Oral Health and Well-Being in Oklahoma

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

- **VERY GOOD**: 29%
- **GOOD**: 44%
- **FAIR**: 7%
- **POOR**: 20%

- **ALL**: 17% Low, 28% Middle, 41% High

18% of 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

- **NEVER**: 43%
- **RARELY**: 34%
- **OCCASIONALLY**: 17%
- **VERY OFTEN**: 12%

- **ALL**: 40% Low, 43% Middle, 33% High

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

- **YES**: 79%
- **NO**: 21%

- **ALL**: 66% Low, 77% Middle, 91% High
23% of 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.

23% of adults experience anxiety due to the condition of their mouth and teeth.
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### Problems Due to Condition of Mouth and Teeth, by Household Income

<table>
<thead>
<tr>
<th>Condition</th>
<th>Low Income</th>
<th>Middle Income</th>
<th>High Income</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dry Mouth</strong></td>
<td>31%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Difficulty Biting/Chewing</strong></td>
<td>18%</td>
<td>13%</td>
<td>4%</td>
</tr>
<tr>
<td><strong>Experience Pain</strong></td>
<td>28%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Avoid Smiling</strong></td>
<td>40%</td>
<td>78%</td>
<td>75%</td>
</tr>
<tr>
<td><strong>Embarrassment</strong></td>
<td>34%</td>
<td>63%</td>
<td>70%</td>
</tr>
<tr>
<td><strong>Anxiety</strong></td>
<td>41%</td>
<td>64%</td>
<td>75%</td>
</tr>
<tr>
<td><strong>Problems Sleeping</strong></td>
<td>56%</td>
<td>69%</td>
<td>56%</td>
</tr>
<tr>
<td><strong>Reduce Social Participation</strong></td>
<td>58%</td>
<td>75%</td>
<td>58%</td>
</tr>
<tr>
<td><strong>Difficulty with Speech</strong></td>
<td>47%</td>
<td>72%</td>
<td>75%</td>
</tr>
<tr>
<td><strong>Difficulty Doing Usual Activities</strong></td>
<td>54%</td>
<td>70%</td>
<td>80%</td>
</tr>
<tr>
<td><strong>Take Days Off</strong></td>
<td>66%</td>
<td>87%</td>
<td>87%</td>
</tr>
</tbody>
</table>

**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 avoiding smiling.

40% of low income adults avoid smiling due to the condition of their mouth and teeth.

31% of high income adults experience pain due to the condition of their mouth and teeth.

18% of middle income adults feel embarrassment due to the condition of their mouth and teeth.

28% of low income adults reduce participation in social activities due to the condition of their mouth and teeth.
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Attitudes Toward Oral Health and Dental Care

- **I value keeping my mouth healthy.**
  - STRONGLY DISAGREE: 5%
  - SOMEWHAT DISAGREE: 7%
  - SOMEWHAT AGREE: 23%
  - STRONGLY AGREE: 73%

- **Regular visits to the dentist will help keep me healthy.**
  - STRONGLY DISAGREE: 23%
  - SOMEWHAT DISAGREE: 6%
  - SOMEWHAT AGREE: 34%
  - STRONGLY AGREE: 65%

- **As I grow old I accept I will lose some of my teeth.**
  - STRONGLY DISAGREE: 14%
  - SOMEWHAT DISAGREE: 7%
  - SOMEWHAT AGREE: 20%
  - STRONGLY AGREE: 59%

- **I need to see the dentist twice a year.**
  - STRONGLY DISAGREE: 8%
  - SOMEWHAT DISAGREE: 7%
  - SOMEWHAT AGREE: 11%
  - STRONGLY AGREE: 42%

- **It is easier to get ahead in life if I have straight, bright teeth.**
  - STRONGLY DISAGREE: 11%
  - SOMEWHAT DISAGREE: 8%
  - SOMEWHAT AGREE: 19%
  - STRONGLY AGREE: 34%

**93%** value oral health.

**79%** feel they need to visit the dentist twice per year.

**88%** agree regular dental visits keep them healthy.

**81%** believe straight, bright teeth help you get ahead in life.

**81%** low income adults

**42%** high income adults

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“I accept I will lose some teeth with age.”
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Reasons for Not Visiting the Dentist More Frequently, Among Those Without a Visit in the Last 12 Months

<table>
<thead>
<tr>
<th>Reason</th>
<th>Low Income</th>
<th>Middle Income</th>
<th>High Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>21%</td>
<td>18%</td>
<td>40%</td>
</tr>
<tr>
<td>Afraid of Dentist</td>
<td>10%</td>
<td>12%</td>
<td>22%</td>
</tr>
<tr>
<td>Inconvenient Location or Time</td>
<td>3%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Trouble Finding a Dentist</td>
<td>8%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>No Original Teeth</td>
<td>14%</td>
<td>18%</td>
<td>21%</td>
</tr>
<tr>
<td>No Perceived Need</td>
<td>4%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>No Reason</td>
<td>17%</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
<td>13%</td>
<td>13%</td>
</tr>
</tbody>
</table>

21% of low income adults cite fear as a reason not to visit the dentist.

18% of middle income adults cite no reason for not visiting the dentist.

40% of high income adults cite fear as a reason not to visit the dentist.