

University of Dental Medicine, Mandalay

**ORAL HEALTH STATUS, HABITS AND AWARENESS OF
TOBACCO USE AMONG UNIVERSITY STUDENTS
IN SAGAING REGION**

YE WIN NAING
B.D.S., M.D.Sc.

Doctor of Dental Science
(Preventive and Community Dentistry)

2018

ABSTRACT

This study was performed in three Universities from Sagaing Region aimed to assess the oral health status, habits and awareness of tobacco use among university students. Cross-sectional study was done among 465 first year students (195 males and 270 females) from three majors from each university. Data concerning socio-demographic status, oral hygiene practices, bad oral habits, awareness on tobacco use and clinical oral health status were collected. All participants reported that they used toothbrush and toothpaste and only 10.8% of males answered they have one or more bad oral habits. Among them, distribution of smoking and quid chewing habits were nearly the same. Three quarter of smokers (23 out of 31) smoked cigarette and all reported that they had tried to stop. Although prevalence of smoking is very low, 83.2% of them stated that they lived in smoking environment. Among quid chewers (no.=35), three quarter of them had habit more than three years duration and almost all of them had spitting habit. The moderate awareness level concerning bad oral habits (11.05 ± 1.70 marks, range 0-20 marks) was observed among participants. Interestingly, higher occurrence of bad oral habits was found among students with high awareness level. Regarding clinical data, 48.8% had dental caries but low mean DMF-T value (1.40) with 90% of decayed teeth was untreated. Gingival bleeding on probing was discovered among 72.3% of students. There were no differences in dentition status and periodontal condition between those with and without bad oral habits except calculus formation where higher occurrence of calculus among tobacco users. This study population might need to be strengthening the oral health education program including motivation scheme. Some findings from this study like low level of tobacco use among University students and contradictory association between habits and awareness of tobacco use recommend further oral health and tobacco studies in other population groups.