

Oral hygiene practices and periodontal health in primary school children in Nairobi, Kenya Read More:

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Abstract:

The purpose of this study was to obtain data on the oral hygiene practices, oral hygiene status, and periodontal health among primary school children in Nairobi. The study group consisted of 513 children, 262 aged 6–8 years and 251 aged 13–15 years. The children were from 6 schools randomly selected among the 154 public primary schools in the city. The clinical examination was performed in a room with natural daylight, using the WHO (1980) criteria. Although most of the children reported brushing habits, 75% of the index tooth surfaces in the younger and 55% in the older age group had visible plaque. In both age groups about 25% of the index sites had gingivitis. Moderate amounts of calculus were recorded among the older children. Only two children had periodontal pockets ± 4 mm. There was no statistically significant difference ($p > 0.05$) between males and females recorded with plaque and gingivitis in the younger age group. In the older group, however, a significantly higher proportion of males ($p < 0.05$) were recorded with plaque and gingivitis. The oral hygiene practices and oral hygiene status were poorer among children from low than from high socioeconomic status. Provision of dental health education for children in Nairobi is recommended.