

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**OZAVEŠČENOST ODRASLIH LJUDI O VPLIVIH PREHRANJEVANJA
NA ZDRAVJE ZOB IN USTNE VOTLINE**

**FOOD AND DIETARY HABITS AWARENESS ON DENTAL HEALTH
AMONG ADULTS**

Študentka: DIJANA DEUMIĆ

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POVZETEK

Uvod: Ustno zdravje je nepogrešljiv del splošnega zdravja. Dejavniki tveganja, ki vplivajo na ustne bolezni, so nezdrava prehrana, kajenje, škodljiva raba alkohola in slaba ustna higiena. Najpogostejše bolezni zob so karies, parodontalna bolezen in erozije. Vzroki so povezani s pretiranim uživanjem enostavnih sladkorjev, slabo ustno higieno, kajenjem, starostjo ter genetsko predispozicijo. Z raziskavo smo želeli predstaviti ozaveščenost odraslih ljudi o vplivu prehranjevanja na zdravje zob in ustne votline.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu. Uporabljena je bila metoda deskripcije. Uporabili smo tehniko anketiranja in neslučajni vzorec, v katerega smo vključili 100 pacientov v zasebnih splošnih zobnih ambulantah. Prejeli smo vse ankete, kar predstavlja 100 % realizacijo. Podatki so bili analizirani v statističnem programu SPSS.

Rezultati: 98 % anketirancev se zaveda, da način prehranjevanja vpliva na zdravje zob. 88 % uživa navadno vodo. 47 % anketirancev enkrat dnevno uživa slaščice. 55 % anketirancev uživa prigrizke med obroki. Nastanek kariesa največ anketirancev (68 %) pogojuje z uživanjem bombonov in (20 %) s čokolado in drugimi pecivi. 38 % anketirancev uživa mleko. 59 % anketirancev izbira izdelke iz bele moke. 45 % sadje uživa enkrat dnevno. Zobozdravnika 53 % anketirancev obišče dvakrat letno. 51 % anketirancev se na nekaj let odstrani zobni kamen. Zobe si 55 % anketirancev ščetkata dvakrat dnevno. 34 % anketiranih zobno nitko ali medzobno ščetko uporablja dnevno. 27 % anketirancev med ščetkanjem krvavijo dlesni.

Razprava in sklep: Z raziskavo ugotavljamo, da so odrasli v povprečju dobro ozaveščeni o vplivu prehrane na zdravje zob, saj se večina zaveda pomena prehrane za zdravje zob. Higienске navade ustne votline odraslih so v povprečju bolj konsistentne od prehranskih, kar lahko pripišemo ravno kompleksnosti prehranskih dejavnikov.

Ključne besede: zobje, prehrana in zobje, ustno zdravje, zobne bolezni, ustne bolezni, zobna gniloba.

SUMMARY

Introduction: Oral health is an essential part of general health. The risk factors contributing to oral cavity diseases include an unhealthy diet, smoking, harmful use of alcohol and poor oral hygiene, while caries, periodontal disease and dental erosion are the most common dental diseases. The causes are connected with excessive consumption of sugars, poor oral hygiene, smoking, age and genetic predisposition. The aim of our research was to present the level of awareness among adults regarding the impact of nutrition on dental health and the health of the entire oral cavity.

Method: The research was based on the quantitative approach and the descriptive method. We applied the survey method and a random sample, which included 100 patients in private general dental surgeries. All of our survey questionnaires were returned, which means that the realisation was 100%. The data were analysed by means of the SPSS statistical software.

Results: 98% respondents are aware that one's nutrition impacts dental health. 88% drink ordinary water. 47% respondents eat sweets once a day. 55% respondents eat snacks between meals. 68% respondents link the development of caries with consumption of candy, 20% with chocolate and pastries. Milk is consumed by 38% of the respondents. 59% respondents tend to choose products made with white flour. 45% eat fruit once a day. 53% respondents visit the dentist twice a year. 51% have tartar removed once every few years. 55% respondents brush their teeth twice daily, 34% floss or use an interdental toothbrush on a daily basis. 27% respondents experience gum bleeding while brushing their teeth.

Discussion and conclusion: Through the research we established that adults are, on average, adequately aware of the impact of nutrition on dental health as most of them realise the significance of good nutrition when it comes to maintaining dental health. On average, the hygiene habits of adults are more consistent than their dietary habits, which can be attributed to the complexity of dietary factors.

Keywords: teeth, teeth and nutrition, oral health, dental diseases, oral diseases, dental caries.