

Association between caries prevalence and caries related factors in 5-13 Year Old Children in Western Gujarat- A Cross-Sectional Study

Piyush Pujara

Dr. Piyush Pujara, Department of Dentistry, Gujarat Adani Institute of Medical Science, Bhuj, Kutch, Gujarat, India. Email Id: drpiyushpujara@gmail.com Mobile – 9427350988

Abstract

Background and Aim: The prevalence of dental caries was of great interest for long and is a principal subject of many epidemiological researches being carried out worldwide. Aim of this doctoral research dissertation is to examine the prevalence of dental caries and its correlation with the caries related factors like salivary pH, dietary habits, brushing techniques in children of 5-13 year of age. **Material and Methods:** A cross-sectional study was carried out in Western Gujarat on a sample size of approximately 1000 school going children aged 5-13 years attending Department of Dentistry Gujarat Adani Institute of Medical Science, Bhuj, Kutch. The demographic details and oral health status of the children was recorded in a self-designed questionnaire according to their respective age groups. An investigator administered proforma was used for data collection consisting of two parts. First part was used to record the demographic details of the patient and second part recorded the data related to oral hygiene habits, snacking habits and regular or irregular oral health checkups. The caries and oral hygiene status was calculated using DMFT/dmft index and OHI Index. **Results:** According to age there were 545 subjects in 5-8 years age group in which 240 were male and 305 were female. 345 subjects were present in 9-10 years age group in which 154 were male and 191 were female and 110 subjects were present in 11-13 years age group in which 35 were male and 75 were female respectively. The prevalence of caries was significantly found to be more in the children who never cleaned their teeth followed by those children who brushed their teeth either once or twice. The prevalence of DMFT score was significantly more among children who visited the dentist only when problem arose in comparison to those who visited once in 6 months. **Conclusion:** The present study has revealed a direct relationship between oral hygiene habits, snacking habits and caries prevalence in children. Therefore, dental professionals need to focus more on primary prevention of dental caries through public awareness on oral health promotion and education.