



2018 Delta Dental of Illinois Oral Health and Well-Being Survey

Examining the Oral Health and Well-Being Connection



Focusing on Oral Health's Connection to Well-Being

Delta Dental of Illinois is the state's leading dental benefits provider, covering the smiles of 2 million individuals, employees and family members across the nation. We know firsthand the importance of oral health and its connection to well-being.

To shine a spotlight on these important topics, we commissioned a statewide consumer survey. Working with Kelton, a leading global insights firm, we surveyed 305 adults across Illinois. This sample size yields a margin of error of ± 5.6 percent at a 95 percent confidence level.

We asked Illinoisans about their opinions and habits related to oral health. We explored topics both serious and light-hearted. And, we analyzed the results to uncover connections between oral health and physical well-being.

Here's what we found:

<p>1</p> <p>Good oral health is strongly linked with good physical well-being.</p> 	<p>2</p> <p>Dental coverage contributes to dental visits, which are linked to good oral health.</p> 
<p>3</p> <p>Illinoisans' dental habits could use more attention and improvement.</p> 	<p>4</p> <p>Oral health issues and educational opportunities persist today.</p> 



87%

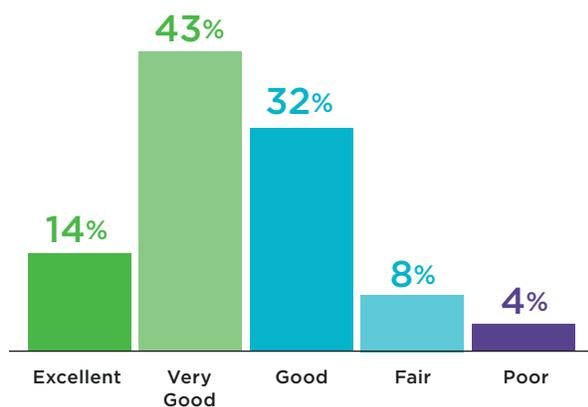
of Illinoisans say their oral health is very important to them.

Oral Health and Well-Being

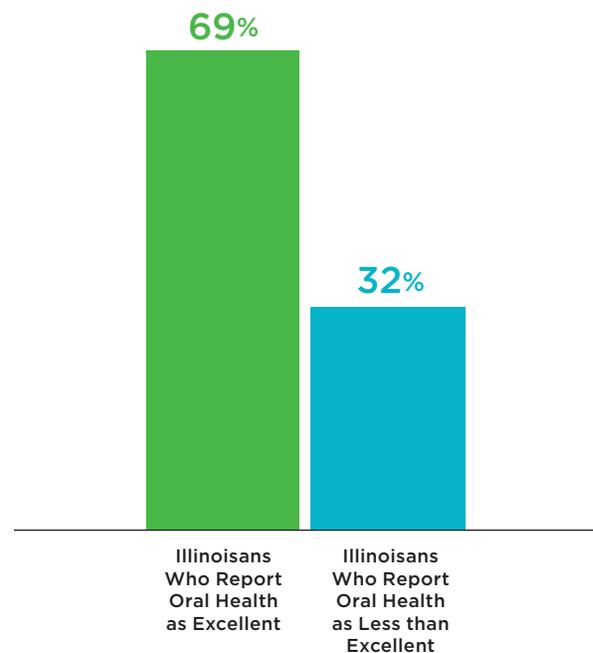
The majority of Illinoisans (87 percent) say their oral health is very important to them. So, it's no surprise that nearly 3 of 5 Illinoisans (56 percent) say their oral health is excellent or very good, and only 4 percent would rate their oral health as poor.

A closer look at the data suggests a significant correlation between strong oral health and physical well-being. Illinoisans who gave their oral health an excellent rating are more than twice as likely to report excellent or very good physical well-being.

Oral Health Rating



% Reporting Physical Well-Being as Excellent or Very Good





1/3

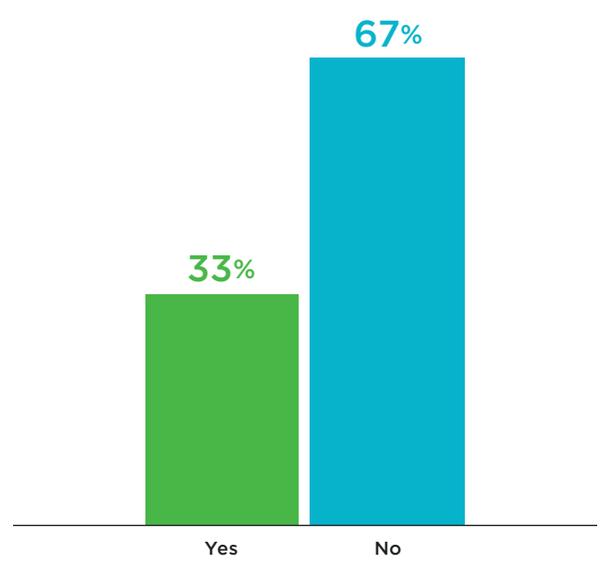
of Illinoisans report unresolved oral health issues.

Unresolved Oral Health Issues

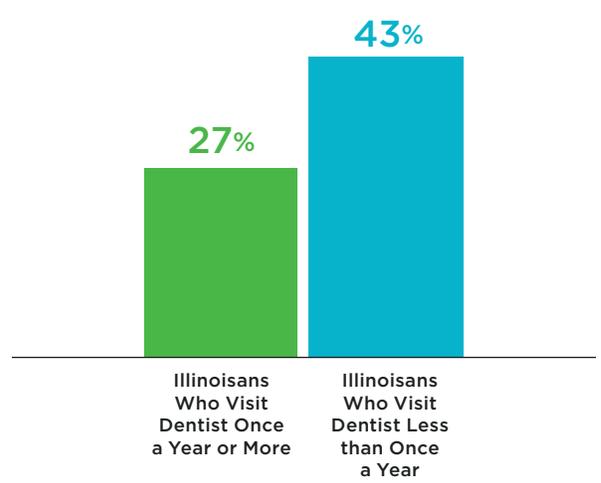
While most Illinoisans report good oral health, 1 of 3 (33 percent) report unresolved oral health issues. Those with issues cite cost (67 percent) and fear of the procedure (29 percent) as top reasons for not having treatment.

Illinoisans who visit the dentist less than once a year are 58 percent *more likely* to report an unresolved oral health issues.

Have Unresolved Oral Health Issues



% of Illinoisans With Unresolved Oral Health Issues





1/5

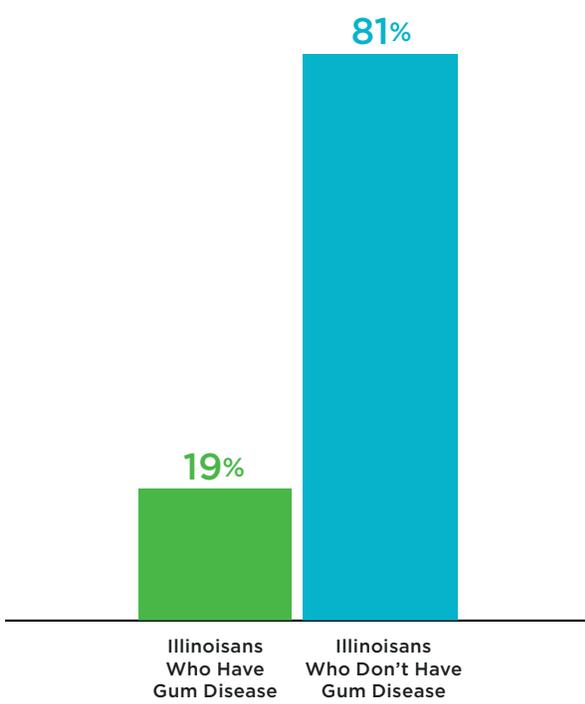
of Illinoisans have been told they have gum disease.

Dental Visits in Illinois

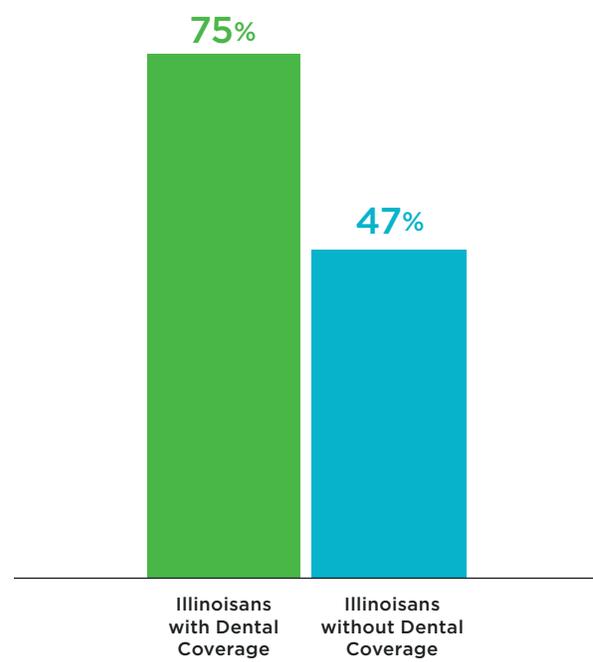
About 1 in 5 (19 percent) of Illinoisans have been told they have periodontal (gum) disease, which is characterized by sensitive teeth, frequent bad breath and gums that are tender, red and swollen. People with gum disease may experience other health issues such as heart disease, stroke, diabetes and more. Fortunately, regular visits to the dentist can help detect issues early before they become more serious.

Nearly 2 of 3 Illinoisans (65 percent) visit the dentist at least once a year. Illinoisans with dental coverage are much more likely to have regular dental visits than those who lack coverage.

% of Illinoisans with Gum Disease



% Visiting the Dentist at Least Once a Year





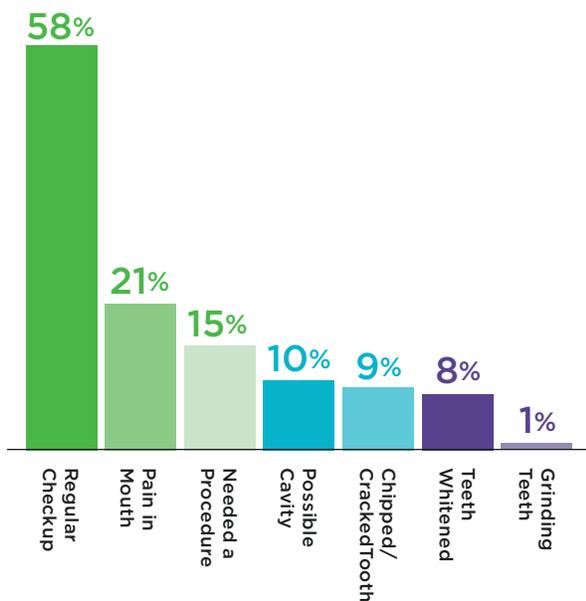
58%
of Illinoisans
are proactive
about seeing
the dentist.

Dental Visits in Illinois (cont.)

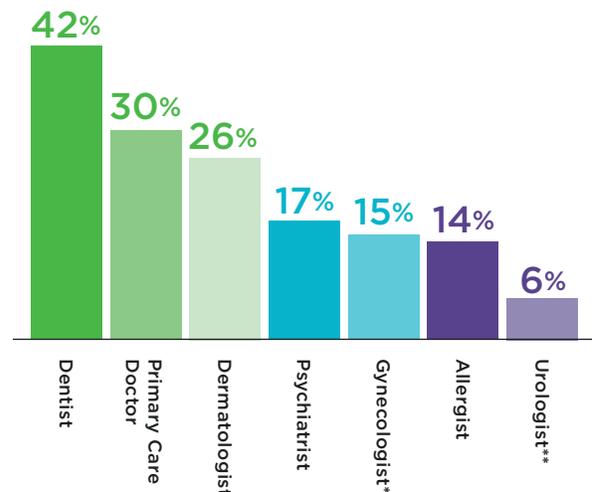
Most Illinoisans (58 percent) are proactive about seeing the dentist, noting their last visit was for a regular checkup. Yet, many Illinoisans say their last dental appointment was for an oral health or cosmetic issue.

Illinoisans know dental visits are important, saying the dentist is the top health practitioner they want to visit more often. In fact, Illinoisans are 41 percent *more likely* to say they don't see their dentist often enough, compared to their primary care doctor.

Reason for Most Recent Dental Visit



Health Practitioners Would Like to See More Often



* among women
** among men



$\frac{1}{3}$

of Illinoisans brush their teeth twice a day or more.

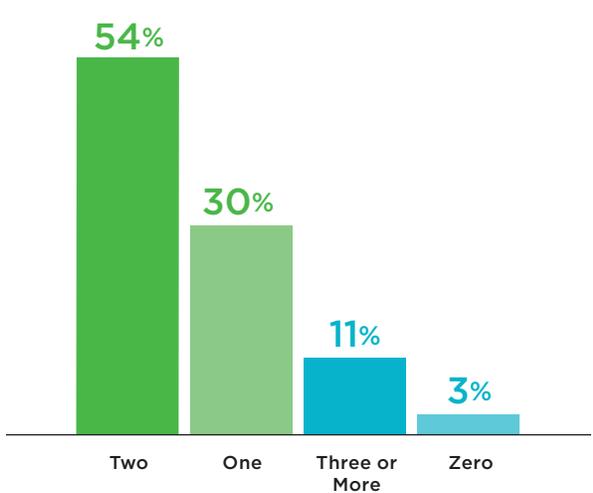
Dental Habits at Home

Brushing Habits Could Use Improvement

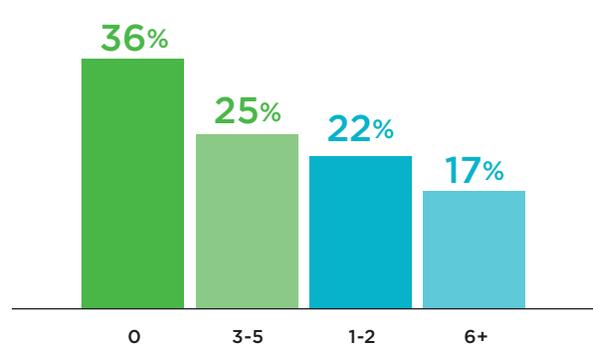
Most Illinoisans brush their teeth twice a day or more. Still, one-third of Illinoisans (33 percent) do not, which means they aren't brushing enough.

While brushing habits are generally good, nearly 2 of 3 Illinoisans (64 percent) skip a brushing at least once a month.

Frequency of Brushing Teeth (Times Per Day)



Missed Brushing (Times Per Month)



Dental Habits at Home (cont.)

Dedication to Oral Health

The majority of Illinoisans (94 percent) are dedicated to the well-being of their mouth, teeth and gums. Despite recognizing the importance, only 29 percent of adults in Illinois are extremely satisfied with the health of their mouth, teeth and gums and only 14 percent would rate their current oral health as excellent, showing a need for improvement in overall oral health habits.

29%

of Illinoisans are extremely satisfied with the health of their mouth, teeth and gums.





Dental Coverage and Well-Being

Dental Coverage

Illinois adults with dental coverage are **58 percent more likely** to visit the dentist at least once a year as compared to those without dental benefits.



Dental Visits

Illinois adults who visit the dentist at least once a year are **nearly four times as likely** to report their oral health as excellent.



Oral Health

Illinois adults who report their oral health as excellent are **more than twice as likely** to report excellent or very good physical well-being.



Physical Well-Being

The Power of a Smile

According to the Delta Dental of Illinois Oral Health and Well-Being Survey, Illinoisans recognize that a smile is powerful. In fact, 70 percent of Illinoisans say a smile is one of the first things they remember most after initially meeting someone, and nearly 6 of 10 (56 percent) say the quality of a smile has some bearing on a person's overall success.

Nearly 3 of 4 Illinoisans (73 percent) say they like their smile. The fact that most Illinoisans like their smiles is a good sign, and Delta Dental is committed to providing access to great oral health care and education so Illinoisans can continue to feel good about their smiles.

For more information, visit YourOralHealthHub.com.



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