

Parental Oral Health and Nutrition Perception Regarding Sugar-Sweetened Beverages

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Purpose

- To determine parental understanding of sugar-sweetened beverages (SSBs)
- To determine if there is an increased parental understanding in deleterious effects of SSBs after a visual aid intervention

Introduction

- Dental Caries is the most prevalent disease in the United States¹
- The intake of SSBs has increased in the US which has led to increased demineralization of tooth structure^{2,3}
- Parental knowledge of the deleterious effects of SSBs may be lacking⁴

Methods

- 313 subjects met the inclusion criteria
- Anonymous pre- and post-questionnaires with a visual aid intervention
 - Pre-questionnaires (16 questions)
 - Post-questionnaire (10 questions) regarding parental knowledge, perception of SSBs, daily water intake and knowledge of increased caries factors
- T-Test was utilized to compare pre and post-questionnaire responses

Inclusion Criteria

- Parents of 6-12 year old (ASA I or II) pediatric dental patients at BronxCare Health System
- Parents of patients who present for comprehensive/periodic oral exams
- Parents who speak English and Spanish

Results

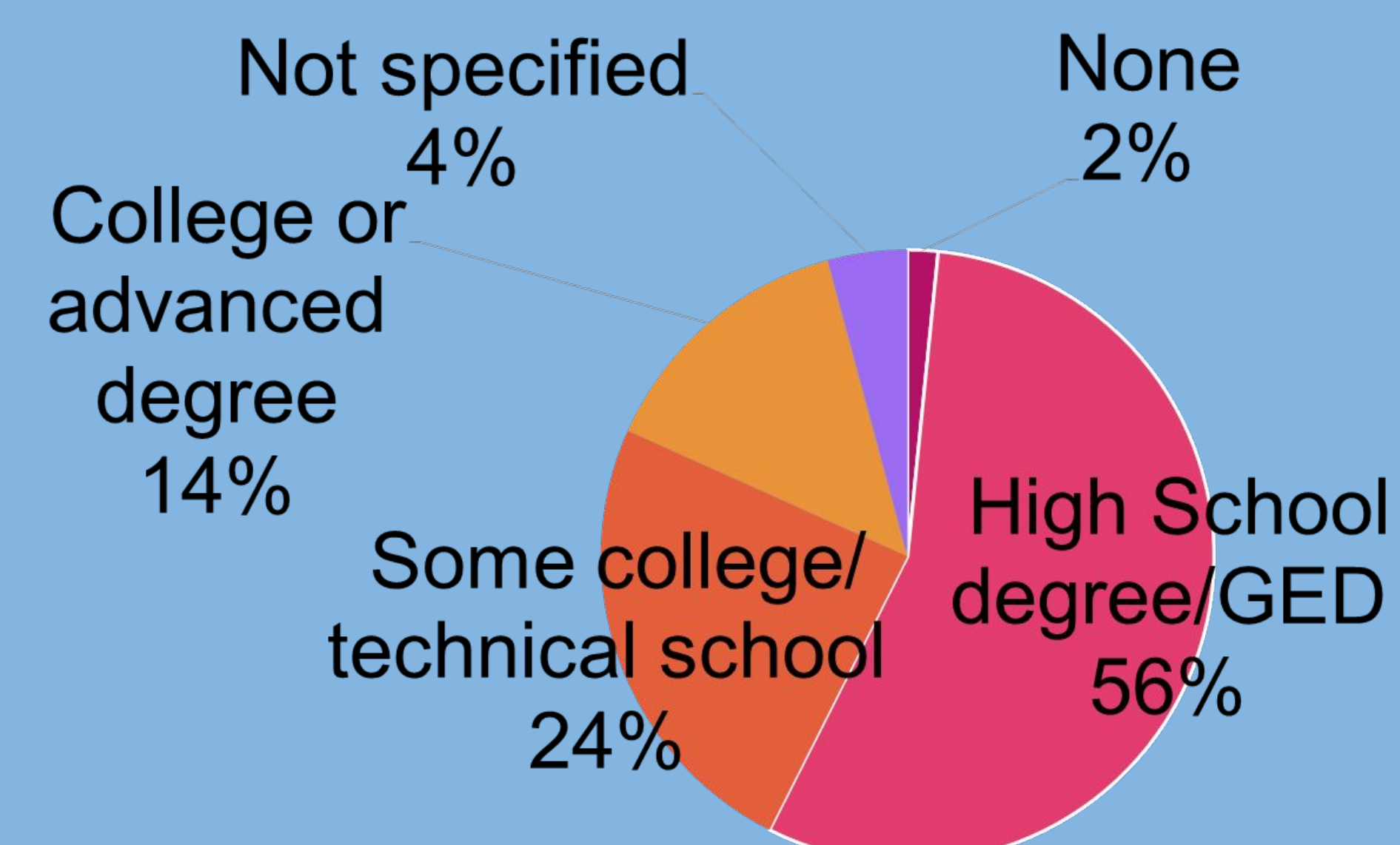


Fig. 1 Parents' Level of Education

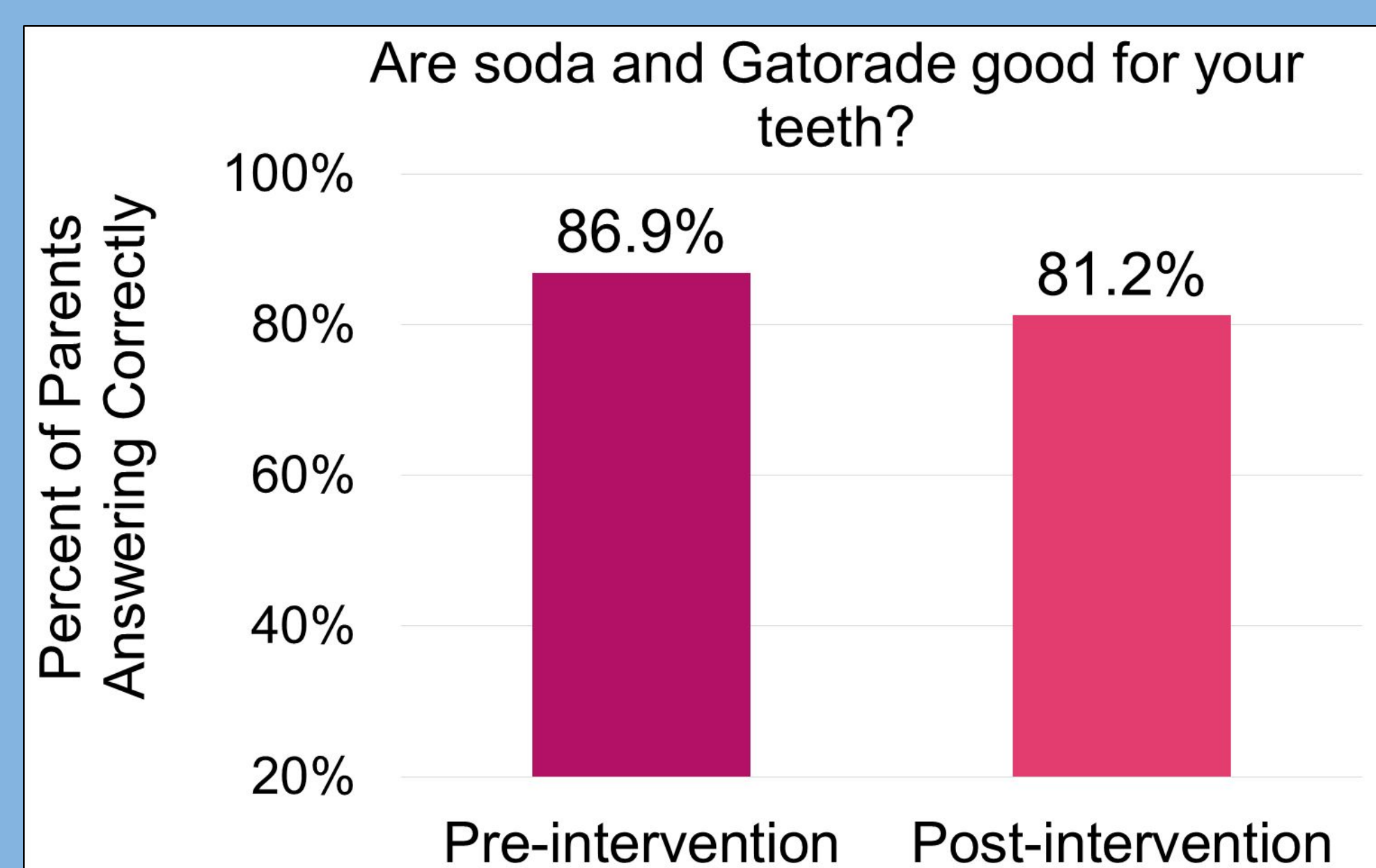


Fig. 2 Parental Perception of SSBs

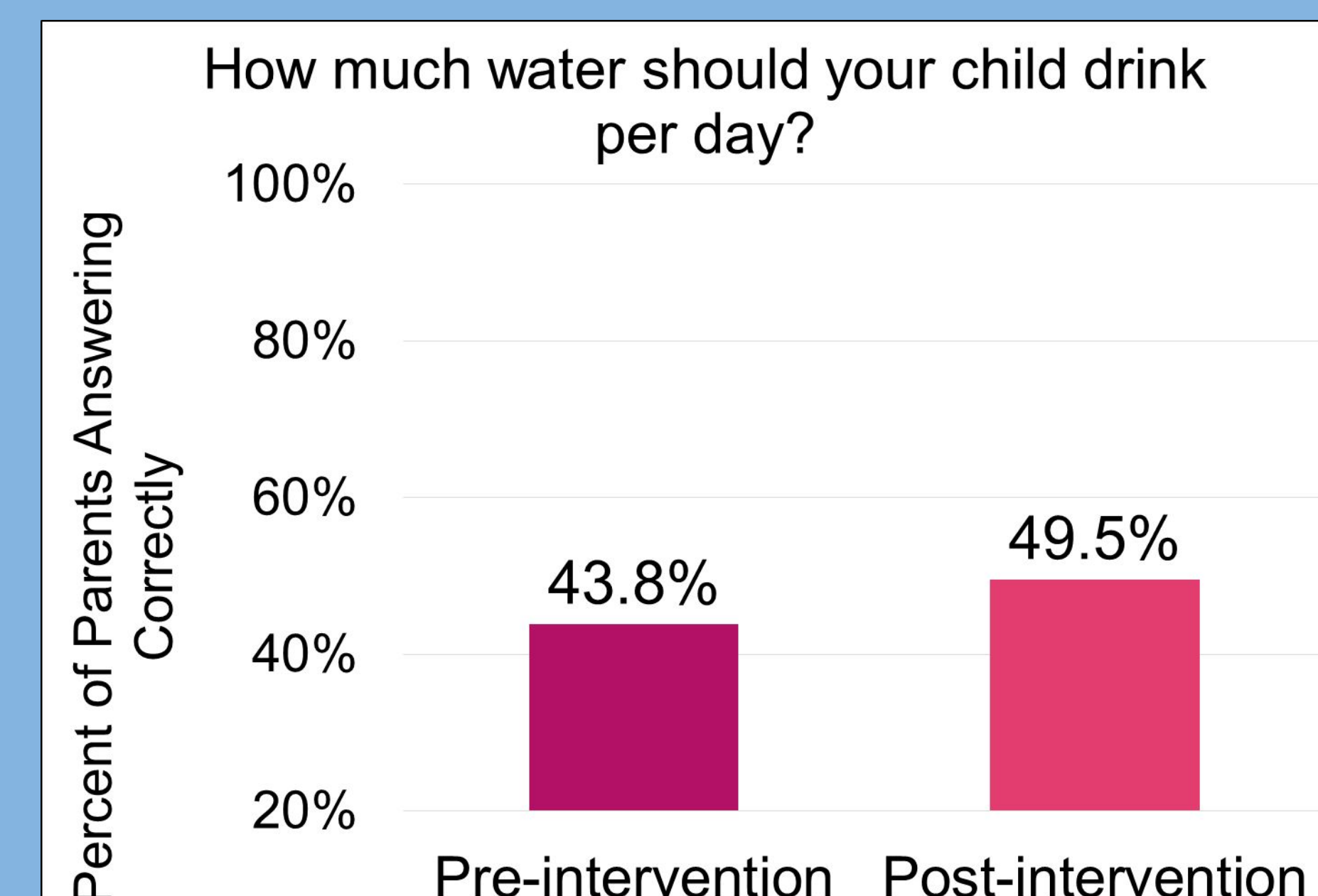


Fig. 3 Parental Knowledge Regarding Water Intake

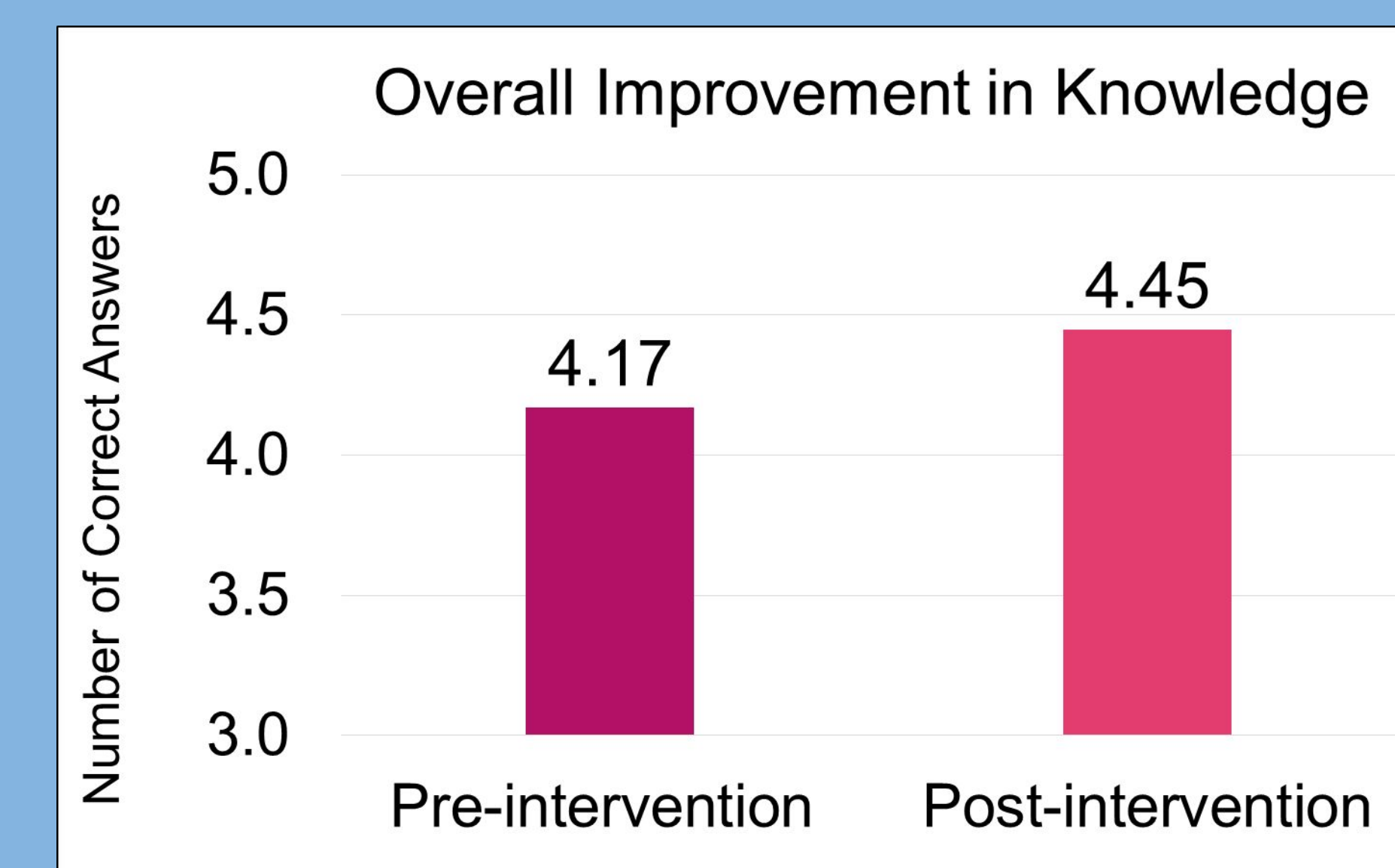


Fig. 4 Parental Knowledge Pre- and Post-Intervention

Discussion

- Parents did understand the importance of drinking water over SSBs
- Improved parental knowledge of SSBs after a visual intervention (Fig. 4)

- Many factors, such as socioeconomic status, may affect the choices of foods and beverages. For example, 40% of the parents reported that they receive food assistance and 38% of the parents have higher than a high school diploma or a GED (Fig. 1)
- More than half of the parents did not know the correct daily water intake for their children (Fig. 3)

Conclusion

- Providing a visual aid intervention during dental appointments can improve parental knowledge of proper drink choices for their children

References

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