How do adults in Missouri view their oral health? This fact sheet summarizes select data on self-reported oral health status, attitudes and dental care utilization among Missouri adults as of 2015, by income level, based on an innovative household survey. For methods and sources, visit ADA.org/statefacts. For more information on the ADA Health Policy Institute, visit ADA.org/HPI.

### Overall Condition of Mouth and Teeth

**ALL**
- VERY GOOD: 31%
- GOOD: 20%
- FAIR: 36%
- POOR: 13%

**HOUSEHOLD INCOME**
- LOW
  - VERY GOOD: 14%
  - GOOD: 31%
  - FAIR: 29%
  - POOR: 25%
- MIDDLE
  - VERY GOOD: 27%
  - GOOD: 36%
  - FAIR: 20%
  - POOR: 17%
- HIGH
  - VERY GOOD: 45%
  - GOOD: 39%
  - FAIR: 31%
  - POOR: 15%

1 in 4 low income adults say their mouth and teeth are in poor condition.

### Life in General is Less Satisfying Due to Condition of Mouth and Teeth

**ALL**
- NEVER: 44%
- RARELY: 17%
- OCCASIONALLY: 31%
- VERY OFTEN: 7%

**HOUSEHOLD INCOME**
- LOW
  - NEVER: 34%
  - RARELY: 36%
  - OCCASIONALLY: 22%
  - VERY OFTEN: 16%
- MIDDLE
  - NEVER: 36%
  - RARELY: 34%
  - OCCASIONALLY: 19%
  - VERY OFTEN: 13%
- HIGH
  - NEVER: 61%
  - RARELY: 61%
  - OCCASIONALLY: 24%
  - VERY OFTEN: 16%

### Appearance of Mouth and Teeth Affects Ability to Interview for a Job

**ALL**
- YES: 84%
- NO: 16%

**HOUSEHOLD INCOME**
- LOW
  - YES: 82%
  - NO: 19%
- MIDDLE
  - YES: 81%
  - NO: 19%
- HIGH
  - YES: 89%
  - NO: 11%
How Often Have You Experienced the Following Problems in the Last 12 Months Due to the Condition of Your Mouth and Teeth?

- **Dry Mouth**:
  - Very Often: 20%
  - Occasionally: 19%
  - Rarely: 21%
  - Never: 48%

- **Difficulty Biting/Chewing**:
  - Very Often: 10%
  - Occasionally: 19%
  - Rarely: 26%
  - Never: 46%

- **Experience Pain**:
  - Very Often: 7%
  - Occasionally: 13%
  - Rarely: 29%
  - Never: 43%

- **Avoid Smiling**:
  - Very Often: 11%
  - Occasionally: 19%
  - Rarely: 13%
  - Never: 58%

- **Embarrassment**:
  - Very Often: 5%
  - Occasionally: 11%
  - Rarely: 19%
  - Never: 58%

- **Anxiety**:
  - Very Often: 9%
  - Occasionally: 14%
  - Rarely: 16%
  - Never: 74%

- **Problems Sleeping**:
  - Very Often: 4%
  - Occasionally: 5%
  - Rarely: 10%
  - Never: 86%

- **Reduce Social Participation**:
  - Very Often: 3%
  - Occasionally: 5%
  - Rarely: 10%
  - Never: 87%

- **Difficulty Doing Usual Activities**:
  - Very Often: 3%
  - Occasionally: 6%
  - Rarely: 14%
  - Never: 79%

- **Take Days Off**:
  - Very Often: 3%
  - Occasionally: 6%
  - Rarely: 14%
  - Never: 87%

**1 in 4** adults avoid smiling due to the condition of their mouth and teeth.

**1 in 5** adults feel embarrassment due to the condition of their mouth and teeth.

**14%** of adults experience anxiety due to the condition of their mouth and teeth.
Problems Due to Condition of Mouth and Teeth, by Household Income

Low income adults are most likely to report having problems due to the condition of their mouth and teeth.

The top oral health problem for low income adults is **difficulty biting and chewing**.

43% of low income adults avoid smiling due to the condition of their mouth and teeth.

20% of high income adults experience pain due to the condition of their mouth and teeth.

21% of middle income adults feel embarrassment due to the condition of their mouth and teeth.

14% of low income adults reduce participation in social activities due to the condition of their mouth and teeth.
Attitudes Toward Oral Health and Dental Care

- **99%** value oral health.
- **86%** feel they need to visit the dentist twice per year.
- **96%** agree regular dental visits keep them healthy.
- **78%** believe straight, bright teeth help you get ahead in life.
- **78%** low income adults
- **45%** high income adults

“I accept I will lose some teeth with age.”
Oral Health and Well-Being in Missouri

Reasons for Not Visiting the Dentist More Frequently, Among Those Without a Visit in the Last 12 Months

Household Income

- **COST**
  - 63%
- **AFRAID OF DENTIST**
  - 22%
- **INCONVENIENT LOCATION OR TIME**
  - 14%
- **TROUBLE FINDING A DENTIST**
  - 17%
- **NO ORIGINAL TEETH**
  - 14%
- **NO PERCEIVED NEED**
  - 12%
- **NO REASON**
  - 5%
- **OTHER**
  - 7%

30% of low income adults cite trouble finding a dentist as a reason not to visit the dentist.

22% of middle income adults cite fear as a reason not to visit the dentist.

27% of high income adults cite no original teeth as a reason not to visit the dentist.

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