

Recent medical and dental visits among adults with and without diabetes

North Dakota, 2024

Diabetes and oral health are closely connected. People with diabetes are more likely to have gum problems, dry mouth and other health issues. These problems can affect overall health and make blood sugar levels harder to control. That's why people with diabetes need to see both their healthcare provider and dentist regularly.

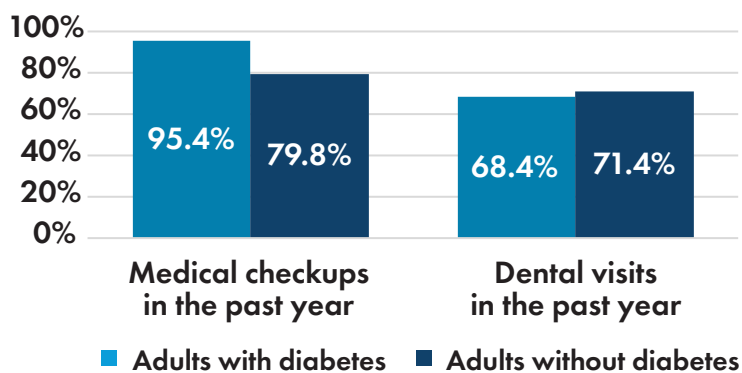
Medical provider & dental visits for North Dakota adults with diabetes

The North Dakota Behavioral Risk Factor Surveillance System (BRFSS) is a phone survey that asks adults about their health. The survey is anonymous, which means no names are shared.

Among the 5,860 adults who participated in the 2024 BRFSS, 12.7% (747) reported ever being told they had diabetes (not including prediabetes or gestational diabetes).

According to 2024 BRFSS responses, adults with diabetes were more likely to have had a medical visit within the past 12 months (95.4%) than adults without diabetes (79.8%). However, adults with diabetes were less likely to have had a dental visit within the past 12 months (68.4%) than adults without diabetes (71.4%).

Figure. Recent medical checkups and/or dental visits among adults with and without diabetes. North Dakota, 2024.



Compared to persons without diabetes, adults with a reported diabetes diagnosis were:

- More likely to have had a routine medical checkup in the past year.
- Less likely to have had a dental visit in the past year.

In 2024, among the 747 North Dakota BRFSS respondents who reported having diabetes



- 64.3% reported both a routine medical checkup and a dental visit in the past year.



- 28.4% reported a routine medical checkup but no dental visit in the past year.



- 2.1% reported a dental visit in the past year, but no routine medical checkup.



- 2.4% reported neither a medical checkup nor a dental visit in the past year.

Regular medical checkups and dental visits can improve oral health and diabetes outcomes, reduce healthcare costs and enhance communication between healthcare providers.

Recommendations for health systems, healthcare providers and dentists

Goal: Work together to strengthen the link between dental and medical care to help patients with diabetes.

- Ask and refer: Ask patients when they last saw a dentist or healthcare provider. Refer them if needed.
- Work together: Create simple referral networks between clinics and dental offices.
- Share Information: Use shared charts or electronic health record (EHR) notes to track diabetes and oral health care.
- Teach patients: Remind patients that healthy gums help with healthy blood sugar levels.
- Expand Access: Use mobile, community or telehealth services to reach rural patients.

Recommendations for adults with diabetes

Goal: Keep your mouth and body healthy with regular care.

- See both providers: Visit your healthcare provider and dentist every year (or more often if advised).
- Tell your dentist: Let your dentist know you have diabetes.
- Care for your mouth: Brush twice a day and floss once a day.
- Watch for problems: Report bleeding gums, dry mouth or sores that don't heal.
- Control blood sugar levels: Keeping blood sugar in range helps protect your teeth, gums and overall health.



More information

Find a dentist who accepts North Dakota Medicaid.

Visit [Home](#) | [InsureKidsNow.gov](#)

[North Dakota Diabetes Prevention & Control Program](#)

North Dakota Health and Human Services

Contact:

Oral Health Program: 701-328-4930 or 711 (TTY)

Diabetes Prevention & Control Program:

701-382-2698 or 711 (TTY)