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THE CREATION OF AN INNOVATIVE ORAL HEALTH ASSESSMENT SURVEY

Purna Patel

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DEVELOPING AN INNOVATIVE ORAL HEALTH ASSESSMENT SURVEY FOR
COLLEGE STUDENTS

A Thesis
Presented to the
Faculty of
California State University,
San Bernardino

In Partial Fulfillment
of the Requirements for the Degree
Master of Public Health

by
Purna Patel
May 2023

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MAY 2023
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ABSTRACT

Background: Oral health, like students' knowledge, attitude, and practice, is a crucial aspect in maintaining overall health and wellness. There is currently very little study on oral health awareness for college students.

Objective: The purpose of the study was to define the importance of oral health and investigate college students' understanding related the oral health.

Moreover, research shows how students are protecting their oral hygiene.

Results: The outcomes revealed the college student's awareness and understanding of oral health. According to the survey questions, students believe that dental health is a significant aspect of overall health management.

Furthermore, students demonstrate their understanding of oral health through survey questions, and dentists get a sense of what the current understanding level for oral health is, how many students are suffering from various problems, and whether they are using accurate tools; if not, the dentist can assist them in gaining more knowledge about different tools based on the disease.

Furthermore, survey questions reveal what hurdles exist between college students and dentists, and dentists may endeavor to overcome such barriers.

Ultimately, dental health is an important component of general health and well-being. To maintain excellent oral health, it is essential to practice good oral hygiene practices, eat a balanced diet, and visit a dentist regularly.

Conclusion: In conclusion, the significance of oral health should be emphasized.

Practicing appropriate oral health practices, such as brushing on a regular basis,

can help to avoid the development of a variety of oral illnesses and problems. In addition, neglecting oral health can result in dental cavities, periodontal illnesses, oral cancer, Noma, and other oral health disorders, all of which can have a substantial influence on a person's general health and quality of life.

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CHAPTER ONE

INTRODUCTION

Oral health is an important indicator of general health, well-being, and life quality (WHO, 2022). It includes dental caries, periodontal (gum) disease, tooth loss, oral cancer, oral-dental trauma, Noma, and congenital abnormalities such as cleft lip and palate (WHO, 2022). According to the Global Burden of Illness Study 2019, oral illness affects almost 3.5 billion people globally (WHO, 2022). Researchers have estimated that 520 million children have primary tooth decay, and 2 billion individuals have permanent tooth decay (WHO, 2022). Lip and oral cavity cancers are among the top 20 most prevalent malignancies globally, with about 180,000 fatalities per year, according to the International Agency for Research on Cancer (WHO, 2022). Oral health refers to the health of a person's overall oral-facial system including their teeth, and gums (CDC). Oral health is important as it affects our ability to smile, speak, and chew (CDC). Problems of oral health are frequently assumed to be unique from other chronic conditions, however, they are not and are often tied to other chronic conditions (CDC). Heart disease and diabetes have been related with poor oral health (CDC). Dangerous habits have also been related to oral health problems, habits including smoking and eating meals and beverages with a high amount of sugar (CDC).

Oral health disorders are mainly preventable and treatable in their early

stages (WHO). Most instances include dental caries (decayed tooth), periodontal disorders, oral malignancies, oral-dental trauma, cleft lip and cleft palate, and Noma (which primarily affects youngsters) (WHO, 2022).

Dental caries When plaque builds on the surface of a tooth and transforms the free sugars in foods and drinks into acids that eventually damage the tooth (WHO, 2022). A continuous high intake of free sugars, insufficient fluoride exposure, and a lack of plaque removal by toothbrushing can result in caries, discomfort, tooth loss, and infection (WHO, 2022). Caries affects an estimated 2 billion people worldwide, with 520 million children suffering from primary tooth caries (WHO). Furthermore, untreated tooth decay affects 26% of adults in the United States (CDC).

Periodontal (gum) disease is an infection of the tissues that support surround and the teeth. The condition's symptoms include bleeding or swollen gums, pain, and bad breath (WHO). In its most severe form, the gum can separate from the tooth and supporting bone, causing teeth to become loose and, in extreme cases, fall out (WHO). Severe periodontal diseases are estimated to impact 14% of the global adult population, with poor dental hygiene and tobacco use being the primary causes (WHO). A new CDC study provides statistics on periodontitis rates in the United States. For those 30 or over, 47% are affected by periodontal disease (CDC, 2013). Periodontal disease grows increasingly common with age. For those 65 and above, 70.1% are affected. Men are more likely than women to be affected (56.4% vs. 38.4%), as are those living

in poverty (65.4%), those with less than a high school education (66.9%), and current smokers (64.2%) (CDC, 2013).

Oral Cancer: Oral cancer includes cancers of the lip, different parts of the mouth, and the oropharynx. Lip and oral cavity cancers have a global incidence of 4 cases per 100,000 people. Oral cancer is more frequent in men and the elderly, and it varies greatly by socioeconomic status. Tobacco, alcohol, and areca nut (betel quid) consumption are all major causes of oral cancer (CDC, 2016). Human papillomavirus infections are causing an increasing number of mouth malignancies in young individuals in North America and Europe (CDC). In 2016, approximately 45,000 new instances of oral cavity and pharynx cancer were detected in the United States, with over 10,000 fatalities (CDC, 2022). The 5-year survival rate for these tumors is around 61% (CDC, 2022). Mortality rates of oral cancer are higher by a factor of three in males than in females (4 vs 1.4 per 100,000 people) and approximately twice as high in black and white communities as in Hispanic communities (2.6 vs. 1.5 per 100,000 people) (CDC). Preventing high-risk behaviors such as cigarette, cigar, or pipe smoking, usage of smokeless tobacco, and excessive alcohol consumption is crucial in the prevention of oral cancer (CDC).

Noma: Noma is a serious gangrenous illness of the mouth and face (WHO,2022). It primarily affects children aged 2 to 6 years who are malnourished, infected with an infectious condition, living in extreme poverty with inadequate dental hygiene, or who have impaired immune systems (WHO,

2022). Noma begins as a soft tissue lesion in the mouth's gums (WHO, 2022). According to the most recent figures (from 1998), there are 140,000 new cases of Noma each year that go untreated, and in 90% of instances, Noma is fatal (WHO). Victims suffer major facial malformations and struggle to communicate and eat (WHO). When Noma is diagnosed early, its progression can be slowed significantly with simple cleanliness, medicines, and a better diet (WHO).

Social determinants of health (SDOH) are defined by the conditions in which people live and pursue education, economic opportunity, practice religion, etc (SDOH). These social determinants influence quality-of-life, risks, and overall health (JDH). In America, access to dental care is a significant and difficult issue (JDH, 2017). According to the American Dental Hygienists Association (ADHA), oral health care is a basic human right, and if reducing barriers to treatment is to be accomplished, dental hygienists will take on a key role (JDH, 2017). Moreover, infants, pregnant women, and the elderly face the greatest challenges to accessing oral health treatment, according to information published by the US Senate Subcommittee on Primary Health and Aging (USPHA & JDH, 2017). External factors include prohibitive dental care costs, inability to obtain dental insurance and shortage of dentist maldistribution, low Medicaid provider participation; insufficient professional training regarding evidence-based guidelines; lack of interdisciplinary collaboration; inadequate dental safety nets; and a complex oral health system that can be difficult to navigate (JDH, 2017). International barriers to oral health treatment due to a lack of oral health literacy

Dental-related anxiety and terror; attitudes and misunderstandings regarding preventative oral health care (JDH, 2017)

Global access to oral health care services is hindered by various obstacles, including inadequate knowledge of oral health, fear and, anxiety related to dental procedures, and misunderstandings regarding preventive oral care (JDH, 2017).

CHAPTER TWO

METHODS

Basic oral health surveys are used to gather data on a population's oral health condition and treatment need to analyze changes in disease levels and trends. The purpose was to create a survey to examine graduate students, attitudes, and practice of oral health. Furthermore, the significance of this study is to demonstrate how well-informed graduate students are regarding oral health. This questionnaire is designed for students to learn about oral health diseases. Furthermore, students prefer to visit the dental clinic for routine check-ups, which is highly beneficial for the students if they have any oral problems since the dentist will begin treatment on the initial level. Secondly, based on the results of this survey, clinicians will understand the barriers that exist between dentists and students, as well as why students lack adequate awareness of oral health issues. Additionally, dentists wanted to know what age group of students are more likely to use tobacco products and the reasons why students use them. The fundamental goal of this research study is to track students' awareness of oral health and how dentists may help students gain knowledge and comprehension.

Data Source and Review Process

The graduate student contacted a senior dentist. Who has a master's degree in Oral Maxillofacial Surgery in India runs his practice, and consults. The graduate student was informed about the oral health thesis and currently is

working on it. Moreover, the dentist assisted in drafting survey questions. The oral health concept was explained to the dentist. He was happy to help with the process and began discussing Oral Health, such as how people perceive it, what forms of disorders are more frequent in age groups, and what causes these concerns. Furthermore, individuals in underserved communities do not know which equipment and supplies are best for preventing oral health, which is a massive problem for clinicians. People are at risk because they need to know which products are helpful. After gathering data on the obstacles that hinder global access to oral healthcare services, a poll was conducted with input from a dentist. The dentist provided valuable insights on how the questions in the poll could help gauge people's knowledge and understanding of oral health, as well as their commitment to maintaining good oral hygiene. In constant, many patients have regular dental check-ups; if they do not, what are the reasons? Secondly, the dentist discussed what are the roadblocks between patients and dentists. More importantly, if they do not have appropriate instruments or do not attend periodic check-ups, then clinicians have an idea of what sort of illness they may have in the future. Seeing what ailments, they may eventually get provides a sense of what to expect and helps students think about what kind of incident will occur in the future. Finally, the dentist makes a recommendation based on all the knowledge and survey questions. The dentist recommended the book "Soben Peter," which is about public health dentistry. The book gives a lot of information

and resources that can help graduate students gain knowledge and awareness about oral health.

Ethical Considerations

This survey development did not require any human subject research.

CHAPTER THREE

SURVEY QUESTION

Open-ended Question

1. Why do you think oral health is important?

This question was designed to assess graduate students' competence in oral health. Moreover, students understand that poor oral health can lead to various health issues such as heart disease, stroke, and diabetes.

2. What are you doing to upkeep your oral health?

This inquiry was created to find out what products graduate students utilize to improve their oral health. Additionally, this question reveals if students schedule regular dental checkups and cleanings with a dentist to detect and prevent any prospective oral problems.

3. How often do you clean your teeth every day?

The purpose of this study was to determine how frequently students take care of their oral health. Based on this question, students comprehend how crucial it is to brush and clean their teeth.

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Brushing teeth twice a day is vital because it helps to remove food and plaque, which is a sticky white film that sticks to your teeth and contains bacteria. Furthermore, after eating a sugary meal or snack, bacteria and plaque release acids that destroy the tooth enamel layer. The acid can eventually dissolve the tooth enamel layer and create cavities.

4. What do you think are the consequences of inadequate oral health care?

This question was designed to test if students recognize that poor oral health care has both short and long-term repercussions. Dental decay, gum disease, bad breath, tooth loss, chronic pain, infection, and health problems are some of the most prevalent outcomes of poor oral health care.

5. What is your knowledge about periodontal (gum) diseases?

This question is designed to determine whether students are aware that periodontal disorders can harm their oral health. Additionally, this question reveals if students understand the long-term consequences of periodontal diseases.

6. Which tools and products are you using to maintain your oral health? Why do you think they are important?

This question identifies which tools and products college students use daily and which tools are appropriate. Based on this question, students understand that there are several things accessible in the market, and

they may begin looking for the finest tools and products based on their preferences.

7. Which oral health diseases are commonly seen in children? What are the reasons?

Based on this question, students understand that various diseases are commonly recognized in youngsters. The most common chronic childhood illness is cavities. Cavities that go untreated can cause discomfort and infections, which can interfere with eating, speaking, playing, and learning. Furthermore, reason teaches dentists that students believe that tooth decay is caused by bacteria. It can occur when carbohydrates (sugars and starches) are left on the teeth. Milk, soda, raisins, candies, cake, and acids are examples of such foods. Plaque is created when bacteria, food, acid, and saliva mix to form a substance that sticks to the teeth. Acids produced by bacteria wear away at the tooth enamel layer over time, creating cavities.

8. Do you prefer to brush your teeth in the morning or at night? Why?

This question is intended to determine how many times students brush and clean their teeth and oral cavity to maintain their oral health, as well as how many students are aware that cleaning their oral cavity at night is the best way to maintain their oral health.

9. Do you know what diseases occur in oral cavities? If so, please explain.

This question seeks knowledge about the oral cavity; do students understand the various lesions that may be observed in the oral cavity? If not, they will try to locate social media networks or ask someone to gain a better grasp of oral health disorders in the oral cavity.

10. Do you know oral cancer is a type of cancer? If so, then which parts of the mouth?

Based on this question, dentists presume that students understand that oral cancer is a type of cancer that can affect numerous parts of the mouth. Furthermore, students will present their most recent knowledge of oral cancer.

Oral cancer can affect various parts of the mouth. It can occur in the lips, tongue, gums, inner lining of the cheeks, palatal area, and floor of the mouth will affect oral cancer lesions. Additionally, oral cancer can also affect the throat, including the tonsils and the back of the tongue.

Close-ended Questions

1. What is your current academic status?

- First-year
- Second-year
- Third year
- Fourth year
- Fifth or more

This question is intended for CSUSB graduate students, in which age group students have more knowledge about oral health.

2. What is your age range?

- 13-19
- 20-64
- 65+

Individuals' oral health might differ based on their age groups. Here is a brief description:

Teenagers (ages 13-19): As their wisdom teeth begin to erupt, teenagers may suffer discomfort and anguish. Moreover, many teens require orthodontic treatment to repair mismatched teeth or a misaligned jaw.

Tobacco users in teens who smoke may develop oral cancer, gum disease, and tooth decay.

Adults (ages 20-64): Dental decay can occur in adults if they consume sweet and starchy meals and do not practice good oral hygiene. Gum disease can occur at any age and is frequently caused by poor dental hygiene. People may lose teeth as a result of gum disease, dental decay, or accident. Teeth grinding because of stress can result in worn-down teeth, migraines, and jaw pain. (NIH, 2022) Older adults (ages 65+): Dry mouth especially older adults may suffer from dry mouth due to medication use, which can raise the risk of tooth decay and gum disease.

(September 2022) Oral cancer: Because of older age and other factors,

older people are at a higher risk of developing mouth cancer. (Cancer. Net, 2021)

3. Which of the following best defines your race/ethnicity?

- Native American
- Hispanic or Latino
- Asian or Pacific Islander
- Black or African American
- White/ European American
- Other

This question is intended do students know race/ ethnicity affects oral health? Additionally, different races may experience various oral health issues. This can be attributed to a multitude of reasons such as heredity, cultural behaviors, and socioeconomic conditions. Several studies have found that people of African American, Hispanic/Latino, and Native American heritage are more likely than those of other races to suffer dental decay and periodontal (gum) disease. This might be related to changes in mouth flora, nutrition, and dental care availability. Individuals of Asian heritage may also be predisposed to mouth cancer and jaw diseases such as temporomandibular joint (TMJ) condition. This might be attributed to cultural behaviors like betel nut chewing and the usage of smokeless tobacco. Individuals of all races must practice proper oral hygiene and seek regular dental treatment to avoid and treat oral health

concerns. Furthermore, to offer proper care, healthcare practitioners should be aware of the distinct oral health needs and hazards of different ethnicities. (BMC Oral Health, 2016)

4. What was the primary reason for your most recent visit to an oral health care facility?

- For regular check-ups
- Something was wrong or hurting
- Went in for the follow-up
- Other

This question aims to evaluate those who are aware of the patient's purpose for visiting the clinic and the problem they were facing at the time. Clinicians form a perception of the patient's attitude toward the dental appointment. (NIH, 2020). Regardless of the purpose of the appointment, frequent dental check-ups are critical for maintaining excellent oral health and preventing future tooth issues. (NIH, 2022)

5. What was the cause of your inability to obtain dental health care?

- Could not afford
- Insurance does not cover oral health care
- The oral health care center is too far (Accessibility)
- Lack of transportation (Accommodation)
- We are afraid to go

The cost has been identified as one of the most significant obstacles to accessing healthcare for persons with disabilities. Various elements have an impact. People with disabilities, for example, have lower average income and employment, as well as a greater cost of living and poverty rates than the general population (BDJ In Practice, 2021).

The proper oral care provider may be geographically distant from where someone lives, creating a further barrier to accessing oral health treatment regardless of whether a person can travel independently. Moreover, this could include barriers created by poor transitional arrangements between services, or timing or length of appointments. For example, someone may require an appointment at a time when they may utilize a bus ticket or have a caregiver assist them (BDJ In Practice, 2021).

Some typical causes include negative childhood memories of dental appointments, worry that treatment may be unpleasant, aversion to sharp dental tools, and aversion to unfamiliar noises and odors in the dentist's office (ECLKC, 2021).

6. Have you ever been visited for treatment of any tissue abuse habit like smoking, nail-biting, brushing too hard, or grinding teeth?

- Yes
- No

This question was intended to determine how frequently people visit for

soft tissue injuries caused by tissue trauma and toothpicks. Additionally, researchers want to know if people are aware of these soft tissue injuries (Lambton, 2019).

Smoking: Many oral health disorders are caused by smoking. It can reduce saliva production, raising the risk of bad breath (caused by dangerous bacteria and food decomposition) and tooth decay. Moreover, smoking discolors teeth, promotes gum and periodontal disease, and can result in tooth loss. (Lambton, 2019).

Nail-Biting: It causes jaw dysfunction because your jaw is positioned at an abnormal angle, pulling your lower jaw out of line. This eventually develops temporomandibular disorder (TMJ) (Lambton, 2019).

Brushing too hard: A lot of people brushing their teeth very hard which is caused enamel erosion and gum irritation over time. (Lambton, 2019)

Grinding Teeth: Many people grind their teeth, especially when sleeping. This condition is known as bruxism; it is frequently seen in college students due to stress, and students might develop habits. It may develop into a habit and cause jaw pain, migraines, and tooth fractures over time (Lambton, 2019).

7. Are you aware of the benefits or importance of quitting cigarettes or other types of tobacco products?

- Yes
- No

This question was designed to assess respondents' knowledge of tobacco-related illnesses and products. Secondly, dentists know that consumers have acknowledged that tobacco is harmful to all aspects of oral health.

One of the most essential steps people may take to enhance their oral health is to quit smoking. That is determined by how long they have been smoking. Also, it will lower the risk of a variety of negative health consequences, such as poor reproductive health outcomes, cardiovascular disease, chronic obstructive pulmonary disease, and cancer (CDC, 2020).

8. Are you aware of the benefits of checking your blood sugar to manage oral health?

- Yes
- No

Researchers believe that if a patient has diabetes, he or she is more likely to get a bacterial infection. For example, dental cavities, gum disease, root canal therapy, and so on. On the other hand, dentists are aware of how anxious patients are about periodic check-ups (Dental Care of Madison). Letting the complete health dentist know about the patient's diabetes can help in creating treatment plans for dental procedures and treatment. The dentist can then set a dental visit schedule for the patient (Dental Care of Madison).

9. Are you aware of the benefits and importance of examinations for oral cancer?

- Yes
- No

Depending on the question, the dentist may conclude that people have a basic understanding of oral cancer and acknowledge its negative impact on human beings. Furthermore, experts believe that individuals should be informed of oral health checkups to preserve their oral health. (OAK FOREST, 2023).

Getting screened for oral cancer is important because early detection can mean a better chance of successful treatment. Many of the signs don't appear until the disease has advanced to later stages. That's why it's so important to get screened regularly, even if you feel healthy. (OAK FOREST, 2023).

10. What method do you use to clean your teeth and gums??

- Floss only
- Brush and toothpaste
- Mouthwash
- Other

This question is designed to collect information on the oral hygiene equipment that people use daily. Designers also find which dental care products they prefer to manage oral health (NIH, 2020).

Floss: Use dental floss, pre-threaded flossers, or a water flosser to clean between two teeth. This eliminates plaque and food particles that a toothbrush cannot (NIH, 2020).

Brush your teeth gently on both sides with a soft bristle brush and fluoride toothpaste. Every 3 to 4 months, replace your toothbrush (NIH, 2020).

Purpose of mouthwash: The most common reason people use mouthwash includes. Fresh breath, reducing tooth decay using sodium fluoride, reducing gum inflammation by killing bacteria, whitening teeth using a bleaching agent, and preventing gum disease using an antiseptic or anti-plaque ingredient (Dr. Julie, B., 2022).

CHAPTER FOUR

DISCUSSION

Oral health refers to any condition or issue that affects the health of the teeth, gums, and soft and hard tissues of the oral cavity. Worldwide, it is estimated that 2 billion individuals suffer from permanent tooth caries, with 520 million children suffering from primary tooth caries (WHO, 2022). Lip and oral cavity cancers are among the top 20 most prevalent malignancies globally, with about 180,000 fatalities per year, according to the International Agency for Research on Cancer (WHO, 2022). Moreover, oral health issues are often preventable in their early stages. While much has been done about oral health, the major aim of this study is to look at graduate students that give real statistics regarding how well-informed graduate students are about oral health. Furthermore, based on the results of this survey, students recognize the need for frequent dental care in maintaining healthy oral habits. In addition, clinicians learn which illnesses are most frequent in particular age groups. Second, based on the survey results, clinicians will have a better understanding of the obstacles that exist between dentists and graduate students. On the basis of survey questions, clinicians know knowledge about students' knowledge and understanding. Basic oral health surveys provide a solid foundation for assessing college students' present oral health status and future oral health care requirements. (WHO, 2013). In constant, this manual aims to encourage

graduate students who plan oral health surveys to standardize measurements of oral diseases and conditions that are important for the planning and evaluation of oral health programs, as well as to ensure the comparability of data collected in a variety of settings. (WHO, 2013). Moreover, survey questions can aid in the identification of risk factors linked with poor oral health, such as smoking or a bad diet. This data may be utilized to create tailored interventions to lower these risk factors and enhance oral health outcomes.

Open-ended questions will assist dentists and health professionals in understanding the thinking of graduate students. Constant, students' understanding of poor oral health can lead to various health issues such as diabetes, heart disease, stroke respiratory diseases, and many more (Jane. T, 2016). Moreover, they learn what students are doing to maintain their oral health and how frequently they visit for check-ups. Moreover, if they are not visiting once in a while or students are unaware of the necessity of maintaining oral health, clinicians and health professionals will know what the obstacles are between students and dentists based on students' comments. For example, many students are afraid to visit a dentist clinic for a variety of reasons like the sounds of the dental tools, sharp instruments, the fear of pain, and the fear of being away from their parents. This will assist dentists and health experts determine the best strategies to alleviate the student's worry or anxiety.

Furthermore, based on the responses to these questions, dentists and

health professionals will discover basic information about students' knowledge and attitudes toward oral health, and based on this information, they will conclude how to create a more welcoming environment in which to teach students. For example, dentists and healthcare professionals may arrange a free oral check-up on camp to educate the students about the significance of oral health. Maybe they can give some simple tools to manage oral health like brushes, toothpaste, mouth freshener, and a browser about basic knowledge about oral health importance with the kit so students can read it and students get more knowledge and they can start visiting for an oral check-up and when they visit the dental clinic so dentist take a case history and they know what are the different types of oral problems students are suffering from different age groups and what are the common causes behind oral health problems.

Closed-ended statements will help dentists and health professionals. It discusses which year students are more likely to have a better grasp of oral health. Second, dentists and healthcare workers understand which age groups of students have the most frequent oral health issues and why. Furthermore, students learn that a specific ethnicity has various oral health issues. As a result, they can provide students with relevant information and advise them on the ideal diet for them. Moreover, dentists planned basis on the questions of how often they visit for dental checks and what are students' points of view visit, are they visit for a normal check-up or because of tissue abuse, and if not, what barriers are stopping them. Dentists and health experts understand

how many students are informed about smoking and how it is detrimental to their dental health as well as their general health. Furthermore, the same for blood sugar level and oral cancer, it will show that students are managing their overall health, or they are only aware of oral health because of a high sugar level and oral cancer even students get an idea of the bases of this question that sugar level and oral cancer are affecting oral health.

Strengths and Limitations

Limitations:

This study had certain shortcomings that should be addressed in future investigations, such as selected bias (only graduate students were recruited not the general population). This survey gathers broad information on college students and may not cover all elements and understanding of oral health. Moreover, oral health beliefs and behaviors might change greatly among languages, making it challenging to generalize findings from college students.

Strengths:

The survey questions were designed to assess college students fundamental knowledge about oral health. It will reveal how many college students have complained about tobacco-related health concerns. This poll serves to identify the barriers that exist between students and dentists. Furthermore, a survey found that oral health issues vary by age and race. Furthermore, sickness can be prevented in its early stages.

Practices Recommendations:

The practice recommendations are to promote oral health and avoid certain oral disorders. The survey questions demonstrate oral health concerns and the causes of oral health problems. The study reveals college students' attitudes, knowledge, and practice about oral health. Survey questions are vital for major students to understand oral health and how to manage and maintain it. It will go into depth into how students use the relevant equipment and tools. Moreover, study shows what are the benefits of brushing teeth twice a day. Additionally, the study shows an understanding of oral cancer.

Conclusion:

In conclusion, the significance of oral health should be emphasized. Practicing appropriate oral health practices, such as brushing regularly, can help to avoid the development of a variety of oral illnesses and problems. Neglecting oral health can result in dental cavities, periodontal illnesses, oral cancer, Noma, and other oral health disorders, all of which can have a substantial influence on a person's general health and quality of life.

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