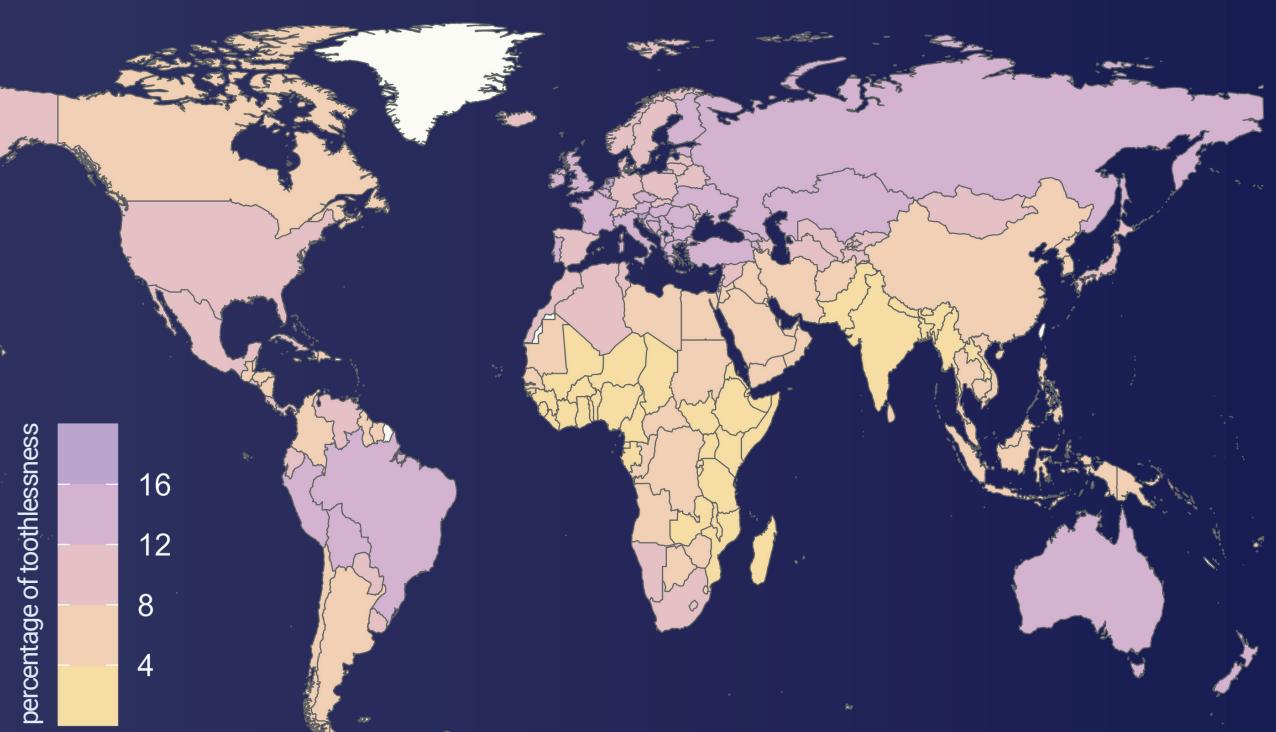
It's not so obvious. Map on the left illustrates the prevalence of edentulism (toothlessness) across different countries. Notably, edentulism rates are significantly lower in many African countries, shown by the yellow areas. In contrast, regions like Europe, Russia, and parts of South America experience higher rates of toothlessness. This reveals an interesting observation: despite easier access to dental care in Europe and the Americas, these regions still struggle with more significant dental problems.

This outcome is quite counterintuitive, so what might explain it? Let's analyze!

Poland is the second-largest country in Europe in terms of per capita sugar consumption.



PERCENTAGE OF TOOTHLESSNESS WORLDWIDE



In searching for answers, we came across an interesting observation related to sugar consumption. The violin plot shown compares per capita sugar consumption across continents. Africa has the lowest average sugar consumption, while Europe and the Americas show noticeably higher intakes per person. Comparing these charts to the previous map, we see a clear correlation: the less sugar consumed, the healthier the teeth tend to be, with lower rates of tooth loss. Addressing dietary habits, particularly reducing sugar intake, could be crucial in improving tooth condition. So, if you want healthier teeth, just eat less sweets.