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

18% of low income adults say their mouth and teeth are in poor condition.

**Overall Condition of Mouth and Teeth**

- **Very Good**: 35%
- **Good**: 40%
- **Fair**: 17%
- **Poor**: 9%

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

- **Never**: 50%
- **Rarely**: 24%
- **Occasionally**: 18%
- **Very Often**: 8%

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

- **Yes**: 17%
- **No**: 83%

**Household Income**

- **Low**:
  - Very Good: 21%
  - Good: 42%
  - Fair: 19%
  - Poor: 18%

- **Middle**:
  - Very Good: 30%
  - Good: 41%
  - Fair: 19%
  - Poor: 13%

- **High**:
  - Very Good: 45%
  - Good: 38%
  - Fair: 3%
  - Poor: 0%
1 in 5 adults avoid smiling due to the condition of their mouth and teeth.

22% of adults feel embarrassment due to the condition of their mouth and teeth.

18% 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.

- **Dry Mouth**: Low income adults are most likely to report dry mouth, with 32% reporting it very often.
- **Difficulty Biting/CheWing**: Low income adults report this problem frequently, with 43% reporting it occasionally.
- **Experience Pain**: Low income adults report pain due to the condition of their mouth and teeth, with 49% reporting it occasionally.
- **Avoid Smiling**: Low income adults are most likely to avoid smiling due to the condition of their mouth and teeth, with 43% reporting it occasionally.
- **Embarrassment**: Low income adults report feeling embarrassed due to the condition of their mouth and teeth, with 45% reporting it occasionally.
- **Anxiety**: Low income adults report feeling anxious due to the condition of their mouth and teeth, with 49% reporting it occasionally.
- **Problems Sleeping**: Low income adults report difficulty sleeping due to the condition of their mouth and teeth, with 43% reporting it occasionally.
- **Reduce Social Participation**: Low income adults reduce social participation due to the condition of their mouth and teeth, with 43% reporting it occasionally.
- **Difficulty with Speech**: Low income adults report difficulty with speech due to the condition of their mouth and teeth, with 49% reporting it occasionally.
- **Difficulty Doing Usual Activities**: Low income adults report difficulty doing usual activities due to the condition of their mouth and teeth, with 49% reporting it occasionally.
- **Take Days Off**: Low income adults take days off due to the condition of their mouth and teeth, with 49% reporting it occasionally.

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*HPI Health Policy Institute

*ADA American Dental Association*
Oral Health and Well-Being in Maryland

Attitudes Toward Oral Health and Dental Care

96% value oral health.

86% feel they need to visit the dentist twice per year.

93% agree regular dental visits keep them healthy.

75% believe straight, bright teeth help you get ahead in life.

73% low income adults

37% high income adults

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

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

- **COST**: 56%
- **AFRAID OF DENTIST**: 29%
- **INCONVENIENT LOCATION OR TIME**: 18%
- **TROUBLE FINDING A DENTIST**: 13%
- **NO ORIGINAL TEETH**: 5%
- **NO PERCEIVED NEED**: 16%
- **NO REASON**: 7%
- **OTHER**: 7%

**Household Income**

- **LOW**
  - COST: 66%
  - AFRAID OF DENTIST: 24%
  - INCONVENIENT LOCATION OR TIME: 25%
  - TROUBLE FINDING A DENTIST: 11%
  - NO ORIGINAL TEETH: 12%
  - NO PERCEIVED NEED: 26%
  - NO REASON: 0%
  - OTHER: 6%

- **MIDDLE**
  - COST: 67%
  - AFRAID OF DENTIST: 31%
  - INCONVENIENT LOCATION OR TIME: 11%
  - TROUBLE FINDING A DENTIST: 11%
  - NO ORIGINAL TEETH: 4%
  - NO PERCEIVED NEED: 13%
  - NO REASON: 0%
  - OTHER: 6%

- **HIGH**
  - COST: 41%
  - AFRAID OF DENTIST: 20%
  - INCONVENIENT LOCATION OR TIME: 27%
  - TROUBLE FINDING A DENTIST: 13%
  - NO ORIGINAL TEETH: 0%
  - NO PERCEIVED NEED: 13%
  - NO REASON: 0%
  - OTHER: 0%

25% of low income adults cite trouble finding a dentist as a reason not to visit the dentist.

31% of middle income adults cite fear as a reason not to visit the dentist.

41% of high income adults cite fear as a reason not to visit the dentist.