

# A Cross – Sectional Study on Assessment of Dental Health and Oral Hygiene among Delhi-NCR Region

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## Introduction

Oral diseases are major public health concern due to high prevalence (WHO,68% periodontitis,) and its impact on quality of life. Dental health and oral hygiene is an integral part of general health and well being. Hence this study was aimed at assessing the dental health and oral hygiene awareness in the Delhi-NCR region.

## Materials and Methods

A survey of 253 individuals was conducted using the convenient sampling from Delhi-NCR region. The data was collected using the simplified World Health Organization (WHO) oral health assessment form. Along with WHO questionnaire, 3 more questions were added about gender, location and total family income to assess the socio economic status. The results were analyzed using descriptive statistics. Data were analyzed using Statistical Package for the Social Sciences (SPSS).

## Results

In the present study of 253 respondents, 46.24% were male and 53.75% were female. 98.01% of these were literate and the remaining were illiterate. Though 36.36% of participants had discomfort/pain. Only 23.71% paid dental visits whereas 30.43%visited dentist for routine check-up. It was seen that 37.54% reported cleaning of their teeth twice or more a day and on the other side almost 4% of population cleaned their less than once a day. Approximately 99% of respondents use toothbrush and toothpaste to clean their teeth. Less than half of the respondents used fluoride based toothpaste.

## Conclusion

This study reflects extremely low levels of awareness regarding oral health hygiene even among highly literate respondents. Hence, as public health professionals we have planned health advocacy programs to spread awareness for oral health & hygiene to maintain oral health and prevent oral diseases. A limitation of the current study is that it uses convenient sampling; which may have its drawback in the future, hence based on scientific selection of sample further studies are required.