

# Taking Steps Toward Good Oral Health

## Oral Health Among Illinois Adults

1



### BRUSH YOUR TEETH TWICE A DAY

65.9% of adults have had their teeth cleaned in the last year.<sup>1</sup>

2



### FLOSS REGULARLY AND AVOID SUGAR SWEETENED BEVERAGES

11% of adults 65+ have lost all their natural teeth.<sup>2</sup>

3



### AVOID TOBACCO PRODUCTS AND VAPING

Every year, there are more than 12 new cancer cases of the mouth and throat out of 100,000 Illinoisans.<sup>1</sup>

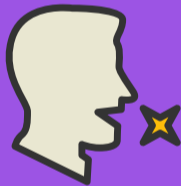
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### SEE YOUR DENTIST EVERY SIX MONTHS FOR CLEANING AND EXAMINATION

Only 68% of adults visited a dentist in the previous year.<sup>2</sup>

5



### ASK ABOUT ORAL CANCER SCREENING

More than half of Illinoisans (52.2%) have never received an oral cancer screening.<sup>3</sup>

## Oral Health Resources

- American Dental Association <https://www.ada.org/resources/research/science-and-research-institute/oral-health-topics>
- Centers for Disease Control and Prevention <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html>
- Department of Healthcare and Family Services <https://www2.illinois.gov/hfs/MedicalClients/dental/Pages/default.aspx>
- Illinois Department of Public Health <https://dph.illinois.gov/topics-services/prevention-wellness/oral-health.html>

<sup>1</sup>Illinois Oral Health Plan IV: Eliminating

Inequities in Oral Health (2021-2025) <https://dph.illinois.gov/content/dam/soi/en/web/idph/publications/idph/topics-and-services/prevention-wellness/oral-health/oral-health-plans/Illinois%20Oral%20Health%20Plan%20IV.pdf>

<sup>2</sup>National Oral Health Surveillance System <https://www.nationaloralhealthdataportal.net>

<sup>3</sup>Illinois Behavioral Risk Factor Surveillance System Survey (BRFSS) <http://www.idph.state.il.us/brfss/statedata.asp?selTopic=ORAL&area=il&yr=2018&form=strata&show=freq>

## Questions?

Contact the Illinois Department of Public Health  
Oral Health Section  
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