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Assessment of sugars and carbonated drinks consumption on anthropometric indices and oral health

Seyed Jalal Pourhashemi

Tehran University of Medical Sciences, Iran

Introduction & Aim: Carbohydrates are the main source of human diet. More than 60% of total needed energy is obtained from carbohydrates. Extra consumption of sugars causes much disease such as obesity and dental caries. Many studies showed that obesity and dental caries increase with high consumption of sugars and beverage. Some studies have shown that this diet has not any role on obesity and dental caries. The objective of this study was assessment of the role of sugars and beverage on the anthropometric and dental health indices.

Materials & Methods: A total of 788, 7-years old primary school children were selected via a cluster sampling in the city of Tehran. Their general information has been asked from their mothers. 24-hour frequency consumption of sugars including beverage has been asked by the trained interviewer. Then anthropometric measurement also takes for each child. After that, dental health indices have been measured by two trained dental hygienist. The Chi-square and Spearman tests were used for detection statistical associations.

Results: Spearman statistical test has not shown any significant correlation between dmft and consumption of sugars and beverage. Consumption of sugars in children that have problem with weight for age was significantly higher.

pourhash@tums.ac.ir