

Ohio's State Oral Health Plan

2021-2022

Goal: Ohioans know the relationship between oral and systemic health



Oral Disease is Linked to Broader Health Problems.

The oral cavity is the window to general health. There is no health without oral health.

Periodontal disease (gum disease) is associated with systemic conditions including:

- Heart Disease & Stroke
- Pulmonary Disease
- Diabetes
- Osteoporosis
- Pregnancy Complications
- Inflammatory Disease
- Gastrointestinal Disease
- Kidney Disease

Chronic health conditions create a massive burden on the health of individuals as well as the entire healthcare system.

It is well understood that patients with good oral health require fewer healthcare dollar expenditures than those with poor oral health.

Treating gum disease means lower annual medical costs:



Treating gum disease reduces hospital admissions:



Data Source: <https://doi.org/10.1016/j.amepre.2014.04.001>

Skilled nursing facility residents face health challenges related to oral health.

Aspiration Pneumonia is a common consequence of poor oral hygiene in nursing home residents is a risk of aspiration pneumonia —when food, saliva, liquids, or vomit enters the lungs or airways leading to the lungs, instead of being swallowed into the esophagus and stomach. This risk is greatest when gum disease, tooth decay and poor oral hygiene are compounded by a swallowing disorder, feeding problems and poor functional status.

Periodontal (gum) Disease is the most common dental disease affecting those living with diabetes. The relationship between periodontal disease and diabetes is important because approximately 25 percent of all nursing home residents have diabetes. People with diabetes are at a higher risk for gum disease because of poor blood sugar control. As with all infections, serious gum disease may cause

blood sugar to rise which makes diabetes harder to control. People with diabetes are more susceptible to infections and are less able to fight the bacteria invading the gums.

Oral disease can lead to malnutrition in older adults. At least one-third of all 1.6 million nursing home residents in the U.S may suffer from malnutrition or dehydration. Nutrition is compromised when eating becomes problematic due to pain, broken teeth, and difficulty chewing.

Xerostomia (dry mouth) is a side effect of hundreds of medications. Dry mouth significantly increases the risk of tooth decay and loosening dentures. This can lead to painful ulcerations, difficulty chewing or swallowing and altered taste, which can negatively impact nutrition. Incidence of dry mouth increases with the number of medications used. 54 percent of adults age 65 and older take at least four prescription drugs.