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Audit of School Oral Health Promotion Activities and Association with Oral Health Behaviour of Adolescents in Ibadan, Nigeria

Audit des Activités de Promotion de la Santé Bucco-Dentaire dans les Écoles et Association avec le Comportement en Matière de Santé Bucco-Dentaire des Adolescents à Ibadan, Nigeria

*F. B. Lawal and G. A. Oke

ABSTRACT

PURPOSE: The school is primed as an avenue for promoting health. Conversely, the high unmet dental needs among school-going adolescents raises concern about the role of schools in this task. This study therefore assessed the role of schools in supporting positive oral health behaviour of adolescents in Ibadan, Nigeria.

METHODS: From 30 secondary schools that were randomly selected, 2097 students aged 12-18 years were recruited for this cross-sectional study. Data were obtained from the students with self-administered questionnaires. A checklist was used to assess the availability of oral health promotional activities and evaluate the schools' tuck shops for the sale of healthy food. Data were analysed with SPSS version 23.

RESULTS: The only oral health promotional role played by the schools was provision of oral health education reported in 8 (26.7%) schools and only 331 (15.8%) students had been educated about oral health. There was an absence of oral health promotional materials, dental clinics, or sick bays in schools and all the tuck shops had cariogenic foods and drinks for sale. Students from schools where oral health promotion activity had been conducted cleaned their teeth more frequently (AOR=1.9, 95%CI=1.4-2.5, p<0.001), consulted the dentist (AOR=2.5, 95%CI=1.6-4.2, p<0.001) and were more likely not to smoke (AOR=6.5, 95%CI=3.3-13.0, p<0.001) compared to others.

CONCLUSION: Very few schools had exposed their students to oral health promotion activity and oral health education was the only activity conducted in schools. Adolescents who had participated in school oral health programme reported better oral health behaviour than others. **WAJM 2024; 41 (5): 597 - 605**

KEYWORDS: Oral health, Health promotion, Adolescents, School health, Behaviour change, smoking.

RÉSUMÉ

OBJECTIF: L'école est amorcée comme un moyen de promouvoir la santé. À l'inverse, les besoins dentaires élevés non satisfaits chez les adolescents scolarisés soulèvent des inquiétudes quant au rôle de l'école dans cette tâche. Cette étude a donc évalué le rôle des écoles dans le soutien des comportements de santé bucco-dentaire positifs des adolescents à Ibadan, au Nigeria.

MÉTHODES: Dans 30 écoles secondaires sélectionnées au hasard, 2097 élèves âgés de 12 à 18 ans ont été recrutés pour cette étude transversale. Les données ont été obtenues auprès des étudiants avec des questionnaires auto-administrés. Une liste de contrôle a été utilisée pour évaluer la disponibilité du matériel promotionnel de santé bucco-dentaire et évaluer les confiseries des écoles pour la vente d'aliments sains. Les données ont été analysées avec SPSS version 23.

RÉSULTATS: Le seul rôle de promotion de la santé bucco-dentaire joué par les écoles était la fourniture d'une éducation à la santé bucco-dentaire signalée dans 8 écoles (26,7%) et seuls 331 (15,8%) élèves avaient été sensibilisés à la santé bucco-dentaire. Cela a été confirmé par l'absence de matériel promotionnel de santé bucco-dentaire, de clinique dentaire ou d'infirmerie dans les écoles et tous les magasins de confiserie vendaient des aliments et des boissons cariogènes. Les élèves des écoles où une activité de promotion de la santé bucco-dentaire avait été menée se nettoyaient plus fréquemment les dents (OR=1,9, IC 95 %=1,4-2,5, p<0,001), ont consulté le dentiste (OR=2,5, IC 95 %=1,6-4,2, p<0,001) et étaient plus susceptibles de ne pas fumer (AOR=6,5, IC à 95 %=3,3-13,0, p<0,001) par rapport aux autres.

CONCLUSION: Très peu d'écoles avaient exposé leurs élèves à des activités de promotion de la santé bucco-dentaire et l'éducation à la santé bucco-dentaire était la seule activité menée dans les écoles. Les adolescents qui avaient participé au programme scolaire de santé bucco-dentaire avaient un meilleur comportement de santé bucco-dentaire que les autres. **WAJM 2024; 41 (5): 597 - 605**

MOTS-CLÉS: Santé bucco-dentaire, Promotion de la santé, adolescents, Santé scolaire, Changement de comportement, tabagisme.

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Abbreviations: AOR: Adjusted Odds Ratio; CI: Confidence Interval; LGA: Local Government Area; OR: Odds Ratio