



ORAL HEALTH AND OVERALL HEALTH MAKE THE CONNECTION



Heart disease

- Researchers have found that people with periodontal (gum) disease are almost twice as likely to suffer from coronary heart disease



Pre-term low birthweight

- Expectant mothers with gum disease and inflammation may be more likely to give birth to an underweight or preterm baby.



Diabetes

- Gum disease affects blood sugar, causing it to rise, making diabetes harder to manage.



Aspiration Pneumonia

- Poor oral hygiene and gum inflammation creates a dangerous source of bacteria that can be inhaled into the lungs increasing the risk for developing pneumonia



Tooth loss

- 1 in 5 cases of total tooth loss is linked to diabetes
- Cigarette smokers are more likely to have more missing teeth than nonsmokers



Periodontal (Gum) disease

- The bacteria that causes periodontal or gum disease is the same bacteria that causes plaque build-up in the arteries and increases your risk for heart disease and stroke.



Dental decay

- Is nearly 100% preventable.
- Is the most chronic disease in children.

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Sources and Resources available at
www.ct.gov/dph/oralhealth





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Children¹



1 in 5 children in the Head Start program have experienced tooth decay



40% of Connecticut third graders have had a cavity

**Almost
60%**

of children in Connecticut do not have dental sealants

There are significant oral health disparities in Connecticut with



1 in 2 minority children experiencing tooth decay compared with **1 in 3** of their white counterparts.

Older Adults²

1 in 2 older adults in long-term care facilities have untreated cavities.



Among older adults who attend congregate meal sites:

1 in 3
has untreated cavities

74% cannot afford dental care

40% have not seen a dentist in over a year

60% do not have dental insurance



14%

of CT residents aged 65 and older have lost all of their natural teeth³



65%

of CT residents aged 55 and older had at least one tooth extracted because of tooth decay, gum disease or infection⁴

Citations

1. Connecticut Department of Public Health: Office of Oral Health, Every Smile Counts: The Oral Health of Connecticut's Children. Hartford, CT, December 2011.
2. Connecticut Department of Public Health: Office of Oral Health, The Oral Health of Vulnerable Older Adults in Connecticut. Hartford, CT, December 2013.
3. <http://www.cdc.gov/brfss/brfssprevalence/index.html>, accessed January 15, 2016.
4. Connecticut Department of Public Health (2014) Health Risk Behaviors in Connecticut: Results of the 2012 Connecticut Behavioral Risk Factor Surveillance Survey, Connecticut Department of Public Health, Hartford, Connecticut (<http://www.ct.gov/dph/BRFSS>)