How do adults in Delaware view their oral health?
This fact sheet summarizes select data on self-reported oral health status, attitudes and dental care utilization among Delaware 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

<table>
<thead>
<tr>
<th>Condition of Mouth and Teeth</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL</td>
<td>28%</td>
<td>43%</td>
<td>20%</td>
<td>8%</td>
</tr>
<tr>
<td>Low</td>
<td>17%</td>
<td>29%</td>
<td>36%</td>
<td>19%</td>
</tr>
<tr>
<td>Middle</td>
<td>25%</td>
<td>50%</td>
<td>19%</td>
<td>6%</td>
</tr>
<tr>
<td>High</td>
<td>39%</td>
<td>45%</td>
<td>12%</td>
<td>5%</td>
</tr>
</tbody>
</table>

1 in 5 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

<table>
<thead>
<tr>
<th>Life Satisfying Due to Condition of Mouth and Teeth</th>
<th>Never</th>
<th>Rarely</th>
<th>Occasionally</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL</td>
<td>43%</td>
<td>22%</td>
<td>29%</td>
<td>6%</td>
</tr>
<tr>
<td>Low</td>
<td>23%</td>
<td>37%</td>
<td>23%</td>
<td>16%</td>
</tr>
<tr>
<td>Middle</td>
<td>25%</td>
<td>25%</td>
<td>21%</td>
<td>5%</td>
</tr>
<tr>
<td>High</td>
<td>49%</td>
<td>49%</td>
<td>28%</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Appearance of Mouth and Teeth Affects Ability to Interview for a Job</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL</td>
<td>78%</td>
<td>22%</td>
</tr>
<tr>
<td>Low</td>
<td>56%</td>
<td>22%</td>
</tr>
<tr>
<td>Middle</td>
<td>44%</td>
<td>22%</td>
</tr>
<tr>
<td>High</td>
<td>11%</td>
<td>89%</td>
</tr>
</tbody>
</table>
How Often Have You Experienced the Following Problems in the Last 12 Months Due to the Condition of Your Mouth and Teeth?

- **Very Often**: 43%
- **Occasionally**: 42%
- **Rarely**: 40%
- **Never**: 56%

### Oral Health and Well-Being in Delaware

1. **3 in 10 adults avoid smiling** due to the condition of their mouth and teeth.
2. **1 in 3 adults feel embarrassment** due to the condition of their mouth and teeth.
3. **23%** 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 experiencing pain.

44% of low income adults avoid smiling due to the condition of their mouth and teeth.

29% of high income adults experience pain due to the condition of their mouth and teeth.

28% of middle income adults feel embarrassment due to the condition of their mouth and teeth.

36% of low income adults reduce participation in social activities due to the condition of their mouth and teeth.

HPI Health Policy Institute
ADA American Dental Association
Oral Health and Well-Being in Delaware

Attitudes Toward Oral Health and Dental Care

- **I value keeping my mouth healthy.**
  - STRONGLY DISAGREE: 4%
  - SOMEWHAT DISAGREE: 22%
  - SOMEWHAT AGREE: 32%
  - STRONGLY AGREE: 65%

- **Regular visits to the dentist will help keep me healthy.**
  - STRONGLY DISAGREE: 23%
  - SOMEWHAT DISAGREE: 29%
  - SOMEWHAT AGREE: 16%
  - STRONGLY AGREE: 36%

- **As I grow old I accept I will lose some of my teeth.**
  - STRONGLY DISAGREE: 5%
  - SOMEWHAT DISAGREE: 6%
  - SOMEWHAT AGREE: 16%
  - STRONGLY AGREE: 21%

- **I need to see the dentist twice a year.**
  - STRONGLY DISAGREE: 5%
  - SOMEWHAT DISAGREE: 5%
  - SOMEWHAT AGREE: 9%
  - STRONGLY AGREE: 65%

- **It is easier to get ahead in life if I have straight, bright teeth.**
  - STRONGLY DISAGREE: 5%
  - SOMEWHAT DISAGREE: 5%
  - SOMEWHAT AGREE: 16%
  - STRONGLY AGREE: 36%

- **I value oral health.** 94%
- **Feel they need to visit the dentist twice per year.** 86%
- **Agree regular dental visits keep them healthy.** 96%
- **Believe straight, bright teeth help you get ahead in life.** 80%
- **Low income adults** 64%
- **High income adults** 56%

“I accept I will lose some teeth with age.”

HPI Health Policy Institute
ADA American Dental Association*
Reasons for Not Visiting the Dentist More Frequently, Among Those Without a Visit in the Last 12 Months

- **COST**: 57%
  - Low income: 8%
  - Middle income: 4%
  - High income: 4%
- **AFRAID OF DENTIST**: 22%
  - Low income: 7%
  - Middle income: 4%
  - High income: 4%
- **INCONVENIENT LOCATION OR TIME**: 15%
  - Low income: 4%
  - Middle income: 4%
  - High income: 4%
- **TROUBLE FINDING A DENTIST**: 18%
  - Low income: 4%
  - Middle income: 17%
  - High income: 16%
- **NO ORIGINAL TEETH**: 7%
  - Low income: 0%
  - Middle income: 1%
  - High income: 7%
- **NO PERCEIVED NEED**: 5%
  - Low income: 0%
  - Middle income: 1%
  - High income: 7%
- **NO REASON**: 10%
  - Low income: 2%
  - Middle income: 0%
  - High income: 13%
- **OTHER**: 7%
  - Low income: 12%
  - Middle income: 12%
  - High income: 12%

**Household Income**

- **LOW**: 49%
- **MIDDLE**: 71%
- **HIGH**: 44%

- **27%** of low income adults cite trouble finding a dentist as a reason not to visit the dentist.
- **30%** of middle income adults cite fear as a reason not to visit the dentist.
- **29%** of high income adults cite fear as a reason not to visit the dentist.