

# Inadequate oral health literacy is associated with the presence of oral lesions, overweight, inappropriate food intake and health team is not focusing this matter on the daily practice

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## Background

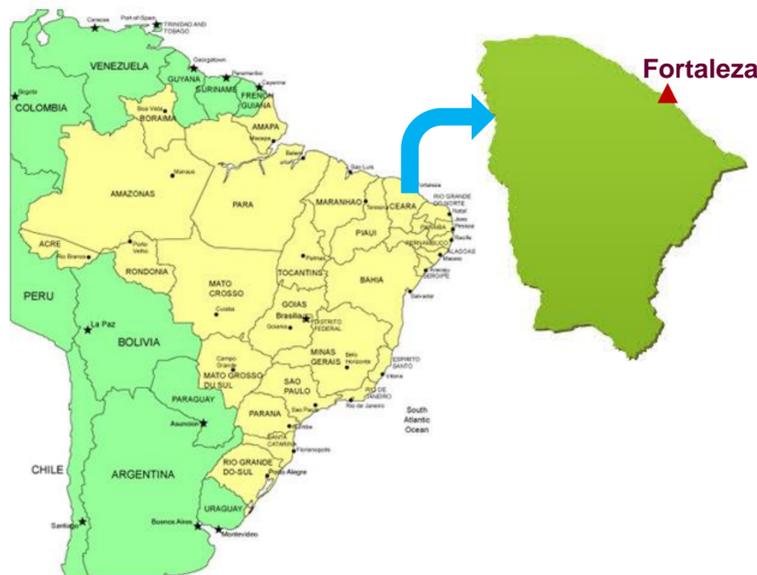
- Epidemiological studies point that the prevalence of inadequate oral health literacy is very high.
- It is essential that the patient obtain, understand and use the information available in order to promote it's own oral health.
- Also, inadequate oral health literacy has been pointed to lead to bad food habits.
- Oral health professionals must act considering that there is an interaction between oral health, nutrition and oral health literacy.

## Objective

- To evaluate the association between oral health literacy, oral health knowledge, nutritional status, diet and the presence of oral lesions.

## Methods

- Population group: 98 patients from a referenced public health service in dental care and 10 oral health care professionals.
- Place: Brazil – Ceará – Fortaleza (capital)



## Methods

### INTERVIEW (patients)

- Oral Health Literacy Instrument – OHLI (Sabbahi et al., 2009)
- Oral Health Knowledge Test (Sabbahi et al., 2009)
- Food intake
  - Food Frequency Questionnaire (Boffetta et al., 1998; validated in Brazil by Matarazzo et al., 2006)
  - Servings: Brazilian Dietary Guidelines (2006)

### ANTHROPOMETRY

- Body Mass Index (World Health Organization, 1998)
- Waist Circumference (World Health Organization, 1998)

### INTERVIEW (professionals)

- Health literacy and oral health literacy concepts
- Impact of oral health literacy in health care
- Educational measures developed in oral health care

## Results

### PATIENTS

- Age (mean): 36.8 (1.3) years
- Female: 69.4%
- Presence of oral lesions: 42.9%
- Inadequate oral health literacy: 85.7%
- Inadequate oral health knowledge: 94.9%

Table 1. Patients with oral lesions

Variable	p-value
Higher age	0.002
Lower Education	0.028
Overweight	0.031
Worst performance in oral health literacy	0.038
Worst performance in oral knowledge test	0.040

t Student test; significance level:  $p < 0.05$

## Results

### Food intake x presence of oral lesions

- Lowest intake of protein food ( $p = 0,025$ )

Graphic 1. Food groups intake x presence of oral lesions

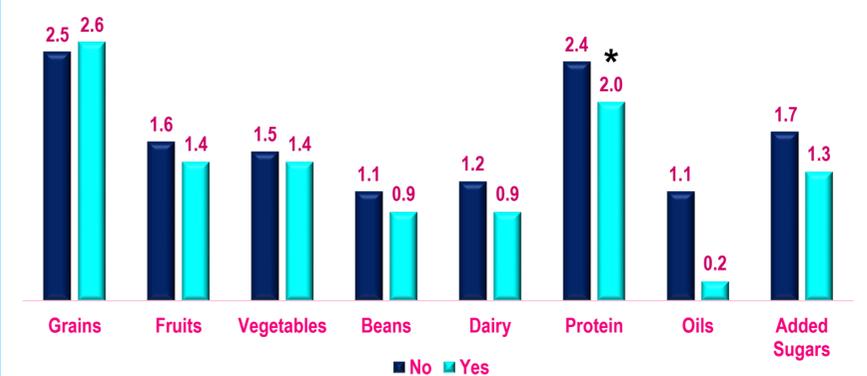


Table 2. Professional x Oral Health Literacy

Interview	%
Adequate knowledge about Health Literacy and Oral Health Literacy	10.0
Consider that oral health literacy has impact on prevention and improvement of the patient's life quality	40.0
Education actions developed	30,0

## Conclusion

- The patients are at risk for major health problems considering the associations found between the presence of oral lesions and inadequate oral health literacy and oral health knowledge, as well as the presence of overweight and inadequate diet.
- The situation gets more concerning when we consider the insufficient knowledge on conceptual and operational aspects of oral health literacy and low presence of educative actions on the daily practice of the professionals responsible for the care provided.