

“ASSESSMENT OF ORAL HEALTH BEHAVIOUR AMONG PEOPLE RESIDING IN SOUTH DELHI”

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INTRODUCTION

Dental and oral hygiene refers to the practice of keeping the mouth, teeth and gums clean and healthy to prevent disease. Dental hygiene and oral health are often taken for granted but are essential parts of our everyday lives.

OBJECTIVE

To study oral health behaviour among people of south Delhi.

MATERIALS AND METHOD

A Descriptive cross-sectional study was conducted among 208 participants in the region of south Delhi who were selected by convenience sampling. The data was collected by using standardised questionnaire of WHO to assess oral health behaviour. Information on socio-demographic variables was collected through self-administered survey forms. The data was analysed using SPSS version 23, descriptive analysis was done with frequency and summary statistics.

RESULT

Among 208 respondents 44.7% were male and 55.3% are females. 32.7 % of study participants experienced dental pain in the last 12 months. Because of dental pain 2.9% participant have taken days off from work. 21.6% study participants visited dentist on having dental pain. Only 22.1% study participants regularly visited the dentist. 36.5% of study participants brushed their teeth twice a day. 53.4% of participant were using fluoridated toothpaste. 14.4% of participants smoked cigarettes on daily basis. 26% study participant consumed alcohol during past 30 days 14.4% people experience difficulty in chewing food. On self-reporting only 15.9% participant described their dental hygiene as excellent.

CONCLUSION

There is a need to provide sensitive oral health services that are accessible, affordable, appropriate and acceptable. Knowledge regarding oral health and hygiene should be provided to all elderly, especially diabetics.

Oral health Awareness, by promoting community-based programme should be undertaken in periodic intervals for better oral health and hygiene.