



# International Dental Students Associations pledge for oral health improvement

**19 August 2022**

International dental students pledged to tackle risk factors in oral disease and general health during a workshop hosted jointly by the International Dental Students Association (IADS) and FDI World Dental Federation (FDI).

*Considering that:*

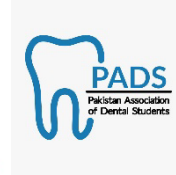
- Cigarette smoking is estimated to cause more than 480,000 deaths annually (including deaths from second-hand smoke)<sup>1</sup>.
- Sugary drinks, also known as sugar-sweetened beverages (SSBs), are a significant source of sugars consumed by communities globally. Collectively, SSBs are the largest source of added sugar in diet; a typical 12 fl oz (355 ml) serving of soda delivers 35.0–37.5 g of sugar and 140–150 calories<sup>2</sup>.
- Insufficient physical activity is the fourth leading risk factor for mortality. Approximately 3.2 million deaths and 32.1 million disability-adjusted life years (DALYs) (representing about 2.1% of global DALYs) each year can be attributed to insufficient physical activity<sup>3</sup>.
- The harmful use of alcohol is a causal factor in more than 200 diseases and injury conditions. Worldwide, 3 million deaths every year result from harmful use of alcohol. This represents 5.3 per cent of all deaths<sup>4</sup>.
- Worldwide, around 284 million people aged 15-64 used drugs in 2020, which was a 26 per cent increase over the previous decade. Young people are using more drugs, with use levels today in many countries higher than with the previous generation<sup>5</sup>.
- The prevalence of electronic nicotine delivery systems (ENDS) use in 2013-2015 among youth were highest in Poland (62.1%), and lowest in Italy (5.9%)<sup>6</sup>. ENDS can therefore represent the gateway for the use of other nicotine products including usual cigarettes. Moreover, among the critical issues that deserve special attention, there are the acute and chronic nicotine-induced effects on the adolescent's brain that determine changes that could persist into adulthood<sup>7</sup>.
- The FDI *Vision 2030* report calls for an integrated medical and dental service taking a common risk factor approach to tackle the burden of oral disease<sup>8</sup>.



## National Dental Student Associations pledge to the following:

Advocate for a betel-nut free generation	Dr Chon-Kai Li	Chinese Taipei
Annual physical activity day	Dr Aituaruly Olzhas Dr Sultanbek Nurmukhamed Asylbekuly	Kazakhstan
Annual physical activity day	Dr Ali El Kasim	Cyprus
Annual physical activity day	Dr Claudia Aju	Guatemala
Annual physical activity day	Dr Tjaša Miklavčič Dr Katarina Horvat	Slovenia
Educate students on risk factors due to tobacco use	Kseniia Rusakova	National Medical Students State
No sugar-sweetened beverage canteen	Dr Nazgol Ravanbakhsh	Cyprus
No sugar-sweetened beverage canteen	Dr Artikova Sarvinaz	Kazakhstan
No sugar-sweetened beverage canteen	Dr Arsal Subbah Sadiq	Pakistan
Appoint a youth ambassador for noncommunicable diseases	Dr Arsal Subbah Sadiq	Asia Pacific Dental Students Association – Pakistan division
Develop a healthy youth alliance campaign on a regional issue	Dr Arsal Subbah Sadiq	International Dental Students Association
Develop a healthy youth alliance campaign on a regional issue	Dr Andrea Martinez	Guatemala
Develop an information campaign on electronic nicotine delivery systems	Dr Alise Smirnova Dr Kristīne Romanovska	Latvia
Share “Youth Success” with FDI HQ	Dr Selim Tunahan Akcay	Türkiye
Share “Youth Success” with FDI HQ	Dr Kurmanbekova Samal	Kazakhstan
Share “Youth Success” with FDI HQ	Dr Pavol Petraš	Czechia
Organise a campaign to inform school students about oral hygiene	Aizada Turasheva	Kazakhstan





## References

1. CDCTobaccoFree. Tobacco-Related Mortality [Internet]. Centers for Disease Control and Prevention. 2020 [cited 2022 Aug 23]. Available from: [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm)
2. Malik VS, Hu FB. The role of sugar-sweetened beverages in the global epidemics of obesity and chronic diseases. *Nat Rev Endocrinol*. 2022 Apr;18(4):205–18.
3. Indicator Metadata Registry Details [Internet]. [cited 2022 Aug 23]. Available from: <https://www.who.int/data/gho/indicator-metadata-registry/imr-details/3416>
4. Alcohol [Internet]. [cited 2022 Aug 23]. Available from: <https://www.who.int/news-room/fact-sheets/detail/alcohol>
5. UNODC World Drug Report 2022 highlights trends on cannabis post-legalization, environmental impacts of illicit drugs, and drug use among women and youth [Internet]. United Nations : Office on Drugs and Crime. [cited 2022 Aug 23]. Available from: <https://www.unodc.org/unodc/en/frontpage/2022/June/unodc-world-drug-report-2022-highlights-trends-on-cannabis-post-legalization--environmental-impacts-of-illicit-drugs--and-drug-use-among-women-and-youth.html>
6. Yoong SL, Stockings E, Chai LK, Tzelepis F, Wiggers J, Oldmeadow C, et al. Prevalence of electronic nicotine delivery systems (ENDS) use among youth globally: a systematic review and meta-analysis of country level data. *Aust N Z J Public Health*. 2018 Jun;42(3):303–8.
7. Lavacchi D, Roviello G, Rodriquenz MG. Electronic nicotine delivery systems (ENDS): not still ready to put on END. *J Thorac Dis*. 2020 Jul;12(7):3857–65.
8. Glick M, Williams DM, Yahya IB, Bondioni E, Clark P, Jagait CK, et al. Delivering Optimal Oral Health for All. :52.