ORAL HEALTH, NUTRITION IN OLDER ADULTS

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Overview

More Than a Meal: An Integrated Approach | Nutrition

Oral Health in the Media

Relationship Between Oral Health And Nutrition

Facts And Figures on Oral Health

Hot Topics in Oral Health

What Can You Do?
ORAL HEALTH IN THE MEDIA

Healthy Mouths, Healthy Lives

How Dental Inequality Hurts Americans
Lack of dental care through Medicaid not only harms people’s health, but has negative economic implications as well.

By Austin Frakt
Feb. 10, 2019

ORAL HEALTH IN OLDER ADULTS

• Lack of access to dental care for all ages remains a public health challenge.

• There is significant attention to the oral health crises in younger populations however older adults are also greatly at risk.

• Oral health status plays a key factor in an individual’s ability to consume an adequately varied comprised of age-appropriate nutrient dense foods, and in turn aging successfully.

• Poor oral health, however, is significantly associated with reduced dietary intake, limited diet quality and in turn, greater risk of poor nutrition.
ORAL HEALTH AND NUTRITION

• Older adults need access to appropriate, affordable, and accessible food in order to achieve and maintain quality of life.

• Nutrition is more than just eating food — access to adequate nutrition ensures that we can lead active lives, engage with loved one, manage chronic or treat conditions, and maintain overall health and wellbeing.

• The major function of the mouth is to facilitate the ingestion and initial digestion of food so the oral health and nutrition status are linked.

• Often, we see oral health as separate from our overall health and wellbeing. More and more is now known about how essential good oral health is and the extent to which it impacts other systems of the body.

RISKS TO NUTRITION STATUS IN OLDER ADULTS

ORAL HEALTH MYTHS
Fact or Fiction?

- Only kids get cavities
- Toth decay can occur at any age.
- Gum disease is just part of getting older
- No, it is preventable.
- Only those who chew tobacco need to worry
- Tobacco use of any kind and heavy alcohol use are risk factors.
- Dry mouth is part of getting older.
- It is not – but it can be addressed if the root cause is identified.

BARRIERS TO DENTAL CARE

- Financial Costs
- Lack of Insurance
- Transportation
- Cultural Competence
- Long Term Care
- Dental Environment
- Fear
- Physical and Cognitive Function
- Oral Health Literacy
- Bad Personal Experience

REASONS FOR NOT VISITING THE DENTIST MORE FREQUENTLY

Among those Without a Visit in the Last 12 Months

- COST: 59%
- AFRAID OF DENTIST: 22%
- INCONVENIENT LOCATION OR TIME: 19%
- TROUBLE FINDING A DENTIST: 15%
- NO ORIGINAL TEETH: 12%
- NO PERCEIVED NEED: 10%
- NO REASON: 9%
- OTHER: 10%
ORAL HEALTH AND WELLBEING

ORAL HEALTH IS REALLY IMPORTANT

95% OF ADULTS SAY THEY VALUE KEEPING THEIR MOUTH HEALTHY


ORAL HEALTH AND WELLBEING

What People Say...

77% of adults say they plan to visit the dentist within the next year.

What People Do...

37% of adults actually visited the dentist within the last year.

Percentage who plan to visit the dentist within the next year (Harris, 2015)

<table>
<thead>
<tr>
<th>%</th>
<th>Category</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>77%</td>
<td>All Adults</td>
<td>37%</td>
</tr>
<tr>
<td>76%</td>
<td>65 or older</td>
<td>42%</td>
</tr>
<tr>
<td>91%</td>
<td>Dental Benefits – Private</td>
<td>51%</td>
</tr>
<tr>
<td>58%</td>
<td>Dental Benefits – Medicaid</td>
<td>23%</td>
</tr>
</tbody>
</table>
KEY FACTS TO REMEMBER

One-third of older adults have lost six or more teeth 33%

Lower income older adults visit the dentist less frequently compared to their higher income counterparts

MEANING...
- Difficulty chewing nutritious foods like fruits and vegetables
- Loss of self-confidence
- Increased risk of chronic disease such as diabetes, heart disease, and gum disease


MOUTH-BODY CONNECTION

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?

Oral microbiome

Our understanding of the microbiota within the oral cavity is advancing. Greater awareness of the interrelationships between these organisms and the incidence of chronic disease and implications for public health and prevention.

WHO recommends limiting daily intake of consumption of sugars to 25g. In 2011, the daily intake of sugars was:

- 25g
- 109g globally
- 166g in US


A NEED TO FOCUS ON PREVENTION

Edentulism rate (missing all teeth) among U.S. adults aged 65-74

Survey dates:
- 1957-1958
- 1971-1975
- 1988-1994
- 1999-2002
- 2009-2012

OPPORTUNITIES TO ADDRESS ORAL HEALTH IN OLDER ADULTS

• Greater attention to the role nutrition and oral health plays to population health management in older adults.

• Improved understanding of the health education needs of older adults, and how best to deliver culturally competent care.

• Innovative partnerships to increase collective impact to identify and address the met and unmet needs of vulnerable populations.

• Create some buzz! Leverage traditional and social media platforms to initiate a conversation and identify solutions.

• Resources and practice models abound!

RAISE AWARENESS

• How can you keep the conversation going around the importance of oral health for those you serve?

• How are you addressing the oral health needs of the seniors your serve?

  • Opportunities:
    • Partners development?
    • Products created?
    • Programs initiated?
    • Marketing and communications?
    • Grants and fund seeking activities?
REFERENCES AND RESOURCES

Hunger in older adults: challenges and opportunities for the Aging Network, 2017. Available at: www.mealsonwheelsamerica.org/research

THANK YOU!