

# Appendix H: Risk Factors for Oral Disease and Poor Oral Health

The following table is not an exhaustive list of risk factors for oral disease and poor oral health; rather, it is a selection of those identified within the literature.

Table 11: Risk Factors

RISK FACTOR TYPE	SPECIFIC RISK FACTORS	SUPPORTING REFERENCE
Biological	<ul style="list-style-type: none"><li>■ aging</li><li>■ diseases such as diabetes, Parkinson’s disease and osteoporosis</li><li>■ heredity</li><li>■ hormone changes</li><li>■ frailty</li><li>■ medical history</li><li>■ reduced production of saliva</li></ul>	Ordre des Hygienists Dentaires du Québec (OHDQ). Oral health: an investment in your quality of life [Internet]. Montreal (QC): OHDQ; 2010. Available from: <a href="http://www.ohdq.com/docs/default-source/mois-sante/msbd2010brochoralhealthinvestmentqualitylife.pdf?sfvrsn=0">http://www.ohdq.com/docs/default-source/mois-sante/msbd2010brochoralhealthinvestmentqualitylife.pdf?sfvrsn=0</a>
Behavioural	<ul style="list-style-type: none"><li>■ alcohol and illicit drug consumption</li><li>■ clenching or grinding teeth</li><li>■ diets high in free sugars</li><li>■ eating soft foods that adhere to the teeth and are rich in sugar and carbohydrates</li><li>■ inadequate oral hygiene</li><li>■ infrequent visits to the dental clinic</li><li>■ low water consumption</li><li>■ mouth breathing</li><li>■ tobacco use</li></ul>	Oral health. In: World Health Organization (WHO) [Internet]. 24 September 2018. Geneva (CH): WHO; c2018. Available from: <a href="https://www.who.int/news-room/fact-sheets/detail/oral-health">https://www.who.int/news-room/fact-sheets/detail/oral-health</a>

RISK FACTOR TYPE	SPECIFIC RISK FACTORS	SUPPORTING REFERENCE
<b>Environmental or situational</b>	<ul style="list-style-type: none"> <li>■ chemotherapy</li> <li>■ lack of education and/or knowledge about the importance of oral care and the impact of poor oral hygiene</li> <li>■ lack of integration with medical care</li> <li>■ non-fluoridated community water</li> <li>■ radiation therapy</li> <li>■ reduced manual dexterity</li> <li>■ side effects of certain medications</li> <li>■ stress and/or anxiety</li> </ul>	<p>Ordre des Hygienists Dentaires du Québec (OHDQ). Oral health: an investment in your quality of life [Internet]. Montreal (QC): OHDQ; 2010. Available from: <a href="http://www.ohdq.com/docs/default-source/mois-sante/msbd2010brochoralhealthinvestmentqualitylife.pdf?sfvrsn=0">http://www.ohdq.com/docs/default-source/mois-sante/msbd2010brochoralhealthinvestmentqualitylife.pdf?sfvrsn=0</a></p> <p>College of Dental Hygienists of Ontario (CDHO). Review of oral health services in Ontario: final report [Internet]. Toronto (ON): CDHO; 2014. Available from: <a href="https://www.cdho.org/docs/default-source/pdfs/oral-health-rpt/review-of-oral-health-services-in-ontario-(full-report).pdf?sfvrsn=eb8b85a0_6">https://www.cdho.org/docs/default-source/pdfs/oral-health-rpt/review-of-oral-health-services-in-ontario-(full-report).pdf?sfvrsn=eb8b85a0_6</a></p>
<b>Social determinants</b>	<ul style="list-style-type: none"> <li>■ cost of dental treatment</li> <li>■ education</li> <li>■ lack of access to dental and/or medical care (e.g., unable to travel or drive, or dental clinics are far away)</li> <li>■ low socioeconomic status (income, occupation and education level)</li> </ul>	<p>Oral health. In: World Health Organization (WHO) [Internet]. 24 September 2018. Geneva (CH): WHO; c2018. Available from: <a href="https://www.who.int/news-room/fact-sheets/detail/oral-health">https://www.who.int/news-room/fact-sheets/detail/oral-health</a></p> <p>Canadian Dental Association (CDA). The state of oral health in Canada [Internet]. Ottawa (ON): CDA; 2017. Available from: <a href="https://www.cda-adc.ca/stateoforalhealth/files/TheStateofOralHealthinCanada.pdf">https://www.cda-adc.ca/stateoforalhealth/files/TheStateofOralHealthinCanada.pdf</a></p> <p>College of Dental Hygienists of Ontario (CDHO). Review of oral health services in Ontario: final report [Internet]. Toronto (ON): CDHO; 2014. Available from: <a href="https://www.cdho.org/docs/default-source/pdfs/oral-health-rpt/review-of-oral-health-services-in-ontario-(full-report).pdf?sfvrsn=eb8b85a0_6">https://www.cdho.org/docs/default-source/pdfs/oral-health-rpt/review-of-oral-health-services-in-ontario-(full-report).pdf?sfvrsn=eb8b85a0_6</a></p>