

**FOR IMMEDIATE RELEASE**

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**Contact:** Michael Orozco  
Director of Marketing  
(808) 529-9228  
morozco@HawaiiDentalService.com

Nathan Hokama  
Strategic Communication Solutions  
(808) 226-7470  
nhokama@scsolutions-hi.com

## **Hawaii Adults See Link Between Oral Health and Overall Well-Being But Need to Take Steps to Improve Their Oral Health**

*National survey shows most Americans view oral health  
as important to their lives and overall well-being*

**Honolulu, Hawaii** — Hawaii's adult residents, as with other adults across the nation, recognize that oral health is important to their overall well-being, yet only a small percentage feels they have good oral health, according to the results of a recent nationwide survey conducted by Delta Dental and Roper. Hawaii Dental Service, the state's leading benefits plan, is an affiliate of Delta Dental.

The survey revealed the majority of American adults — 85 percent — believes their oral health is important in their lives, but only 25 percent are extremely satisfied with the health of their mouth, teeth and gums and only 15 percent would rate their current oral health as excellent.

The good news is that the Adult's Oral Health & Well-Being Survey indicates 88 percent of Americans are dedicated to the well-being of their mouth, teeth and gums. This is a positive foundation on which to build for the future.

"American adults correlate oral health with overall health and well-being, and the survey showed they recognize the need to improve their oral health and are motivated to take action," said **Mark Yamakawa**, president and chief executive officer of Hawaii Dental Service. "There is no secret formula for improving your oral health. The basics of flossing, brushing twice a day with a fluoride toothpaste, and seeing a dentist regularly for preventive oral health care are keys to better oral health and overall health."



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Yamakawa noted that a dental exam can serve as a screening for other health conditions as some mouth conditions are associated with serious systemic diseases, including heart disease, diabetes and even some cancers. He added that April is Oral Cancer Awareness Month, an ideal time to schedule an exam with a dentist.

In addition to the advantages of good physical health, a healthy mouth and smile can enhance our emotional well-being. The Delta Dental survey showed that most adults (67 percent) believe having good oral health makes them feel confident on a daily basis.

### Oral Health Affects Emotional Well-Being

“Smiles play an important role in health and overall daily life, including our social well-being,” Yamakawa said, noting that nearly half of the adult respondents (48 percent) in the survey are concerned they will not have an attractive smile as they age.

### Oral Health More Important Than Other Factors

Of all the factors that contribute to a healthy life, the survey respondents ranked oral health above others at 85 percent, surpassing diet or nutrition, relationship with friends, and weight, each of which ranked 71 percent.

#### Important to my life



85%

Oral health



71%

Diet or nutrition



71%

Relationship with friends



71%

Weight

Adult's Oral Health & Well-Being Survey from Delta Dental

### About the survey

The Adult's Oral Health & Well-Being Survey was conducted between December 13 and December 28, 2017, among 1,008 nationally representative Americans ages 18+, with a margin of error of +/- 3.1 percent.

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The logo for Delta Dental, featuring a green triangle with a white outline and the text "DELTA DENTAL" in white capital letters.The logo for Hawaii Dental Service (HDS), featuring the letters "HDS" in a large, bold, black font, with "Hawaii Dental Service" in a smaller, black font below it.

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### **About Hawaii Dental Service**

Hawaii Dental Service (HDS) is the first and leading dental benefits provider in the state, serving over one million residents throughout Hawaii, Guam and Saipan. It has the largest network of dentists, with more than 95 percent of Hawaii's licensed, practicing dentists participating with HDS.

As a nonprofit founded in Hawaii in 1962, HDS is committed to making quality oral health care affordable and accessible. Employers who offer HDS dental plans to their employees represent Hawaii's diverse industries, companies, unions, associations, and nonprofit organizations. HDS also offers dental plans for individuals and families.

HDS has been a part of Delta Dental, the nation's largest and most experienced dental benefits company, since 1966. This affiliation gives members access to a nationwide network of participating dentists.

For more information, please visit [HawaiiDentalService.com](http://HawaiiDentalService.com).