



**ORIGINAL RESEARCH PAPER**

**Dental Science**

**AWARENESS OF YOUTH / CHILDREN'S ABOUT THE DENTAL HEALTH AND DENTAL PROBLEMS IN DIFFERENT PROVINCES / REGIONS OF THE KINGDOM OF SAUDI ARABIA**

**KEY WORDS:** Dental , satisfaction , patients

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**ABSTRACT**

**INTRODUCTION:** Saudi Arabia is the second-largest state in the Arab world in 2018 Saudi Arabia population was about 33.55 million<sup>1</sup> As per data from Global Oral Health data bank, occurrence of dental problems varies from 49% to 83% from country to country

**METHOD:** A purposely constructed questionnaire was used for the data gathering, questionnaire composed of demographic section, information about dental care, source of information, parents / teacher guidance regarding dental care and other items. A 100 sample from each center / city i.e. Abha, Jeddah, Dammam, Riyadh and Medina was collected

**RESULT:** A mean ± S.D of age was 12.5±2.8, 65% were males while 35% were females. Researcher did not observed any significant difference massive majority from all the cities agreed that clean teeth will reduce the chances of diseases. Figure one depicted that teachers (35%) and parents (25%) were the major source of information regarding the dental problems and diseases.

**CONCLUSION:** As most of the children's suffering from dental disease government already announced and working on different dental awareness programs but further awareness sessions, lectures and other methods are required to increase the awareness level and make them aware from the preventive measures to avoid dental problems

**Introduction:**

Saudi Arabia is the second-largest state in the Arab world in 2018 Saudi Arabia population was about 33.55 million<sup>1</sup> As per data from Global Oral Health data bank, occurrence of dental problems varies from 49% to 83% from country to country, Dental diseases are one of the key public health problems due to their higher frequency and their effects on the standards of life. Dental problems disturbing 2.43 billion people (35.3% of the population) worldwide in the year 2010. A strong patient-dentist relation is required to overcome the prevalence of the dental problems particularly with children's. World health organization (WHO) and World Dental Federation set worldwide goals for oral health the main purpose of these goals to overcome the dental problems worldwide.<sup>2-4</sup>

A high volume of dental problems was also observed in the KSA, poor oral health awareness also one of the reason of rise in the prevalence of dental disease. As per World Oral Health report regarding KSA, the frequency of dental problems among Saudi children's arrays from medium to high. Some other regional studies of the Saudi Arabia had also specified high prevalence of dental problems among children's. One study of KSA reported that among 10- 12-year-olds, the prevalence of caries was 68%. Saudi Students knowledge is somehow still limited regarding the dental problems<sup>5-7</sup>, thus the objective of this study was to assess the prevalence of the dental health awareness in young patients and child problems in various private and government dental health institutes among different regions of the Kingdom of Saudi Arabia in the year 2019.

**Methods:**

A purposely constructed questionnaire was used for the data gathering, questionnaire composed of demographic section, information about dental care, source of information, parents

/ teacher guidance regarding dental care and other items. A 100 sample from each center / city i.e. Abha, Jeddah, Dammam, Riyadh and Medina was collected; First 100 School going children visited in the selected private health institutions of these cities was included in this study. Confidentiality of the patient information is one of the primary goal of the researcher. After gathering the data was entered in the SPSS software for analyses. Descriptive and inferential statistics was obtained; statistical test was applied to measure the significance differences at 5% level of significance

**Conflict of interest:**

None

**Funding:**

Self-funded by the corresponding author

**Ethical approval**

Ethical approval was obtained from the institute/ college regarding data collection, research proposal was approved from the Aseer central hospital

**RESULTS:**

A mean ± S.D of age was 12.5±2.8, 65% were males while 35% were females. Table 1 depicted that in response of these questions Are you aware that dental health is important for general good health? Do you care your teeth similar to other parts of the body?, How many times you clean your teeth? We had observed the significant difference among 5 cities while in response of this Do you think clean teeth will reduce the chances of diseases? Researcher did not observed any significant difference massive majority from all the cities agreed that clean teeth will reduce the chances of diseases. Figure one depicted that teachers (35%) and parents (25%) were the major source of information regarding the dental problems and diseases.

Table 1:

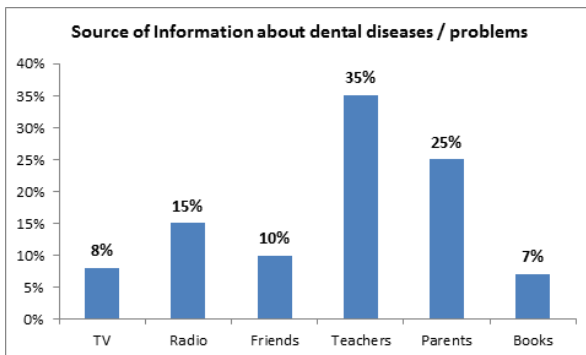
Questions	Jeddah		Medina		Dammam		Abha		Riyadh		Total	p- value
<b>Are you aware that dental health is important for general good health?</b>												
	freq.	%	freq.	%	freq.	%	freq.	%	freq.	%	Total	p < 0.05
Yes	70	27.6%	60	23.6%	35	13.8%	55	21.7%	34	13.4%	254	
No	30	12.2%	40	16.3%	65	26.4%	45	18.3%	66	26.8%	246	
<b>Do you care your teeth similar to other parts of the body?</b>												
Yes	40	16.7%	35	14.6%	58	24.3%	36	15.1%	70	29.3%	239	p < 0.05
No	60	22%	65	24%	42	15%	74	27%	30	11%	271	
<b>Do you think clean teeth will reduce the chances chronic of diseases ?</b>												
Yes	95	21%	94	21%	85	19%	88	20%	89	20%	451	N.S
No	5	10%	6	12%	15	31%	12	24%	11	22%	49	
<b>How many times you clean your teeth?</b>												
1 time / day	15	15%	12	12%	20	20%	25	26%	26	27%	98	P < 0.05
2 times / day	35	22%	40	25%	25	16%	35	22%	24	24%	159	
3 times / day	25	19%	35	26%	21	16%	25	19%	28	29%	134	
more than 3 time / day	25	23%	13	12%	34	31%	15	14%	22	22%	109	

Table 2:

Questions	Jeddah		Medina		Dammam		Abha		Riyadh		Total	p- value
	freq.	%	freq.	%	freq.	%	freq.	%	freq.	%		
<b>when you visit dentists</b>												
Preventive visits	25	8%	20	6%	36	11%	30	9%	80	24%	191	P < 0.05
At the time of severe pain	75	44%	80	47%	64	37%	70	41%	20	12%	309	
<b>Are you suffering any dental problem?</b>												
Yes	85	19%	75	17%	88	20%	95	22%	94	22%	437	N.S
No	15	24%	25	40%	12	19%	5	8%	6	10%	63	

Table 2 depicted that majority of the children's (309) visited dentist when they had severe pain. Majority (out of 100) students were suffering from any of the dental diseases / problems

Figure 1:



**DISCUSSION:**

Our main objective to find out the level of the awareness in the school going age children in different regions of the KSA. Some studies carried out in Riyadh and other regions also on this issue but this study compare different cities and cover more cities.<sup>8</sup>

It has been well known observation that dental safety and cleaning has frequently continued as an unnoticed problem of the societies. Most of the publics have no idea and awareness regarding dental cleanness and hygienic conditions of teeth. They are not aware about that sometimes dental problems become the leading source of the major diseases. Preventive awareness and information required to achieve good dental health. In our study teachers (35%) and parents (25%) are the major source of dental awareness of children which is in line with one Indian study stated that 41% of the children's got dental health awareness from their parents.<sup>9</sup>

In our study majority of the respondents aware about that clean teeth and good dental health practices will reduce the chances of the chronic diseases contrast to our study one study conducted in the India stated that 62% of the respondents supposed that dental health problems have

nothing to do with the systemic problems.

In our study 32% respondents brushed the teeth twice which are comparable with Dammam university research. This finding is in agreement with that of the study done by Zhu et al, Jiang et al, and Kuwaiti study Al-Shammari et al<sup>10-12</sup>

In our study majority visited the dentist at the time of severe pain, the undesirable approach to visit a dentist was clearly observed, which is in line with Indian, Saudi Arabia and other studies as well. One Indian study stated that 75% of the young youth visited the dentist only in pain problem and only 10% of the population visited the dentist on regular basis after every 6 months. These results are similar to the study done by Jain et al. in which 54% children's visited the dentists when they were in pain. These results also comparable with the study directed by Maryln et al.<sup>9-13</sup>

In our study most of the children's suffering from the dental disease which is inline with other studies from Gulf and Saudi Arabia One Saudi study showed that 83% of the Saudi children's were suffering from dental diseases

Our study comparing and containing the data from different cities of the KSA, this might be the strength of our study

**CONCLUSION:**

As most of the children's suffering from dental disease government already announced and working on different dental awareness programs but further awareness sessions , lectures and other methods are required to increase the awareness level and make them aware from the preventive measures to avoid dental problems

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