

The 2026 AO Annual Meeting, March 5-7 in Washington, DC

Oral Health Status and Food Consumption Patterns in Selected Primary School Children

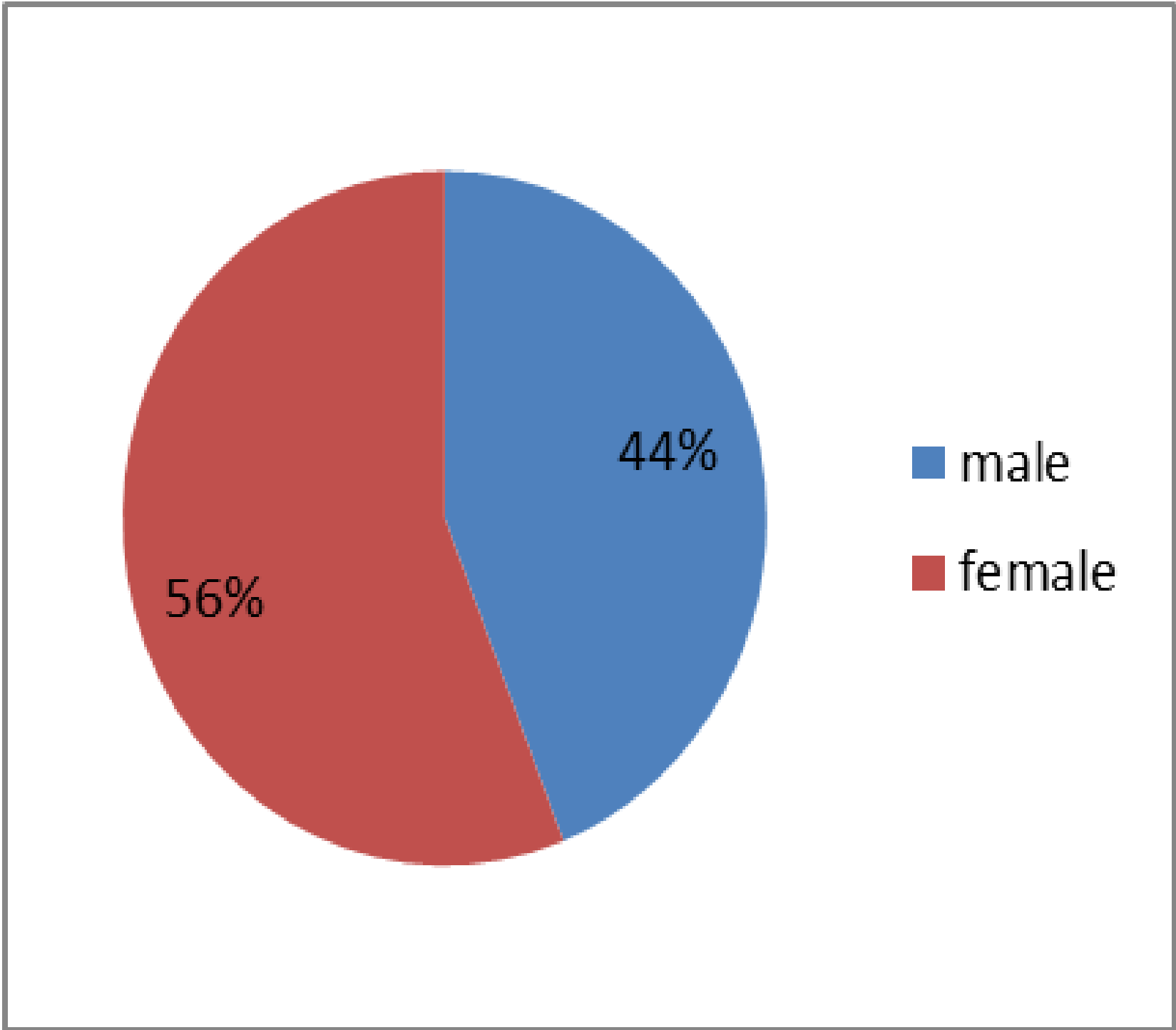
Poster Number: P26

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Introduction:

According to the World Health Organization, diet has an important role in the prevention of oral diseases, including dental caries, dental erosion, defects in development, diseases of the oral mucosa, and periodontal diseases

Results:



Age	Frequency	Percent (%)
4-6	27	39
7-9	21	30
10-12	22	31
Total	70	100

Food components	<1 time	1-3 times	4-6 times	7and more
Milk	19	22	31	-
Chocolate	9	21	28	6
Egg	23	34	10	12
Fish	23	37	13	7
Meat	30	21	19	-
Fast food	5	11	10	43
Vegetables	10	42	16	3
Fruits	8	34	21	7

Conclusion:

Oral health, diet, nutrition, and general health are closely linked and influenced by multiple factors. Exposing children early to healthy foods and positive eating habits at home and in other settings supports good nutrition and overall health.

Recommendation:

- 1.Oral health education should be included in the school curriculum.
- 2.Attention of parents and teachers about proper nutritional education for tooth-friendly snacks.

Materials and methods:

A study was conducted to assess the Oral health status and food consumption pattern at Rotary School and College, Mirpur-14, Dhaka, Bangladesh. Consent was taken from both the Headmaster of the school and guardians. The study objects 70 respondents were selected purposively. A semi-structured questionnaire and checklist were developed in English/Bengali. A simple frequency table presented data.

REFERENCES.

- 1.Moynihan PJ. The role of diet and nutrition in the etiology and prevention of oral diseases. Bull World Health Organ. 2005; 83(9):694699.
- 2.<https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/key-recommendations/>. Accessed September 1, 2017.