

Oral Health among Older Adults in Washington

- More than 38 percent of all adults in the state have had teeth removed due to tooth decay or gum disease.¹
- Nearly one-fifth of older adults – estimated to be 150,000 people in Washington – have untreated dental cavities.²
- In Washington, 20 percent of older adults have lost all of their teeth.³
- Twenty-five percent of adults 65 to 74 nationwide have severe periodontal (gum) disease. Gum disease has been linked to other serious health problems including diabetes, heart disease and strokes.⁴
- Uncontrolled oral infection such as periodontitis will increase the risk for certain long-term complications of diabetes, kidney disease and cardiovascular disease.⁵
- Management and treatment of periodontal disease in patients with poorly controlled diabetes may reduce insulin requirements and improve glycemic control.⁶
- In 2007, 12 percent of Washington State’s population is over age 65. By 2030, adults 65 and older will be 20 percent of the population.⁷

Suggestions for additional reading and resources:

Saremi, Aramesh et al. “Periodontal Disease and Mortality in Type 2 Diabetes.” *Diabetes Care*, 2005. Jan; 28: 27-32.

Scannapieco, Frank A., “Associations Between Periodontal Disease and Risk for Nosocomial Bacterial Pneumonia and Chronic Obstructive Pulmonary Disease. A Systematic Review.” *Annals of Periodontology*, Dec. 2003. Vol. 8, No. 1, Pages 54-69.

Shultis WA, Weil EJ, Looker HC, Curtis JM, Shlossman M, Genco RJ, Knowler WC, Nelson RG. “Effect of Periodontitis on Overt Nephropathy and End-Stage Renal Disease in Type 2 Diabetes.” *Diabetes Care*, 2007 Feb; 30:306-11.

Thorstensson H, Kuylenstierna J, Hugoson A. “Medical Status and Complications in Relation to Periodontal Disease Experience in Insulin-Dependent Diabetics.” *J Clin Periodontol*. 1996 Mar;23(3 Pt 1):194-202.

¹ Washington State Department of Health, Center for Health Statistics (2001). *Behavioral Risk Factor Surveillance System, 2001 Data Tables*. Available at http://www.doh.wa.gov/ehsphi/chs/chs-data/brfss/BRFSS_2001_Tables.htm#Overall

² Centers for Disease Control and Prevention (December 19, 2003). Public Health and Aging: Retention of Natural Teeth Among Older Adults—United States, 2002. *MMWR Weekly*. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5250a3.htm>

³ *Behavioral Risk Factor Surveillance System, 2001 Data Tables*. (Referenced above)

⁴ U.S. Department of Health and Human Services (2000). *Oral Health in America: A Report of the Surgeon General* (Pub No. 00-4714). Rockville, MD. USDHHS, National Institute of Dental and Craniofacial Research. Available at <http://silk.nih.gov/public/hcklocv.@www.surgeon.fullrpt.pdf>

⁵ Ryan M, et al. “The Impact of Periodontitis on Metabolic Control and Risk for Diabetic Complications.” *Grand Rounds Oral-Sys Med.*, 2006; 2:24-34. <http://www.the.systemiclink.com>

⁶ Albert, David A., et al. “An examination of periodontal treatment and per member per month (PMPM) medical costs in an insured population.” *BMC Health Services Research* 2006. <http://www.biomedcentral.com>

⁷ Washington State Office of Financial Management, www.ofm.wa.gov/pop/stfc/default.asp