

Assessment of the Knowledge, Attitude and Practices for Optimal Oral Health among Adults in Benin City, Nigeria

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ABSTRACT

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INTRODUCTION

Oral health which is crucial for overall well-being, involves maintaining good oral hygiene to prevent diseases. Despite global progress in the maintenance of oral health, gaps still remain, particularly in developing countries, leading to an increased prevalence of oral diseases (Moynihan, 2005; Kasila et al 2006; Al Subait et al., 2016; Akinyamoju et al., 2018). Factors such as access to oral health related information and services, cultural beliefs, dental phobia, oral health knowledge, attitudes, and practices of an individual have been reported to impact oral health. The objective of the study was to assess the oral health knowledge, attitudes, and practices of adults in Benin City, Edo State.

METHODS

This was a cross-sectional study of adults presenting at a dental outreach programme in three conveniently selected local government areas (Ikpoba-Okha, Oredo, Egor) of Benin City, Edo State. Data generated from this study was analysed using the IBM® SPSS® statistics version 25 software. Descriptive data were presented as

frequencies and percentages; tables were utilized for clarity. The mean percentage of oral health knowledge, attitude, and practices were categorized as follows: poor (< 50.00%), fair (50.00% – 69.99%), and good (≥ 70.00%). The level of significance, denoted by α , was set at 0.05.

RESULTS

A total of 198 respondents aged 18 – 74 were investigated while attending a dental outreach programme. The median age of the respondents was 39 (IQR: 30 – 47); the age of the respondents didn't follow a normal distribution (Kolmogorov-Smirnov statistic = 0.066, $p < 0.034$; Shapiro-Wilk's statistic = 0.981 $p < 0.008$). Meanwhile, the gender distribution was similar, with 96 (48.50%) of respondents being male, and 102 (51.50%) of respondents, female. The mean percentage of oral health knowledge, attitude, and practices among the respondents was 57.5%, 83.1%, and 55.0% respectively.

CONCLUSION

This study assessed respondents' oral health knowledge, attitudes, and practices, revealing fair knowledge and practices but good attitudes. There are notable gaps, particularly in oral hygiene knowledge and practices. The positive attitudes recorded in the present study provide a scaffold for effective oral health promotion.

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