

JEDDAH ADULTS' ORAL HEALTH KNOWLEDGE, ATTITUDE AND BEHAVIOR

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ABSTRACT

The aim of the study was to assess the level of the oral health (OH), knowledge, attitude and behavior among various sections of Jeddah adult's population, in relation to their socio-demographic status, smoking habits and medical condition. A reasonably representative sample of 1,080 adults answered a self-administered questionnaire, that investigated: 1- Knowledge (regarding the importance of the oral health and saliva as well as sources of OH information).

2- Attitude (regarding the need for regular dental visits and barriers for such attendance),

3- Behavior (tooth brushing frequency and methods as well as performance of regular dental check up visits).

Results showed that, most of the respondents (92) knew that good OH is important for good general health, but few could identify one or more important role of saliva in the mouth integrity. The most claimed sources for the samples OH information's in descending orders were TV. Books and Journals as well as dentist. Many participants believed that regular dental check ups are needed for tooth cleansing (78) or tooth check ups (68.3), while the most common reported barriers for such visits were cost, treatment not necessary or no time in descending orders. Approximately, 70of the sample brush more than once a day, and the tooth cleansing methods reported with the high-est frequency were toothbrush and paste (92) followed by miswak (32.1) and dental floss (16.5.). Sadly the majority of the respondents (83) do not visit a dentist regularly every 6 months. Generally, those in the high educational level or high socio-economic status had clear knowledge, more positive attitude and more appropriate behaviors related to OH than others. Over all, implementation of community oriented OH promotion programme is urgently needed in Jeddah City.