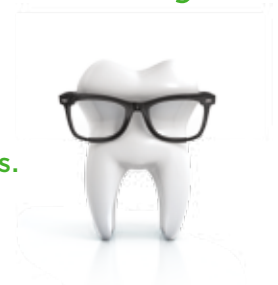


## Delta Dental of Illinois 2017 Oral Health and Well-Being Survey

Smart plans for smart mouths.





# Highlighting Oral Health's Connection to Overall Well-Being

As the leading dental benefits provider in Illinois, Delta Dental of Illinois covers the smiles of 2 million members nationwide, including nearly 1 million in Illinois. We know firsthand the importance of oral health and its connection to overall well-being.

To shine a spotlight on these important topics, we commissioned a statewide consumer survey. Working with Kelton, a leading global insights firm, we surveyed 316 adults across Illinois. This sample size yields a margin of error of ±5.5 percent at a 95 percent confidence level.

We asked Illinoisans about their opinions and habits related to oral health. We explored topics both serious and light-hearted. And, we analyzed the results to uncover connections between oral health and overall well-being.

## Here's what we found:

 <p>Good oral health is strongly linked with overall well-being.</p>	 <p>Dental coverage contributes to dental visits, which are linked to good oral health.</p>	 <p>Illinoisans' dental habits, including regular dental visits and tooth brushing, could be improved.</p>	 <p>Oral health issues and educational opportunities persist today.</p>
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# Oral Health and Well-Being



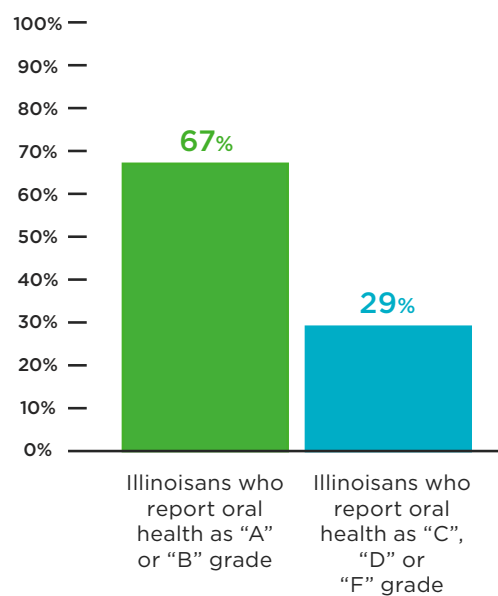
The majority of Illinoisans report their oral health as above average. In fact, more than 3 in 5 Illinoisans (62 percent) would give themselves an “A” or “B” grade for their oral health – and just 3 percent say their oral health is failing.

A closer look at the data suggests a significant correlation between strong oral health and strong overall well-being. Illinoisans who gave their **oral health** an “A” or “B” grade are more than twice as likely to report excellent or very good overall well-being.

## Grade for Oral Health

A	18%
B	44%
C	28%
D	7%
F	3%

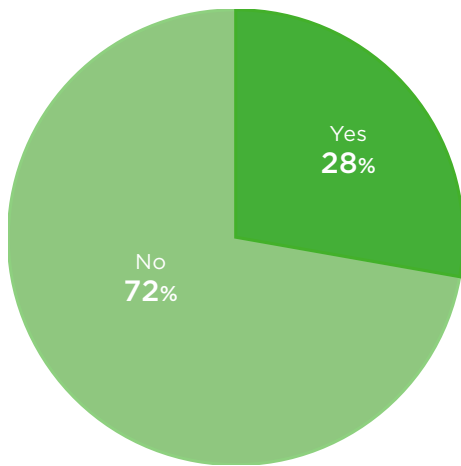
## % Reporting Overall Well-Being as Excellent or Very Good



## Unresolved Oral Health Issues

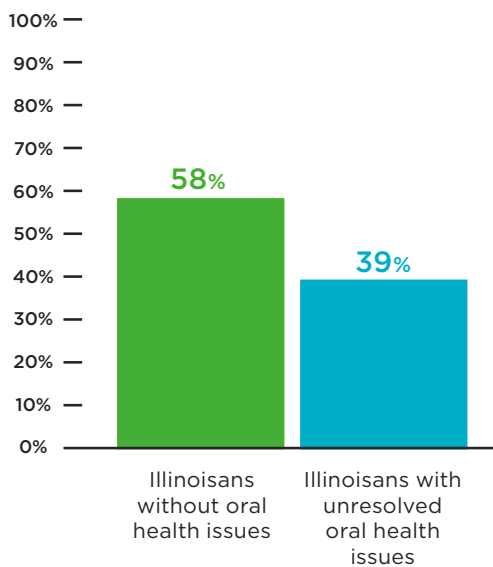
While most Illinoisans report good oral health, more than 1 of 4 (28 percent) report unresolved oral health issues. Those with issues cite cost (71 percent) and fear of the procedure (32 percent) as top reasons for not having treatment.

### Have Unresolved Oral Health Issues



Illinoisans without oral health issues are 48 percent *more likely* to report excellent or very good overall well-being.

### % Reporting Overall Well-Being as Excellent or Very Good





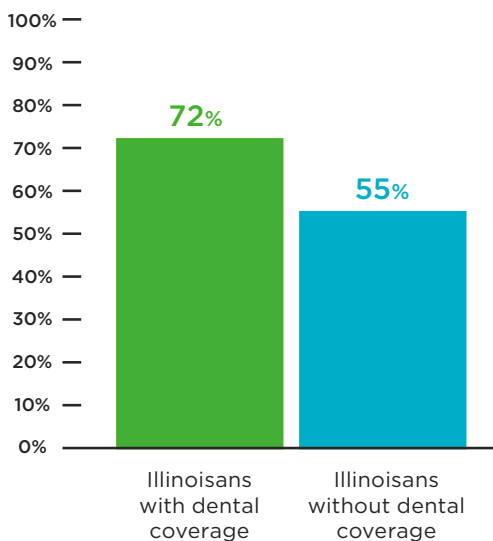
# Dental Visits in Illinois



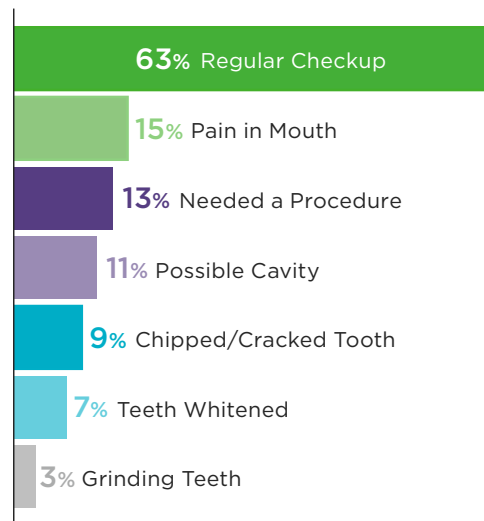
Nearly 2 of 3 Illinoisans (65 percent) visit the dentist at least once a year. Illinoisans with dental coverage are much more likely to have regular dental visits than those who lack coverage.

The majority of Illinoisans (63 percent) are proactive about seeing the dentist, noting their last visit was for a regular checkup. Yet, many Illinoisans say their last dental appointment was for an oral health or cosmetic issue.

### % Visiting the Dentist at Least Once a Year

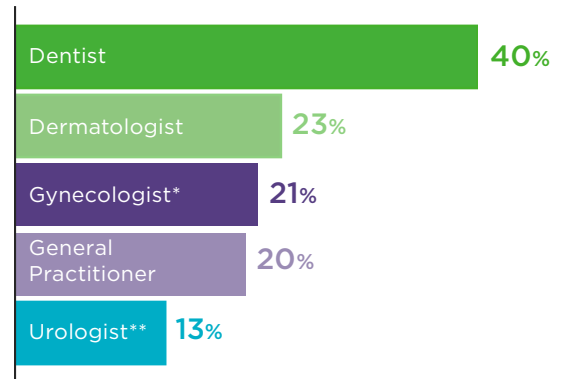


### Reason for Most Recent Dental Visit



## Health Practitioners Would Like to See More Often

Illinoisans realize the importance of dental visits, reporting that the dentist is the top health practitioner they want to visit more often. In fact, twice as many Illinoisans say they don't see their dentist often enough, compared to their general practitioner.



\*among women

\*\*among men





# Dental Habits at Home

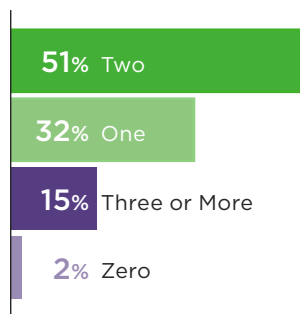


## Brushing Habits

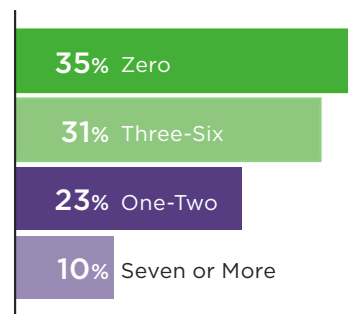
Most Illinoisans brush their teeth twice or more a day. Still, more than one-third of Illinoisans (34 percent) do not, which means they aren't brushing enough.

While brushing habits are generally good, nearly 2 of 3 Illinoisans (65 percent) skip a brushing at least once a month.

Frequency of Brushing Teeth  
(Times Per Day)



Times Per Month Miss Brushing

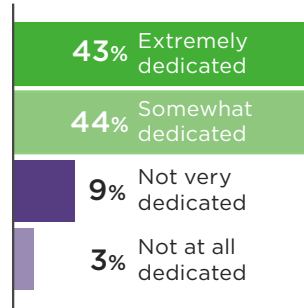




## Overall Oral Health Dedication

Only 4 of 10 Illinoisans (43 percent) say they are extremely dedicated to their mouth, teeth and gums, showing a need for improvement in overall oral health habits.

## Dedication to Mouth, Teeth and Gums



# Dental Coverage and Well-Being



Dental Coverage



Illinois adults with dental coverage are **31 percent more likely** to visit the dentist at least once a year.



Dental Visits



Illinois adults who visit the dentist at least once a year are **nearly twice as likely** to report above average oral health.



Oral Health



Illinois adults who report their oral health is above average are **more than twice as likely** to report their overall well-being as excellent or very good.



Overall Well-Being



## It's the Smile

According to the Delta Dental of Illinois Oral Health and Well-Being survey, 72 percent of Illinoisans say a smile is one of the first things they remember most after initially meeting someone. And, more than half of Illinoisans (55 percent) say a smile has some bearing on a person's overall success.

More than 7 of 10 Illinoisans (71 percent) say they like their smile. The fact that most Illinoisans like their smiles is a good sign, and Delta Dental is committed to providing access to great oral health care and education so Illinoisans can continue to feel good about their own personal smiles.

For more information, visit [YourOralHealthHub.com](https://www.youroralhealthhub.com).



Smart plans for smart mouths.

