

學齡前兒童齲齒狀況與口腔衛生習慣之探討

中文摘要

目標：本研究目的為探討學齡前兒童齲齒狀況與口腔衛生習慣之關係。**方法：**本研究以台中地區九所立案的幼稚園所，年齡3~6歲幼兒為研究對象，受測者需完成口腔健康檢查與問卷調查，回收率為63%。**結果：**共有480位幼兒參與本研究，學齡前兒童之齲齒盛行率為70%，平均齲齒指數為4.27顆，齲齒盛行率與齲齒指數隨著年齡增加而增加，無齲齒組幼兒平均開始刷牙年齡顯著早於有齲齒組幼兒，開始潔牙年齡越早平均齲齒指數越低，沒有刷牙的幼兒平均齲齒指數顯著高於有刷牙的幼兒，父母會幫孩子刷牙之幼兒平均齲齒指數顯著低於沒有幫孩子刷牙之幼兒，飯後有刷牙、漱口之幼兒平均齲齒指數低於沒有刷牙漱口之幼兒，飯後刷牙與齲齒狀況具有顯著相關性。**結論：**台灣學齡前兒童的齲齒盛行率以及齲齒指數高於世界衛生組織訂定的標準，因此應加強幼兒的口腔衛生保健，養成良好口腔衛生習慣與行為，此外父母應擔負幼兒口腔衛生照顧之責任，以促進幼兒口腔健康。

關鍵詞：齲齒、口腔衛生習慣、學齡前兒童

The dental caries and oral hygiene habits in preschool children

Abstract

Objectives: The purpose of this study was to investigate the dental caries and oral hygiene habits in preschool children. **Methods:** Study subjects were recruited from nine registered day care centers in Taichung city located in central Taiwan. All subjects complete oral health examination and questionnaire survey. The response rate was 63%. **Results:** In total, 480 preschool children (age 3-6 yrs) participated in this study. The mean prevalence of dental caries was 70%, the deft index was 4.27, and increased with increasing age. The mean age of begin to brush teeth in without caries subjects were significant lower than with caries subjects. The mean deft index was lower when early brush teeth habit. The mean deft index of subject who their parent have assisted clean teeth was significant lower than subject who their parent did not. The brush teeth and rinse the mouth after meal was association with dental caries. **Conclusions:** The prevalence and deft index of dental caries in preschool children was higher than the World Health Organization's 2010 goal. We should improve the oral hygiene habit and behavior of preschool children to prevent dental caries. In addition, parents have responsibility to take care his children's oral health.

Key words: dental caries, oral hygiene habits, preschool children