

THE ASSOCIATION OF ORAL HEALTH STATUS AND DIETARY HABITS IN MVARA SS UGANDA-A CROSS-SECTIONAL PILOT STUDY

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INTRODUCTION

- In an era where lifestyle-related health issues are becoming increasingly prevalent among adolescents, fostering healthy dietary habits and promoting oral health awareness are imperative for ensuring the well-being of future generations.
- This pilot study aims to investigate the relationship between snack choices and oral health among secondary school students, with the overarching objective of promoting healthier dietary practices and improving oral health outcomes. By examining the nutritional quality of snacks commonly consumed by students and assessing their oral health perception, we seek to identify opportunities for intervention and develop targeted strategies to instill lasting behavior change.
- Through this research endeavor, we aim to shed light on the factors influencing snack choices among secondary school students and their implications for oral health. By engaging with the school community, we hope to raise awareness about the importance of oral hygiene and the role of dietary habits in maintaining optimal oral health.
- Furthermore, this pilot study serves as a stepping stone towards fostering collaboration between academic institutions and educational establishments in addressing pressing public health concerns. By partnering with Mvara SS, we seek to leverage collective expertise and resources to implement evidence-based interventions that benefit the health and well-being of students.

OBJECTIVES

- 1.To assess the oral health status of boarding school students.
- 2.To investigate the dental practices and oral care behaviors among children in boarding schools
- 3.To identify the determinants of choice of snacks offered to students and pupils in boarding school.
- 4.To explore the considerations parents and schools make in the snacks they provide for students.
- 5.To identify the knowledge of schools and parents on the nutritional content of the snacks they provide for the students.

METHODOLOGY

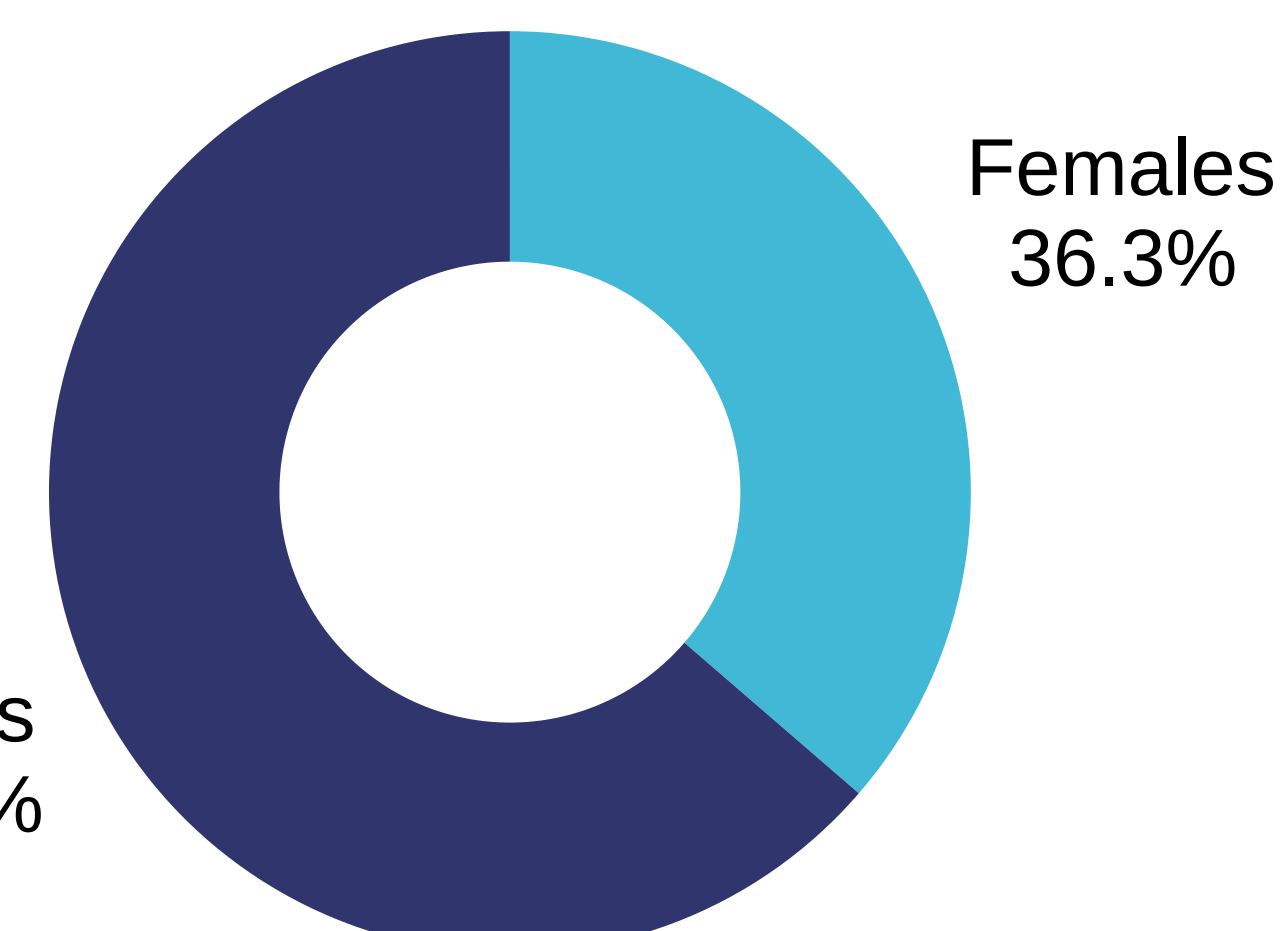
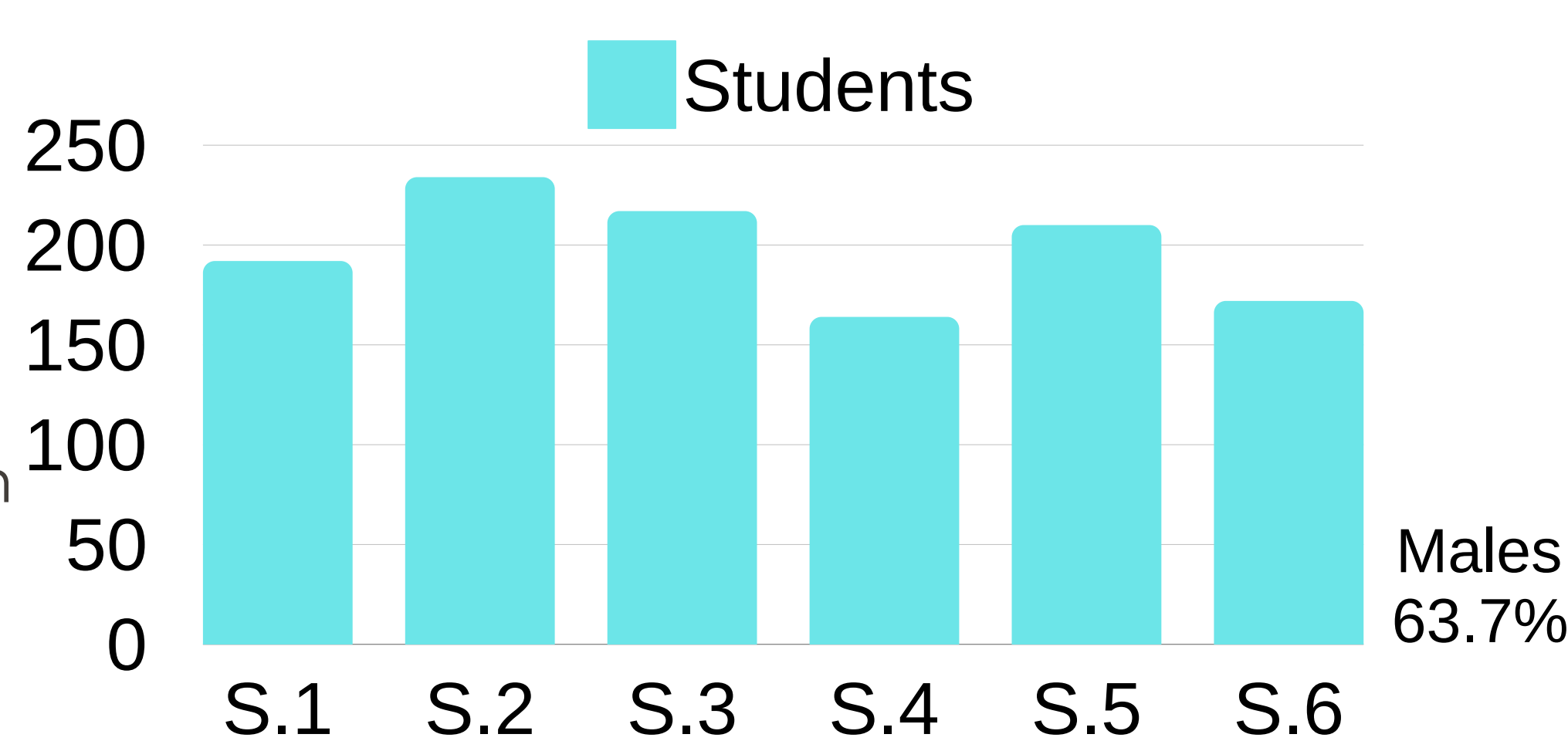
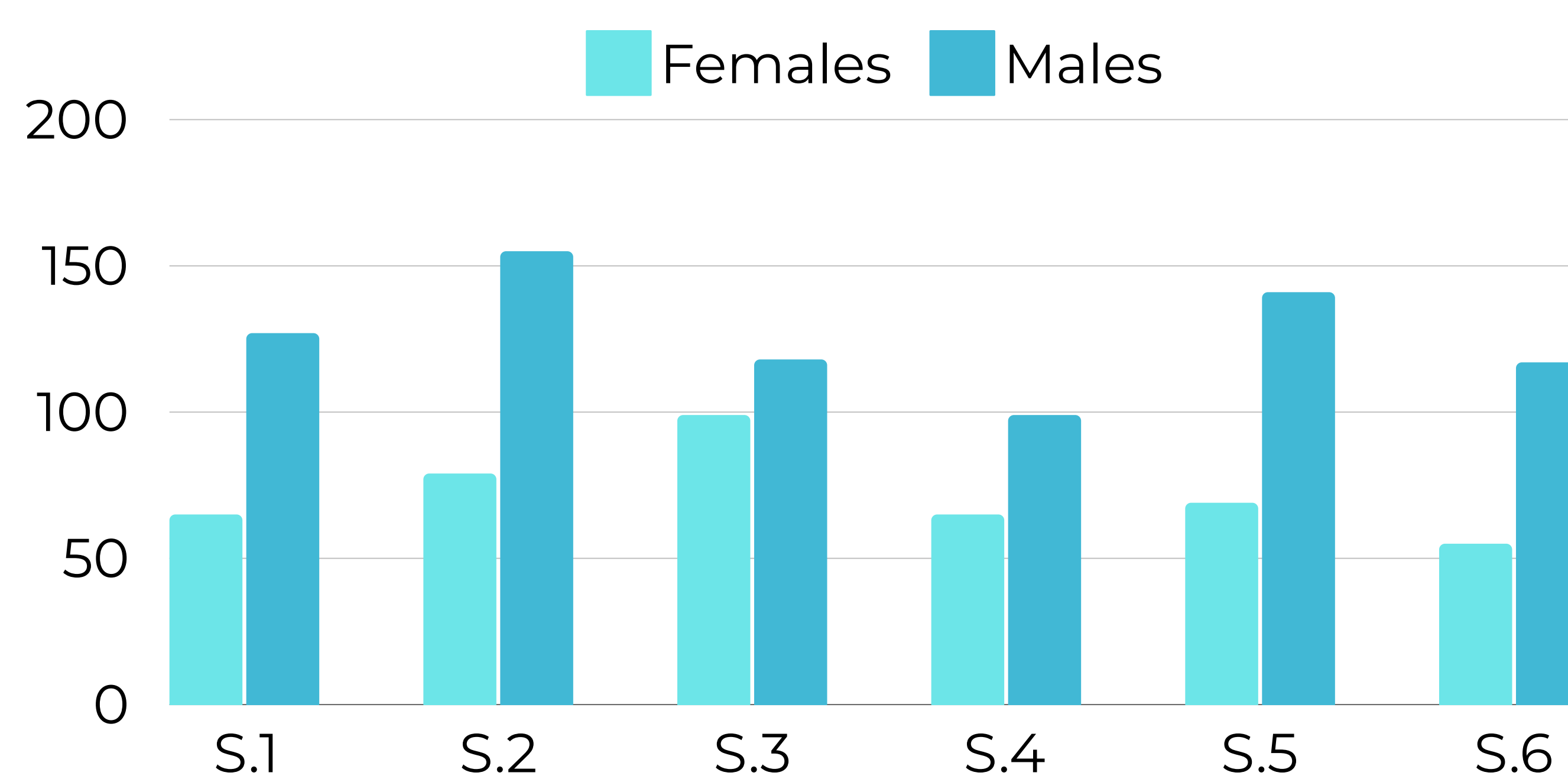
- The study population was a secondary school in Arua city in North Western Uganda which was selected because it is mixed male and female school. The students were selected by random sampling of the class lists of every class.
- Questionnaires and consent forms were given to students and their parents
- Clinical exam to register DMFT scores
- Nutrition analysis of the snacks

RESULTS

[The results have not yet been collected as the proposal is still under ethical consideration.]

ANALYSIS

[To be placed after data collection]



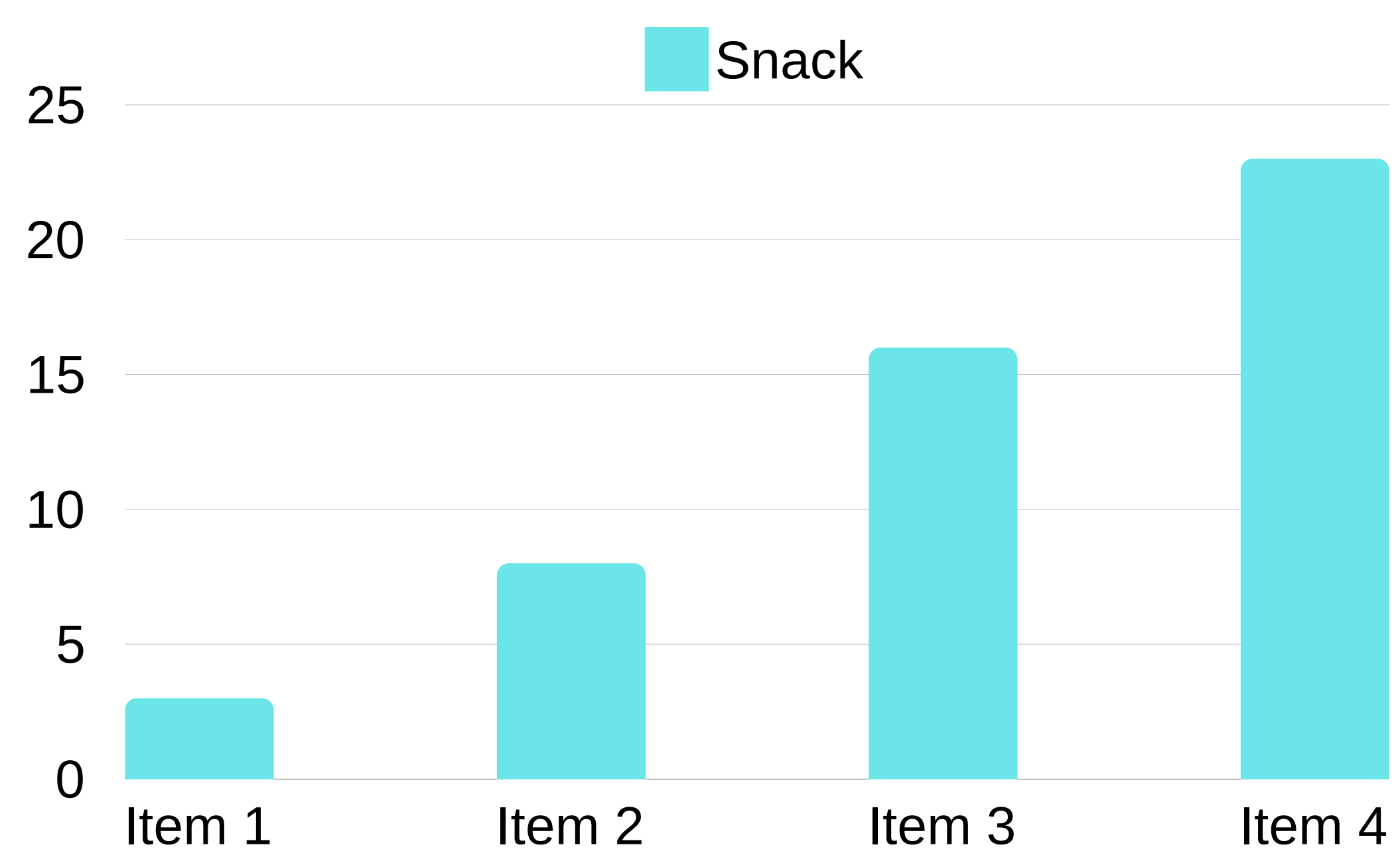
CONCLUSION

[To be placed after data collection and analysis]

Above: Graphs and a pie chart illustrating the study population.

RELATED LITERATURE

Don't forget the names of the research authors and co-authors. Use full names and include any titles or honorifics the authors may have, as well as the university or research institution they are representing.



This graph will illustrate the snack type and the frequency of consumption by students

Sex	Decayed	Missing	Filled
Male			
Female			

Above: Table showing the number and percentage of DMFT for each sex

Sextant	Decayed	Missing	Filled
UR			
UC			
UL			
LL			
LC			
LR			

Analysis of gender and oral hygiene status

Analysis of age and oral hygiene status

Above: Table showing the number and percentage of DMFT per sextant

Age group	Decayed	Missing	Filled
<11			
12			
13			
14			
15			
16			
17			
18			
>18			

Above: Table showing the percentage of DMFT per age group

