



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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AWARENESS ABOUT JUNK FOOD AND ORAL HEALTH AT ZP SCHOOL , WAVANJE VILLAGE

Date: 27th June 2024

Venue: ZP School , Wavanje Village

Faculty: Dr. Kashmira Kadam, Dr. Neeraj Kolge

Organizing Agency: Department Of Public Health Dentistry, MGMDCH; NSS Unit, MGMDCH; Hindalco Industries Ltd

Number of Students attended:4

Economic development, globalization, and urbanization have led populations to shift from traditional minimally-processed diets rich in staple foods of vegetable origin to diets high in meat, ultra-processed snack foods high in sugar, fat, and salt, and sugar-sweetened beverages. Large-scale studies have shown consumption has dramatically increased in LMICs, particularly in Asia, with booming fast food and beverage industries. Frequent consumption of sugar—in sugary liquids in the baby bottle, carbohydrate-dense and sugary snack foods and beverages—has been identified as the main cause of early childhood caries (ECC) in children under age six. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at ZP School, Wavanje Village with the intention of creating awareness about the myths and taboo in Dentistry.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To educate them and create awareness about junk food and its effect on oral health.

Method:

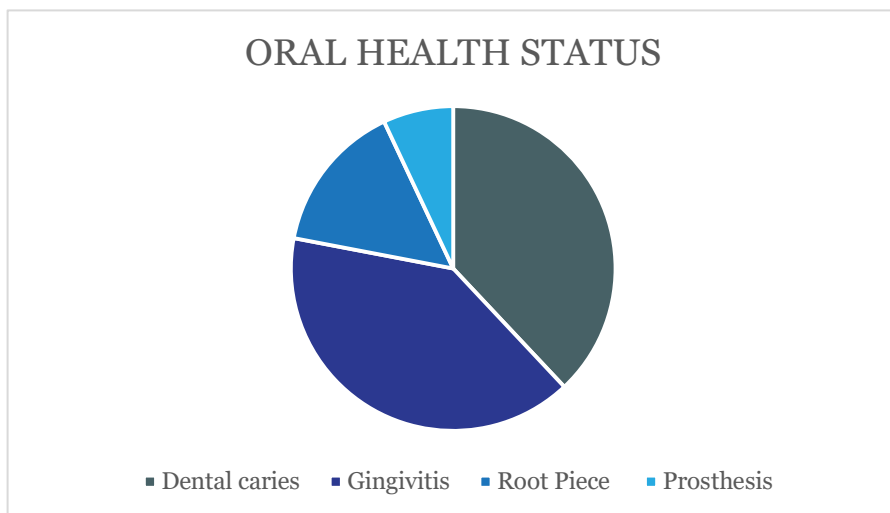
India has been undergoing the nutrition transition over the past two decades, with food industry growth at a rate of 40% each year. Increasing childhood consumption of junk food and rising rates of ECC have been documented. A systematic review estimated an overall 49.6% prevalence of ECC in children aged 2–6 years in India, with no state reporting a prevalence of less than 40%. All the information were provided to the children using a Oral Health education chart and models. A type III examination was carried out with the use of tongue

depressors in day light. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and how important it is to get them treated.

Observations: A total of 60 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	23	38
Gingivitis	24	40
Root piece	9	15
Prosthesis	4	7



Interpretation and conclusion:

1. Dental caries and gingival diseases are the most common problem among the patients which can be reduced by utilizing proper and prompt treatment
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient.
3. The challenges to ensuring good oral health and nutrition included families giving children daily pocket money to buy junk food, parents not enforcing daily tooth brushing, and poor access to affordable and high-quality dental services. These findings highlight the need to incorporate oral health education and services into primary care maternal-child health services, expand policies to limit marketing of junk food, and develop public health messaging to promote traditional Indian diets, oral hygiene, and preventive oral healthcare. Future studies should assess the effectiveness of community-based oral health interventions on improving children's oral health and nutrition status.



TEAM MEMBERS AT THE CAMP SITE



ORAL EXAMINATION PERFORMED BY THE TEAM MEMBERS

List of Attendees

Name of Staff	
1.	Dr. Karishma Kadam
2.	Dr. Neeraj Kolge
Name of Interns	
3.	Tejal Rane
4.	Vishal Obhan
5.	Sangeeta Sharma
6.	Karuna Mishra