



ORAL HEALTH

QANUILIRPITAA? 2017 HEALTH SURVEY

Good oral health influences overall health, well-being and quality of life.
It allows people to enjoy foods without pain.

KEY FINDINGS*

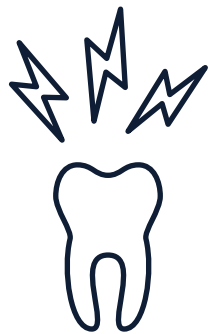
7 OUT OF 10 NUNAVIMMIUT see their oral health as good to excellent (70%).



NEARLY 80% OF NUNAVIMMIUT HAVE DEEP CAVITIES REQUIRING TREATMENT according to the dental exams. 4 out of 10 experience related consequences such as pain or dental abscesses (38%).

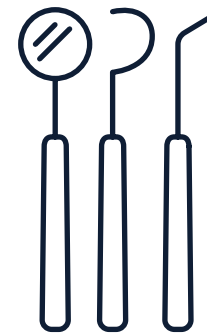
WHAT CAN BE DONE?

Brush your teeth **EVERY DAY.**



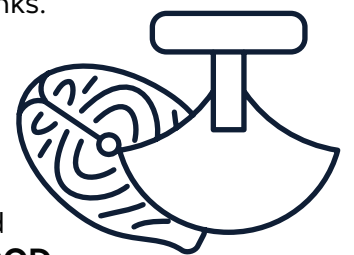
About 80% of Nunavimmiut report **RARELY OR NEVER EXPERIENCING PAIN AND RARELY OR NEVER AVOIDING CERTAIN FOODS** because of discomfort.

Just over half of Nunavimmiut (53%) consulted a dental professional in the 12 months before the survey. **MEN TEND TO CONSULT LESS AND PRESENT MORE ORAL HEALTH PROBLEMS.**



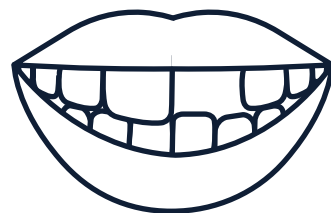
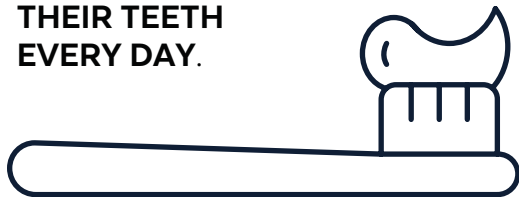
Consult a dental professional at least **ONCE A YEAR**, and seek treatment early.

CHOOSE WATER over sugary drinks.



Enjoy **HOMEMADE COOKING** and **COUNTRY FOOD.** Avoid highly processed sugary food.

63% of Nunavimmiut report **BRUSHING THEIR TEETH EVERY DAY.**



45% of Nunavimmiut had at least one damaged or missing **FRONT TOOTH** due to an **INJURY.**

1 out of 4 Nunavimmiut showed signs of moderate or severe **GUMS INFLAMMATION** (25%).

* Proportions are presented for Nunavimmiut who have at least one tooth (i.e. 88% of the population).

TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to promote good oral health and ensure sufficient and culturally safe access to care.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



574 aged 16-30
752 aged 31 and +



873 women



453 men



ᑭᓇᓴᓴᓴᓴᓴᓴ? Qanuilirpitaa?
ᑭᓇᓴᓴᓴᓴᓴᓴ
NUNAVIK 2017

For more information:
nrhss.ca/en/health-surveys

Nakurmiik to all Nunavimmiut who contributed to this important health survey!