

# ORAL HEALTH STATUS AND ORAL HYGIENE HABITS AMONG CHILDREN AGED 12-13 YEARS IN YANGON, MYANMAR

Aung Zaw Zaw Phyo, Natkamol Chansatitporn and Kulaya Narksawat

Faculty of Public Health, Mahidol University, Bangkok, Thailand

**Abstract.** We conducted a cross sectional study among children aged 12-13 years in Yongon, Myanmar to assess the oral health status and oral hygiene habits. The studied 220 students were from two high schools, one urban and the other rural. We conducted an oral health examination following WHO criteria and used a self-administrated questionnaire. The prevalence rate of dental caries among the study population was 53.2%. The mean number of decayed, missing and filled teeth (DMFT) was  $1.7 \pm 2.1$  teeth per person (decayed,  $1.5 \pm 1.9$ ); missing  $0.0 \pm 0.2$ ; filled,  $0.1 \pm 0.4$ ). Multivariate analysis revealed significant risk factors for dental caries were: the geographical location of the school (adjusted OR=2.24; 95% CI: 1.01-4.94), occupational status of the father (adjusted OR=2.83; 95% CI: 1.05-7.62) and the child's attitude about dental caries (adjusted OR=2.35; 95% CI: 1.18-4.67). Knowledge and oral hygiene habits were not associated with dental caries. The results of this study suggest the need to change from restoration orientated dentistry to dental public health care services, to reduce of the high level of dental caries in this age group.

**Keywords:** dental caries, oral hygiene habits, schoolchildren, Myanmar

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Correspondence: Dr Natkamol Chansatitporn,  
Department of Biostatistics, Faculty of Public  
Health, Mahidol University, 420/1 Ratchawithi  
Road, Ratchathewi District, Bangkok 10400,  
Thailand.

Tel: +66 (0) 2354 8530; Fax: +66 (0) 2354 8534

E-mail: nutkamol.cha@mahidol.ac.th