

# Our Health Counts London

The first inclusive, community-driven health survey for Indigenous peoples in London

## ORAL HEALTH

Indigenous adults and children have unequal access to preventative care and dental services compared to the general Canadian population.<sup>1,2</sup> Low socioeconomic status, limited access to nutrient-rich food and Non-Insured Health Benefits, and lack of private insurance contribute to an increase in adverse oral health outcomes such as tooth pain, cavities, and baby bottle tooth decay.<sup>3</sup> The oral health of parents is highly linked to the oral health of their children.<sup>3</sup>

### Adult Oral Health

**60%** of Indigenous adults in London rate their oral health as good, very good, or excellent.

85% of Canadian adults rate their oral health as good, very good, or excellent.<sup>1</sup>

**HALF** of Indigenous adults have seen a dentist less than 1 year ago.

Meanwhile,  $\frac{3}{4}$  of Canadian adults have seen a dentist less than 1 year ago.<sup>1</sup>

**1 in 5** Indigenous adults go to the dentist less than once a year or only for emergency care.

### Reasons for not seeing a dentist regularly:

Have not gotten around to it

Fear (e.g. of pain, embarrassment, finding something wrong)

Did not think it was important



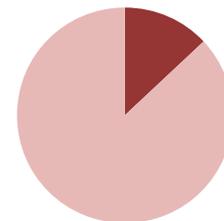
**1 of 4** Indigenous adults in London indicate having experienced gum or teeth pain/discomfort sometimes or often in the past month.

### Child Oral Health

**67%** of Indigenous children in London aged 6-11 years have received dental care within the past year.

91% of Canadian children aged 6-11 years have received dental care within the past year.

Almost **13%** of Indigenous children aged 2-14 years have been affected by Baby Bottle Tooth Decay (BBTD). The majority of Indigenous children that have been affected received treatment.



### Definitions

Population based estimates were created using respondent driven sampling (see Project Overview and Methods Factsheet)

Indigenous adults: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Indigenous Nations aged 15 years and older and living or using services in the City of London; Indigenous children: persons aged 1 to 14 years identified as Indigenous such as First Nations, Métis, Inuit or other Indigenous nations by their parent/guardian and living or using services in the City of London

### Sources

1. First Nations Information Governance Centre (2012); 2. National Collaborating Centre for Aboriginal Health (2013); 3. Irvine et al. (2011).

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For the full OHC London report visit:  
[www.welllivinghouse.com](http://www.welllivinghouse.com)

Funding for this publication was provided by the Ministry of Health and Long-Term Care (MOHLTC). The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the MOHLTC

Our Health Counts: Community health assessment by the people, for the people