

Oral Health & Sustainability

When we think about how we care for our mouth, it might be easy to think that there is little in common between our oral health and the environment - but that's not quite true.

As part of National Smile Month, the Oral Health Foundation and TePe have teamed up to look at some of the most interesting stats when it comes to our toothbrushes, and what they may be doing to our planet.



3

The number of months before you should **change** your toothbrush.



324

The amount of toothbrushes a person **uses** during their life.



256

The number of million toothbrushes used and **discarded** in the UK every year.



80% of UK adults **reuse** their old toothbrushes for other purposes.



40%

Use them to scrub their **bathroom tiles**.



26%

Use them to add a glimmer to their **jewellery**.



18%

Use them to shine their **shoes**.



Bikes

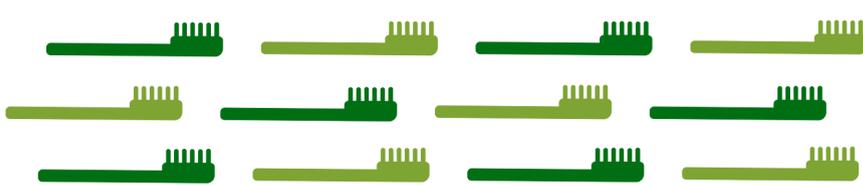


Keyboards



Toilets

Other popular cleaning uses for old toothbrushes...



It can take up to **400 years** for a plastic toothbrush to degrade.

If you laid out the toothbrushes thrown away in the UK in a year, they would wrap around the entire Earth!

A top tip for being a green brusher

Turning the tap off when brushing saves a staggering **12 litres of water** each time.

Over the course of their life, if the tap was left on while brushing, a family of four would waste more water than what it takes to fill an **Olympic swimming pool**.



TePe: Improving the health of the mouth, and the planet

100%

TePe products are made using **100% green energy**, partly powered by their solar panels in Malmo, Sweden.

80%

TePe's sustainable interdental brushes are produced via the mass balance approach, which means they have **80% lower CO2 emissions**.

95%

TePe's GOOD™ range of toothbrushes are made from sugarcane & castor oil and **reduces CO2 emissions by 95% during its life cycle**.

2022

TePe are working to achieve **carbon neutral products and packaging** in 2022.

Sometimes we need expert advice about our health. **The Dental Helpline** is there to provide us with the very best information and support about the health of our mouth.

Dental Helpline
01788 539780
Oral Health Foundation

Approved interdental brushes

The Oral Health Foundation evaluates consumer oral health care products to ensure that the claims made by manufacturers are clinically proven and not exaggerated.

Our Accreditation programme is all about giving you an added level of assurance and confidence that the products you buy do what they claim to do.

As part of this programme, we are delighted to accredit the range of TePe interdental brushes as a great tool for good oral health.

