

## **Oral Health Habits And Periodontal Health Among A Group Of University Students In Kenya**

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<http://profiles.uonbi.ac.ke/pnganga/publications/chindia-ml-valderhaug-j-nganga-pm-oral-health-habits-and-periodontal-health-among>

<http://erepository.uonbi.ac.ke:8080/xmlui/handle/123456789/33509>

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### **Abstract:**

Department of Dental Surgery, College of Health Sciences, University of Nairobi, Kenya. The purpose of this study was to determine the oral health habits and periodontal health among a group of university students in Kenya. The study comprised 243 randomly selected first year students, mean age 23 years, at the University of Nairobi. Questionnaire response showed that 39% of the participants had visited a dentist before, mainly for extraction. Sixteen per cent said they visited a dentist at least once a year and 96% said they brushed daily. Clinical examination was done in a room with natural daylight using the WHO criteria. Plaque was visible on 35% of the surfaces. 11% of gingival sites examined bled on probing. Only one participant had pocket depth greater than or equal to 4 mm. Supra- and sub-gingival calculus was recorded at 18% of index tooth surfaces. The study will be considered as a baseline for later studies on oral health trends in similar populations.