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An Oral Health Survey for Newly Admitted Undergraduate Students in Hong Kong

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Aim: To describe the tooth status, periodontal status, oral health believes of students in a university in Hong Kong.

Method: This cross-sectional survey recruited a sample of newly admitted students in a Hong Kong university. Tooth and periodontal status was assessed using WHO criteria – DMFT and CPI index (World Health Organisation. Oral health surveys basic methods. 4th ed. Geneva: World Health Organisation, 1997). Questionnaire was used to study oral health believes.

Results: There were 913 participants. Mean DMFT score was 1.08 ± 1.80 (mean \pm SD). Majority (88%) had at least one sextant with CPI = 2 or above. One third of participants believed drinking herbal tea could prevent tooth decay and gum disease. This belief was positively correlated with maximum CPI score ($B = 0.079$, $p = 0.002$), but not their mean DMFT or DT scores ($p > 0.05$).

Conclusion: Caries experience among the Hong Kong university students was low. Many had calculus. Misconception on oral disease prevention was common.