Oral Health in Bennington County
March 2025

Did you know that caring for your teeth and gums protects against chronic diseases like diabetes, cancer and heart disease? Good dental health is important for overall well-being.

If you need help accessing or understanding this information, contact AHS.VDHBennington@vermont.gov

Things you can do to keep smiles bright at home

- Protect your teeth from cavities. **Always use fluoride toothpaste and brush twice a day to keep the germs away!**

- Once babies get their first tooth, it's time to **schedule a dental visit.**

- **Seeing a dentist at least every year** is important for adults, too, even if you have dentures or no natural teeth.

- Going to the dentist is **safe and recommended for everyone.** If you haven't gone in for a while, make your appointment soon. If you need help getting connected to a dental office, contact us!

Things we can do to keep smiles bright in our community

- **Promote taking care of teeth at home.** Communicate the importance of brushing and flossing, eating a healthy diet and avoiding sugary drinks

- Promote dental health care (e.g., silver diamine fluoride and fluoride varnish) **as part of primary medical care.**

- Participate in the 802 Smiles Network, which **brings dental services to children** in schools.

- **Offer dental services in public settings** such as nursing homes and congregate meal sites to increase access to dental care.

- **Optimally fluoridated water is the single most cost-effective strategy** that a community can use to improve the oral health of its residents. Only one public water system in Bennington County has detectable levels of fluoride.[ii] For more information, check out the [Vermont Department of Health Statement on Community Water Fluoridation](#)
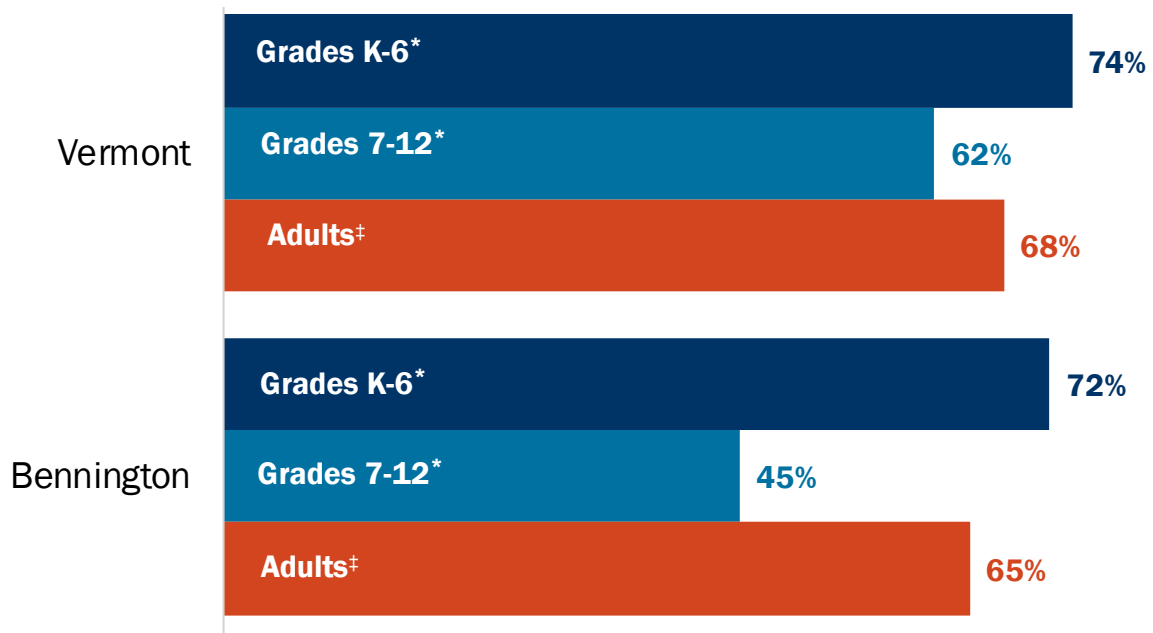
HealthVermont.gov
802-863-7200

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Access to Care

- Accessing dental care depends on factors like insurance, available dentists, and cost. In Bennington County, access to dental care is limited due to a shortage of providers. Bennington County had 22 dentists in practice in 2023. Over 25% of those dentists were 65+ and near retirement age. ±

- In 2021, 60.4% of people in Bennington County had any type of insurance coverage that pays for dental care. †

- Bennington County had 65.5% of adults report visiting a dentist in 2022, below the state average. ‡

PERCENT OF ADULTS AND CHILDREN WHO VISITED THE DENTIST.

Vermont
- Grades K-6* — 74%
- Grades 7-12* — 62%
- Adults‡ — 68%

Bennington
- Grades K-6* — 72%
- Grades 7-12* — 45%
- Adults‡ — 65%

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