Oral health behaviour and self-aware status among well-educated in Taiwan

Angel Yang
Taipei Medical University, Taiwan

Abstract

Introduction: The report from The Richest, a foreign finance website, Taiwan ranked first among the top 10 countries in the world with the best medical service systems. However, with such great achievement, our prevalence of dental caries or periodontist which can be prevented are still high. Objective: The research aims to know more about the oral health behaviour like frequency of brushing teeth, flossing and seeing a dentist regularly; self-aware oral status in different age groups who got at least bachelor degree in Taiwan.

Material and methods: 206 copies of questionnaire were collected but only 166 copies of questionnaire were analysed in the research, which are well-educated so that the bias of education level can be excluded. Result: For the oral health behaviour, the responses shows age 20-30 got the most explored to second-hand smoking; age 50-60 have the habit of smoking and drinking alcohol the most; age 20-30 didn’t use proper dental applications, like dental floss or interdental brush to clean their interdental spaces; all the age group almost brush their teeth twice every day, and only two people just brush once per day; most people went to clinic to see a dentist within a year. For their self-aware oral health status, most of the participates got sensitive teeth and filling teeth (Operative Dentistry). Conclusion: Although the participants are all well-educated, bad habits like drinking alcohol, smoking, and improper utilisation of dental applications are still in different age group. However, the importance of delivering appropriate oral health education to the public should be paid more attention!

Biography:

Angel Yang has completed her bachelors at the age of 22 years from Taipei Medical University of dental health and has master studies from Taipei Medical University School of global health and development now which will graduate this year. She had pass College Student Research program from Ministry of science and technology with the topic: “Research between oral motor training and chewing promotion”, and did the oral presentation and poster presentation on conference of the first Asia Association for Disability and Oral Health.

Abstract Citation: