

# INFORMISANOST RODITELJA O UTICAJU ISHRANE, ORALNE HIGIJENE I FLUOR PROFILAKSE NA ZDRAVLJE ZUBA SEDMOGODIŠNJAKA

## PARENTAL LEVEL OF INFORMATION ABOUT THE EFFECTS OF PROPER NUTRITION, ORAL HYGIENE AND FLUORIDE PROPHYLAXIS ON DENTAL HEALTH OF SEVEN-YEAR OLDS

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### Kratak sadržaj

Zdravstveno vaspitanje ima važnu ulogu u ostvarivanju oralnog zdravlja, podrazumevajući u prvom redu redukciju karijesa kao najmasovnije oralne bolesti.

Cilj rada je bio da se utvrdi stepen informisanosti roditelja o uticaju ishrane, oralne higijene i fluor profilakse na zdravje zuba.

Ispitivanjem je obuhvaćeno po 450 roditelja u urbanoj i ruralnoj sredini. Za ocenjivanje stepena informisanosti o pravilnoj ishrani, oralnoj higijeni i fluor profilaksi sprovedena je anketa kod roditelja.

Dobijeni rezultati pokazuju da je:

- u urbanoj sredini 76,00%, a u ruralnoj 52,89% informisanih roditelja o uticaju ishrane na zdravje zuba;
- u urbanoj sredini 50,44%, a u ruralnoj 23,11% informisanih roditelja o uticaju oralne higijene na zdravje zuba;
- u urbanoj sredini 27,78%, a u ruralnoj 5,11% informisanih roditelja o uticaju fluor profilakse na zdravje zuba.

Istaživanje ukazuje na neophodnost intenziviranja zdravstveno-vaspitnog rada posebno u ruralnoj sredini.

**Ključne reči:** informisanost, ishrana, oralna higijena, fluor profilakska

### Abstract

*Health education plays a crucial role in maintaining good oral health of human population.*

*The goal of the paper is to determine the level of information of parents on the effects of nutrition, oral hygiene and fluoride prophylaxis on oral health in rural and urban environment.*

*The survey included 450 parents of urban and rural seven year old children. Their level of information about proper nutrition, oral hygiene and fluoride prophylaxis was determined based on a questionnaire.*

*An analysis of the obtained results suggests that:*

- 76.00% parents in urban environment and 52.89% of them in rural environment are well informed about the effects of proper nutrition on dental health;
- 50.44% parents in urban environment and 23.11% of them in rural environment are well informed about the effects of oral hygiene on dental health;
- 27.78% parents in urban environment and only 5.11% of them in rural environment are well informed about the effects of fluoride prophylaxis on dental health.
- This research suggests a need to intensify health education activities, especially in the rural environment.

**Key words:** information, nutrition, oral hygiene, fluoride prophylaxis