

Dear [Legislator's Name],

I am **(your first and last name)**, living at **(street address, city, state, and zip code)**,

As a constituent of [your state or district], I am writing to urge your support for legislation mandating the use of mouth guards in sports as recommended by the American Dental Association (ADA) and ensuring that dental insurance covers the cost of custom mouth guards. This issue is of great importance for the health and safety of athletes in our community.

The Need for Mouth Guards:

1. Preventing Injuries: Mouthguards are crucial in preventing dental injuries during sports activities. They significantly reduce the risk of broken teeth, jaw injuries, and concussions.
2. ADA Recommendations: The ADA strongly recommends the use of mouth guards in various sports, underscoring their importance in protecting athletes of all ages.
3. Health Equity: Custom mouthguards provide the best fit and protection, but their cost can be prohibitive for many families. By mandating insurance coverage, we can ensure that all athletes, regardless of economic background, have access to this vital protective gear.

Why This Matters in Our Community:

In our state, sports play a vital role in the lives of many young people, providing not only physical activity but also a sense of community and teamwork. However, the risk of dental injuries can be a significant barrier. By passing legislation to require mouthguards and insurance coverage, we can protect our young athletes and promote safer participation in sports.

Adverse Effects of Not Mandating Mouth Guards:

Failing to mandate mouth guards adversely affects families with lower socio-economic status the most. Without this requirement, these families face increased risks of:

- Long-term health problems due to untreated dental injuries.
- Loss of school attendance and time playing sports, impacting overall development.
- Downturns in academic performance and self-confidence, which can have lasting consequences on their future prospects.
- High financial burden on dental injuries, which can be particularly devastating for families already struggling to make ends meet.

My Personal Connection: **( only use if applicable, please edit to add your story or delete)**

[Include a personal story if applicable, e.g., "As a parent of a high school athlete, I have seen firsthand the impact of dental injuries on young players. My child experienced a severe dental injury that could have been prevented with a proper mouth guard."]

Our Relationship: **( only use if applicable, please edit to add your story or delete)**

[If applicable, mention any personal connections, e.g., "I have supported your campaigns in the past and appreciate your commitment to the health and safety of our community."]

As a representative of our community, your support for this legislation will make a meaningful difference. Please consider backing this important initiative to enhance the safety of sports and ensure equitable access to protective equipment.

Thank you for your time and consideration.

Sincerely,  
[Your Name]