

Oral hygiene knowledge and practices among school children in a rural area of southern Saudi Arabia.

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ABSTRACT

Objective: The purpose of this study was to assess the oral health knowledge and practices among 9-12 year old school children. **Materials and Methods:** The study sample consisted of 917 school going boys in the age group of 9-12 years randomly selected from 10 schools of Rijal Alma a rural area in Southern Saudi Arabia. Data on oral health knowledge and practices was collected by means of a self-administered questionnaire. **Results:** The results of the study showed that more than half (58.4%) of the children brushed their teeth using tooth brush and paste, 32.1% used miswak, 7.2% used toothpicks and 2.3% used dental floss as a primary cleaning aid. About two-third (64.3%) children brushed teeth once daily with 32.6% brushing teeth under parent supervision. Most children (62.26%) said high sugar diet causes dental decay while as more than half (58.45%) thought soft drinks affect dental health. Around 57.14% were aware of gum diseases and 51.14% opined that gum diseases can be prevented if oral hygiene practices are followed. Nearly half (52.1%) of the children would visit a dentist only when in pain though a majority (79.4%) answered that regular dental checkup was essential. Fear (67.28%) was cited as the main reason for not visiting the dentist. **Conclusion:** Majority of students had adequate level of knowledge on oral health, but followed low level of oral hygiene practices. Comprehensive oral health educational programs are needed to improve oral hygiene practices among children in rural Saudi Arabia.

Key words: Oral health, Knowledge, Practices, Saudi Arabia.

Introduction

Oral diseases qualify as major public health problems owing to their higher prevalence and significant social impact^[1]. Health is a universal need for all cultural groups. General health cannot be attained or maintained without oral health. The mouth is regarded as the mirror of the body^[2]. Oral health as an essential aspect of general health can be defined as "a standard of health of the oral and related tissues which enables an individual to eat, speak, and socialize without active disease, discomfort or embarrassment and which

contributes to general well-being"^[3]. Especially among children, oral diseases restrict activities in school, at work and at home causing several school and work hours to be lost each year. Moreover, the psychosocial impact of these diseases often diminishes quality of life^[4]. Oral health knowledge is considered to be an essential prerequisite for Health-related practices and studies have shown that there is an association between increased knowledge and better oral health^[5]. Those who have assimilated the knowledge and feel a sense of personal control over their oral health are more likely to adopt self-care practices^[6].

Little information is available regarding the oral health of Children among rural Saudi population. In many cases studies have been centered on urban areas particularly Jeddah and Riyadh. Malik and Rehbini^[7] reported caries prevalence, pattern and severity of dental caries among primary school children in Jeddah and their results indicated that 96% were affected by caries and stressed for an effective program me for prevention of dental diseases among children. Another study on the prevalence of periodontal diseases among 1174, 13 – 15 year old school children in Riyadh showed that a high percentage (94%) needs periodontal treatment^[8]. It was suggested that an Oral Health Program was needed for the whole community. Various authors have estimated that the caries and periodontal diseases would become a considerable problem in the future, and recommended that country wide preventive and educational programs should be instituted^[9].

The subjects of this study were from Rijal Alma, located in Asser province 100 kilometers from the capital city Abha which covers a geographical area of (2740) km² constituting 3.3% of the Asser province land area. The area was chosen due to its ideal rural setup with isolated clusters of villages of varied socioeconomic and educational status. The area also has relatively less health facilities as compared to urban areas of the province. Most of the studies regarding oral hygiene awareness in Saudi Arabia was done in urban populations therefore rural regions of Saudi Arabia are worthy of investigation.

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