

Deliberation of effective factors on tooth decay in 6-12 year old students of Tehran Shahid Beheshti university of medical sciences area

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Dental problems is considered as one of the most common health issues of children in developed and developing countries and imposes high expenditure to community health care services.

Oral diseases have important effects on people's health status in terms of nutrition during life time

Methods and materials:

200 of 6-12 year old students of Tehran schools whom referred to health centers of Shahid Beheshti university ,were randomly selected .Data and information related to general features were collected via questionnaire and face to face interview .Also food frequency questionnaire was completed to review eating habits. DMF index was determined via examination



Results and conclusion:

81 %of children brush their teeth at least once a day .Age of starting of brushing in 50.6% of children was 4-5years. .

There was a significant statistical correlation between DMF index reduction and being a working mother and increase of parents education .No significant statistical correlation was found between DMF index and other variables related to the general features .

Among studied nutritional factors ,there was a significant statistical correlation between increase of DMF index and increase of frequency of snack intake during the week. Considering the obtained results and importance of tooth decay effects on children's health ,improving the knowledge of children and parents to promote healthy nutrition and health behaviors including increased consumption of dairy products and decrease of junk food consumption in children with low nutritional value is emphasized.

