

**PREVALENCE OF DENTAL CARIES AND ITS  
ASSOCIATED FACTORS AMONG 10 YEARS OLD  
SCHOOL CHILDREN IN BOTAHTAUNG  
TOWNSHIP, YANGON REGION**

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## ABSTRACT

There has been significant focus on dental caries among children due to its impact on oral health, overall well-being, and future dental outcomes. The relationship between dental caries prevalence and its associated factors is critical for implementing effective preventive strategies and promoting oral health. Therefore, this cross-sectional study aimed to investigate the prevalence of dental caries and its associated factors among 10 years old school children in Botahtaung Township, Yangon Region. In the present study, 210 schoolchildren and caregivers from 2 high schools, 1 middle school and 2 primary schools were examined by self-administered questionnaire and dental examination. The prevalence of dental caries was 67.6% with a mean number of decayed teeth (SD) of 1.8 (2.6) for primary and/or permanent teeth and specifically 51% with a mean number of decayed teeth of  $1.1 \pm 2.4$  in primary teeth and 34.8% with a mean number of decayed teeth (SD) of 0.5 (0.8) in permanent teeth. Majority had good oral hygiene practices such as tooth brushing at least twice a day (82.9%), for at least 2 minutes (81.0%), and use of fluoride toothpaste (85.7%). Consumption of sugary beverages (93.3%), candies or chocolates (90.5%) and carbohydrates rich snacks (90.5%) were high. Majority of the caregivers were knowledgeable to oral health. Dental clinic were available to 71.9% in their locality and 65.7% utilized. Among the children 69% had history of toothache however only 52.9% had treatment for it. In multiple logistics regression analysis, gender of the child, grade of the child, brushing the tongue and consumption of candies or chocolates were the significant predictors of dental caries among 10 years old school child in Botahtaung Township. Boys are 2.556 times more likely to cause dental caries than girls (AOR= 2.556, 95% CI = 1.361, 4.800). Students who had not brushed their tongue are 2.174 times more likely to cause dental caries than students who had good practice (AOR= 2.174, 95% CI=1.075, 4.397). Students who have been consumed candies or chocolates are 6.457 times more likely to cause dental caries than the students who have not consumed candies or chocolates (AOR= 6.457, 95% CI = 2.313, 18.032). Comprehensive oral health education programs and nutrition counseling to children and caregivers are recommended to prevent the dental caries of school children

Keywords: dental caries, school children, risk factors, Yangon, Myanmar