



CONSUMPTION OF SWEETS IN CHILDREN BELOW 6 YEARS OF AGE RELATED TO DENTAL CARIES IN RURAL AREAS

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ABSTRACT

Aim: To investigate the rate of consumption of sweets in children below 6 years of age related to dental caries in rural areas .

Method: This study was carried out in pandur village 15 kilometers away from thiruvallur. The survey was carried out by a school children out at panchayat school. 130 students screened for caries. The questionnaire included 20 questions that data from the questionnaire were extracted and analysed

Result : This study observed a market proportion of children consuming sweets having a significant prevalence of dental caries. In oral health awareness program the choice of sweet consumption and caries needs to be initiated further.

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INTRODUCTION

The role of sugar as a risk factor in the initiation and progression of Dental caries is overwhelming. [1] Whether this initial Demineralization proceeds to clinically detectable caries or whether the lesion is remineralized by plaque minerals depends on a number of factors of which the amount and frequency of further sugars consumption are of utmost importance. Dental caries is significant yet a preventable public health problem. [3] It is the most common chronic disease of childhood that interferes with normal nutrition intake, speech, self-esteem and daily routine activities, because the caries pain adversely affects the normal food intake.

This results in underweight children with abnormal cognitive development. [2] A decade ago, World Health Organisation (WHO) published a review of global oral health status, which emphasized that despite great improvements in oral health in several countries, problems still persist. This is common among underprivileged populations in both developing and developed countries. A common perception is that dental caries rates are decreasing in developed countries but the trend in developing countries is not clear. Caries prevalence varies greatly between and within countries, as well as within different strata of the population. Statistically speaking, dental caries does not rank among the more serious diseases

in Africa. On an individual level, however, dental caries causes great suffering, pains and burden. It is crucial to control the disease process by assessing rendering the treatment required along with spreading awareness regarding prevention. Several prevalence studies have been conducted and reported on different occasions on the dental caries and treatment needs in developing countries such as India. The purpose of this study was to find the prevalence of dental caries in the rural areas of Thiruvallur district.

MATERIALS AND METHODS

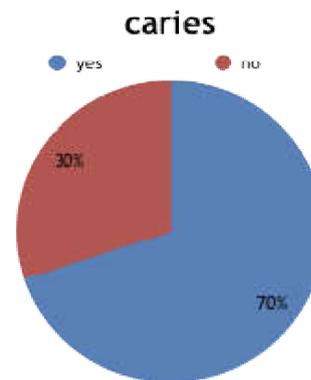
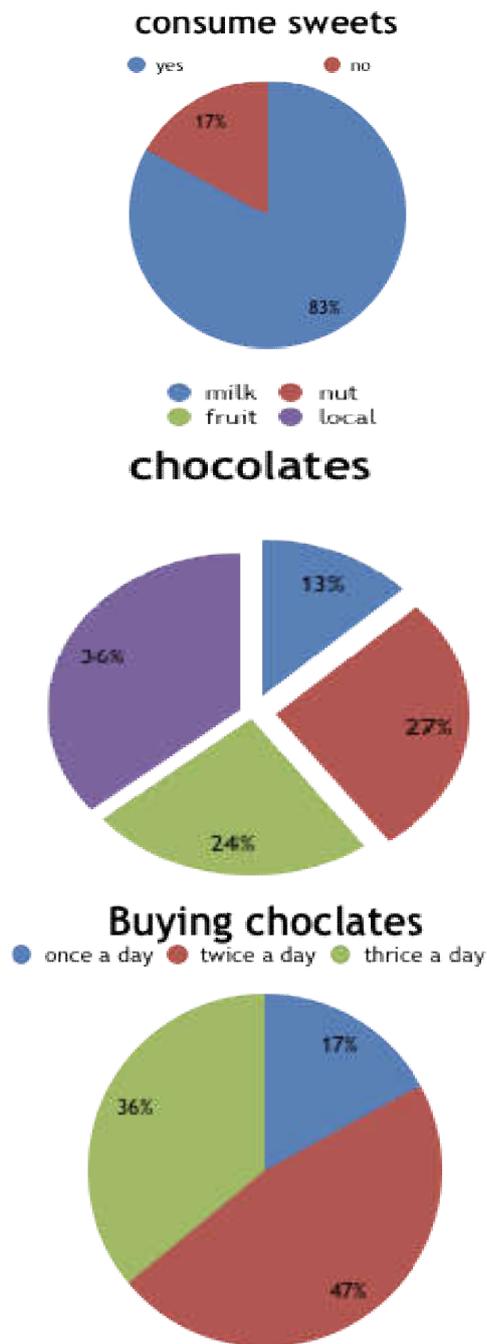
130 students aged from 1-6 were randomly selected from the Rural area of Pandur, Kaivandur, Siruvanur of Thiruvallur District. The survey was carried out by a school children out of panchayat school. The Students screened for caries. The questionnaire included 20 questions that data from the questionnaire were extracted and analysed.

RESULTS AND DISCUSSION

The result shows that 83% children consume sweets below 6 years and 17% are not consuming. 7% of children take once a day 47% takes twice a day. 13% children like milk Chocolates and 36% like local Chocolates. 70% children are affected by dental caries (DMFT) (3.39) and 30% of them are not affected 67% children are brushing twice a day 43% are brushing once a day. 93% of children are not brushing their tooth after consuming sweets 7% brush their tooth after consuming sweets. The higher prevalence of caries among the total population indicates enormity of oral health problems in the rural areas of Thiruvallur District. The higher consumption of sweets and prevalence of caries among the

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age groups 0-6 indicates the poor oral healthy hygiene, poor oral health awareness among the populations. Although infants and young children typically select the most intimate sweet taste.



CONCLUSION

Human desire for sweets taste spans all ages races and cultures. Throughout evolution sweetness has had a role in human nutrition and also play a main role in developing caries in human especially in children. So for accessing dental carries prevalence as well as dental treatment needs among the people. So, the study is conducted to examine the same in the Rural areas of Thiruvallur Generally the result in the Rural areas will be different when compared to the Urban and Sub-Urban areas. Consumption of sweets in children below 6 years in age is different from the other group conclusion. This study observed the market proportion of children consuming sweets having a significant prevalence of dental caries. In oral health awareness program the choice of sweet consumption and caries needs to be initiated further

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