

The UCD Wellness Connection

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Understanding and preventing childhood obesity

Being overweight or obese can negatively affect children's physical health, self-esteem, plus their social and emotional well-being.

[Here's how →](#)



Your dental and mental health: a two-way street

The relationship between your mouth and overall health goes both ways.

[Learn why →](#)



Give your dentures the TLC they deserve

Improper denture care can lead to breaks, warps and sore gums. Learn how to protect your investment – and your mouth.

[Read care tips →](#)



How to avoid two dangerous diabetes complications

High blood sugar can wreak havoc on your eyes and mouth. Luckily your dentist and eye doctor can spot issues early.

[Get prevention info →](#)