



## Examining The Relationship Between Children's Dietary Patterns and The Development of Dental Problems

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Article History	Abstract
Received: 06 June 2023 Revised: 05 Sept 2023 Accepted: 16 Nov 2023	<p><i>Background:</i> This cross-sectional study explores the relationship between children's dietary patterns and the development of dental problems in a sample of 200 participants aged 6 to 12 years. Recognizing the critical role of nutrition in pediatric oral health, the study aims to identify associations between dietary habits, nutrient intake, and prevalent dental issues. <i>Methods:</i> Dietary patterns were assessed using a Food Frequency Questionnaire (FFQ), and nutrient intake was analyzed. Clinical examinations by trained dental professionals evaluated dental problems, including caries, enamel erosion, and malocclusions. Statistical analyses, including logistic regression, were employed to examine associations between dietary patterns and dental outcomes. <i>Results:</i> Demographic characteristics indicated a balanced sample with equal gender distribution and representation across age groups. Analysis of dietary patterns revealed mean values within recommended ranges for caloric intake, protein, carbohydrates, fat, and calcium. Significant associations were found between high sugar consumption and dental caries, low calcium intake and enamel erosion, and irregular snacking habits and malocclusions. <i>Conclusion:</i> This study underscores the importance of understanding the intricate relationship between children's dietary patterns and dental health. The identified associations provide insights for targeted interventions aimed at reducing sugar consumption, promoting adequate calcium intake, and addressing irregular snacking habits to enhance pediatric oral health.</p>
CC License CC-BY-NC-SA 4.0	<p><b>Keywords:</b> Pediatric dentistry, dietary patterns, oral health, dental problems, nutrient intake</p>

### 1. Introduction

In the intricate tapestry of pediatric health, the interplay between dietary habits and oral well-being stands as a critical determinant. As children navigate the labyrinth of dietary choices during their developmental years, the potential repercussions on their dental health become increasingly evident. The aim of this study is to meticulously examine the relationship between children's dietary patterns and the development of dental problems. By undertaking a comprehensive investigation, we seek to unravel the nuanced connections between dietary habits and various dental issues that may manifest during childhood<sup>1-5</sup>.

The overarching goal of this research is to shed light on how specific dietary choices impact the prevalence and severity of dental problems, ranging from common concerns like caries to more intricate issues such as malocclusions. Through systematic inquiry and analysis, we aspire to identify patterns and trends that contribute significantly to pediatric oral health outcomes<sup>6-8</sup>. With a focus on understanding the intricacies of this relationship, the study aims to provide valuable insights that can inform targeted preventive strategies, educational initiatives, and intervention programs.

Ultimately, by elucidating the complex interrelationship between children's dietary patterns and dental health, this research endeavors to contribute to the body of knowledge that guides healthcare professionals, educators, and policymakers in fostering a foundation for lifelong oral health habits among the pediatric population.

## 2. Materials And Methods

### Study Design:

This research employed a cross-sectional study design to investigate the relationship between children's dietary patterns and the development of dental problems.

### Study Participants:

A total of 200 children, aged between 6 and 12 years, were recruited. Informed consent was obtained from both parents and guardians prior to participation.

### Data Collection:

Questionnaire: A structured questionnaire was developed to gather information on demographic details, dietary habits, oral hygiene practices, and any reported dental problems among the participants.

### Dietary Assessment:

Food Frequency Questionnaire (FFQ): Participants' dietary patterns were assessed using a validated FFQ tailored to the age group, capturing the frequency and types of food and beverages consumed.

Nutrient Analysis: Nutrient intake was analyzed using dietary analysis tool, providing quantitative data on key nutritional components.

### Dental Examination:

Dental problems evaluated included caries, enamel erosion, malocclusions, and other relevant conditions.

The World Health Organization (WHO) criteria and guidelines were followed for the clinical assessments.

### Data Analysis:

Statistical Analysis: Descriptive Statistics: Descriptive statistics, including means, standard deviations, and frequencies, were computed for demographic variables, dietary patterns, and dental outcomes.

Inferential Statistics: Bivariate and multivariate analyses, such as chi-square tests and logistic regression, were employed to assess associations between dietary patterns and dental problems, controlling for potential confounding variables.

## 3. Results and Discussion

### Demographic Characteristics of Participants:

Table 1 presents the demographic characteristics of the 200 participants included in the study.

Characteristic	Frequency (%)
Gender:	
- Male	100 (50.0%)
- Female	100 (50.0%)
Age (years):	
- 6-8	80 (40.0%)
- 9-10	60 (30.0%)
- 11-12	60 (30.0%)

### Dietary Patterns and Nutrient Intake:

Table 2 provides an overview of the participants' dietary patterns and nutrient intake based on the Food Frequency Questionnaire (FFQ) and nutrient analysis.

Dietary Component	Mean (SD)
Daily Caloric Intake (kcal)	1750.5 (320)
Protein Intake (g/day)	45.2 (8.5)
Carbohydrate Intake (g/day)	230.3 (40.2)
Fat Intake (g/day)	50.7 (12.8)
Calcium Intake (mg/day)	800.4 (120)

### Association between Dietary Patterns and Dental Problems:

The association between different dietary patterns and the prevalence of dental problems was assessed using logistic regression. Detailed findings are presented in Table 3.

Dietary Pattern	Dental Problem	Odds Ratio (95% CI)
High Sugar Consumption	Dental Caries	2.34 (1.42-3.87)
Low Calcium Intake	Enamel Erosion	1.89 (1.12-3.20)
Irregular Snacking Habits	Malocclusions	1.72 (1.05-2.82)

The present study aimed to examine the intricate relationship between children's dietary patterns and the development of dental problems in a sample of 200 participants aged 6 to 12 years. The results offer valuable insights into the associations between dietary habits, nutrient intake, and the prevalence of dental issues, contributing to the broader discourse on pediatric oral health.

#### Demographic Considerations:

The demographic profile of the participants revealed a balanced gender distribution and an even representation across age groups. This diverse sample allows for a comprehensive analysis of the impact of dietary patterns on dental health across different demographic categories<sup>9,10</sup>.

#### Dietary Patterns and Nutrient Intake:

The assessment of dietary patterns using the Food Frequency Questionnaire (FFQ) and nutrient analysis unveiled notable findings. Daily caloric intake, protein intake, carbohydrate intake, fat intake, and calcium intake were within the expected ranges for children of this age group. However, specific dietary components, such as high sugar consumption, demonstrated potential associations with the prevalence of dental problems.

The observed mean daily caloric intake aligns with established nutritional guidelines for children, indicating an overall adequate energy supply. Similarly, the mean values for protein, carbohydrate, and fat intake suggest a balanced macronutrient distribution, essential for growth and development. Notably, the mean calcium intake, while within the recommended range, may warrant attention, given its crucial role in dental health.

#### Association between Dietary Patterns and Dental Problems:

The logistic regression analysis revealed significant associations between certain dietary patterns and the likelihood of specific dental problems. High sugar consumption exhibited a positive association with the prevalence of dental caries, corroborating existing literature linking excessive sugar intake to increased caries risk in children. Furthermore, low calcium intake showed a statistically significant association with enamel erosion, emphasizing the importance of adequate calcium for maintaining dental enamel integrity.

Irregular snacking habits demonstrated an association with malocclusions, highlighting a potential behavioral factor influencing dental health outcomes. This finding underscores the need for comprehensive oral health education addressing not only dietary content but also patterns of consumption<sup>11-15</sup>.

#### 4. Conclusion

In conclusion, this study contributes to the growing body of knowledge on the relationship between children's dietary patterns and dental health. The observed associations between specific dietary components and dental problems underscore the need for multifaceted preventive strategies, including dietary counseling, education, and early intervention. Future longitudinal studies and interventional research are warranted to further elucidate these associations and guide evidence-based approaches to pediatric dental care.

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