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Publication date:
2011

Document Version
Early version, also known as pre-print

Citation for published version (APA):
Christensen, L. B., Hede, B., Fiehn, N-E., & Holm-Pedersen, P. (2011). Poster Determinants for Oral-Health-Related Quality of Life among Danish adults. Poster session presented at EADPH kongres i Rom 2011, Rom, Italy.



Determinants for Oral-Health-Related Quality of Life among Danish adults



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Objectives

Identify and analyze determinants for oral-health-related quality of life among adults admitted to a Danish research program on general health and lifestyle (DANHES 2007-2008)

Materials and methods

- Study population: 4402 volunteers invited among participants of main study (n=18065) in 12 Danish cities.
- Age 18-96 years (average 54)
- Structured interviews (from main study and dental study) and clinical oral examination
- Oral-health-related quality of life measured by a 10 item index
- Non-parametric statistical methods, chi-square, simple and multivariate logistic regression

Results

- 33 persons were edentulous, 7 % wore dentures, mean DMFS = 62
- 88% were regular users of dental care
- 24 % reported oral-health-related quality of life problems
- 6 % reported score of 3 or more oral-health-related quality of life problems (maximum score = 30)

Most frequent problems because of appearance of teeth (or dentures) :

- Feeling embarrassed (13 %)
- Feeling tense (9 %)
- Avoid smiling/laughing (6 %)
- Difficulties with eating food due to mouth or teeth problems 9 %

Simple and multivariate logistic regression of odds ratio for high score of oral-health-related Quality of Life (index of three or more=problems)

	Category	Simple Odds ratio	Multivariate Odds Ratio	P-value
No dental visits (5 yrs)***		5.7	4.8	<0.001
Edentulousness**		3.7	4.3	<0.01
Number of natural teeth *	1-9	3.0	3.6	<0.01
	10-19	2.2	2.8	<0.001
Wearing dentures *		2.9	3.4	<0.001
DMFS > 100 *		1.7	2.5	<0.001
Decayed surfaces >= 2 *		1.6	1.6	<0.01

* controlled for gender, age, ethnicity, smoking habits, morbidity/handicap, physical activity, dental visit habits

** controlled for gender, age, ethnicity, smoking habits, morbidity/handicap, physical activity

***controlled for gender, age, ethnicity, smoking habits, morbidity/handicap, physical activity and number of teeth

Conclusions

- Regular dental visits and high number of natural teeth are determinants for high level of oral-health-related quality of life
- Untreated caries, wearing dentures and high caries experience are determinants for reduced oral-health-related quality of life