How do adults in Utah view their oral health? This fact sheet summarizes select data on self-reported oral health status, attitudes and dental care utilization among Utah 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**: 36%
- **Good**: 40%
- **Fair**: 10%
- **Poor**: 15%

By Household Income:

- **Low Income**: 18% Very Good, 42% Good, 27% Fair, 13% Poor
- **Middle Income**: 35% Very Good, 43% Good, 13% Fair, 9% Poor
- **High Income**: 47% Very Good, 34% Good, 10% Fair, 8% Poor

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

- **Never**: 42%
- **Rarely**: 20%
- **Occasionally**: 26%
- **Very Often**: 11%

By Household Income:

- **Low Income**: 48% Very Often, 43% Occasionally, 24% Rarely, 15% Never
- **Middle Income**: 44% Very Often, 39% Occasionally, 20% Rarely, 11% Never
- **High Income**: 44% Very Often, 39% Occasionally, 20% Rarely, 11% Never

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

- **Yes**: 18%
- **No**: 82%

By Household Income:

- **Low Income**: 22% Yes, 78% No
- **Middle Income**: 16% Yes, 84% No
- **High Income**: 18% Yes, 82% No
How Often Have You Experienced the Following Problems in the Last 12 Months Due to the Condition of Your Mouth and Teeth?

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

27% of adults feel embarrassment due to the condition of their mouth and teeth.

1 in 4 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.

37% of low income adults avoid smiling due to the condition of their mouth and teeth.

22% of high income adults experience pain due to the condition of their mouth.

29% of middle income adults feel embarrassment due to the condition of their mouth.

24% of low income adults reduce participation in social activities due to the condition of their mouth.

ORAL HEALTH AND WELL-BEING IN UTAH

Problems Due to Condition of Mouth and Teeth, by Household Income

- **Dry Mouth**
  - Low: 35%
  - Middle: 45%
  - High: 43%

- **Difficulty Biting/Chewing**
  - Low: 29%
  - Middle: 50%
  - High: 38%

- **Experience Pain**
  - Low: 31%
  - Middle: 42%
  - High: 31%

- **Avoid Smiling**
  - Low: 52%
  - Middle: 59%
  - High: 54%

- **Embarrassment**
  - Low: 46%
  - Middle: 56%
  - High: 59%

- **Anxiety**
  - Low: 48%
  - Middle: 63%
  - High: 63%

- **Problems Sleeping**
  - Low: 54%
  - Middle: 63%
  - High: 64%

- **Reduce Social Participation**
  - Low: 46%
  - Middle: 70%
  - High: 76%

- **Difficulty with Speech**
  - Low: 65%
  - Middle: 74%
  - High: 65%

- **Difficulty Doing Usual Activities**
  - Low: 63%
  - Middle: 76%
  - High: 66%

- **Take Days Off**
  - Low: 77%
  - Middle: 89%
  - High: 77%
Oral Health and Well-Being in Utah

Attitudes Toward Oral Health and Dental Care

- 96% value oral health.
- 84% feel they need to visit the dentist twice per year.
- 93% agree regular dental visits keep them healthy.
- 86% believe straight, bright teeth help you get ahead in life.
- 68% low income adults
- 48% high income adults

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

Oral Health and Well-Being in Utah

Household Income

29% of low income adults cite inconvenient location or time as a reason not to visit the dentist.

26% of middle income adults cite fear as a reason not to visit the dentist.

37% of high income adults cite no need to visit the dentist.

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