



ORAL HEALTH AMONG ADULTS IN MISSISSIPPI 2018



In Mississippi, over half of adults have had one or more permanent teeth removed because of gum disease or tooth decay.

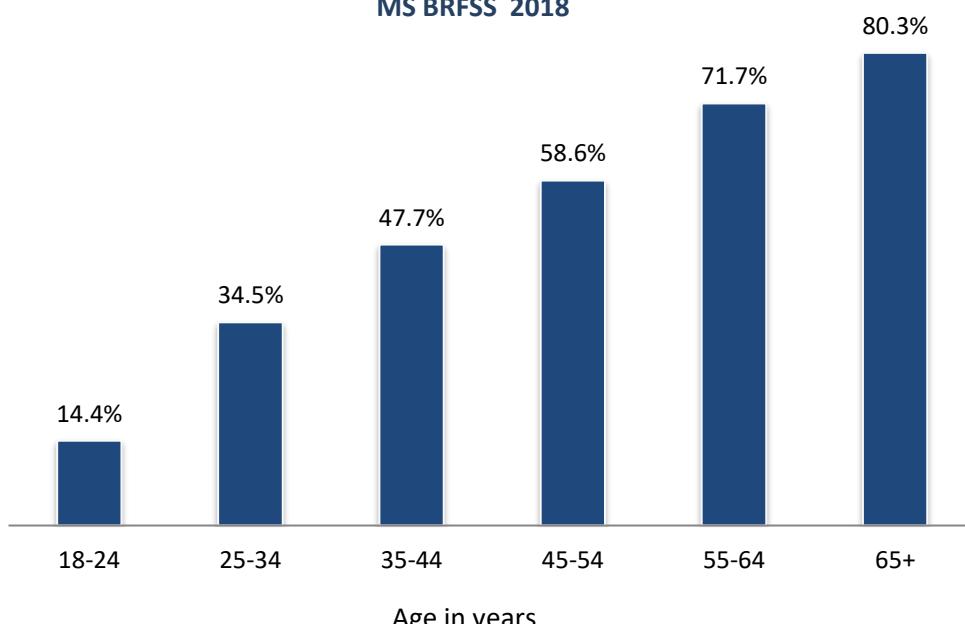
Strategies for Maintaining Good Oral Health

- *Thoroughly brush your teeth with a soft toothbrush twice a day and floss to prevent sore gums and gum disease.*
- *Regular use of mouthwash can kill the bacteria responsible for bad breath and prevent gum disease.*
- *Visit a dental provider, once every 6 months.*
- *Avoid tobacco and limit alcohol.*
- *Eat wisely – limit foods with sugars and simple starches and the number of snacks eaten throughout the day.*

The Burden of Oral Disease

- Gum disease and tooth decay are the most common causes of tooth loss (CDC). In Mississippi, one in every five adults (20.4%) who are aged 65 years and older have lost all their teeth, compared to 12% in the nation.
- More than half of Mississippi adults (over 1.1 million, 53%) have had one or more permanent teeth removed because of gum disease or tooth decay compared to 41% in the nation.
- Among adults aged 45 years and over in Mississippi, 71.0% have had at least one permanent tooth removed.

Figure 1. Percent of Mississippi Adults who Have had One or More Permanent Teeth Removed Due to Gum Disease or Decay, by Age, MS BRFSS 2018



- 54.6% of women and 51.6% of men have had one or more permanent teeth removed because of gum disease or tooth decay.
- Among adults age 45 years and over, 13.3% of men and 14.0% of women have lost all their permanent teeth.

Warning Signs of Gum Disease

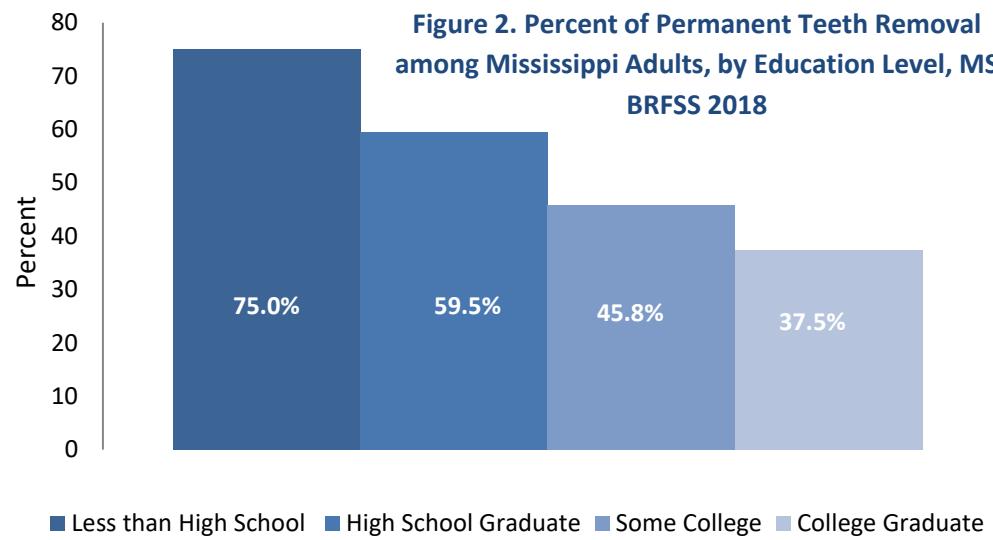
- Bad breath or bad taste that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Gums that have pulled away from your teeth
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

Risk Factors for Gum Disease

- Smoking
- Diabetes
- Poor oral hygiene
- Stress
- Heredity
- Crooked teeth
- Immune deficiency diseases, e.g., AIDS
- Fillings that are loose or old (defective fillings)
- Taking medications that cause dry mouth
- Bridges that no longer fit properly
- Female hormonal changes, such as with pregnancy or the use of oral contraceptives

- In Mississippi, about 58% of African-American adults have had one or more permanent teeth removed compared to 52% for White adults.
- Among adults age 45 years and over, 15% of African-American adults and 13.5% White adults have lost all their permanent teeth

The prevalence of having teeth removed because of gum disease or tooth decay varies by education level.



Access to Dental Care in MS

- In 2018, 54% of adults in Mississippi visited a dentist or dental clinic within the past year.
- Dental visits were similar between women and men (56% of women and 52% of men). However, there are disparities in MS in access to dental care, fewer MS adults who have not attended college, have lower incomes and are members of racial/ethnic minority groups visited the dentist or a dental clinic.
- About half of adults (49%) over 45 years had not visited a dentist in 2018.
- According to BRFSS 2010, more than half of Mississippi adults (57%) reported having their teeth cleaned by a dentist or dental hygienist within the past year, while 3.5% reported never having had their teeth cleaned.
- In 2018, more than three in every five (62%) Mississippi adults who had not had any of their permanent teeth removed visited a dentist at least once every year.

