

BODY MASS INDEX AS A PROXY INDICATOR FOR POOR ORAL HYGIENE HABITS IN ADULT DIABETIC

PATIENTS

INDEKS TELESNE MASE KOT NADOMESTNI KAZALNIK SLABIH NAVAD USTNE HIGIENE MED
ODRASLIMI DIABETKI

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ABSTRACT

Aim: To analyse if body mass index (BMI) could be used as a fast proxy indicator of poor oral hygiene habits (POHH) among the adult population with diabetes mellitus.

Methods: Adults, aged 25-74, from the Slovenian 2016 nationwide cross-sectional survey based on the Countrywide Integrated Non-Communicable Disease Intervention (CINDI) Health Monitor methodology, who reported being diabetic, were included in the study (n=560). We assessed the relationship between POHH and BMI, adjusted to confounders, using multiple binary logistic regression.

Results: In the total sample, the POHH prevalence was 50.9%. Taking into account BMI, POHH prevalence in participants with normal BMI values was only 37.8%, in the overweight group it was 1.22-times higher (46.0%), while in the obese group it was 1.63-times higher (61.6%) ($p<0.001$). Also, odds for POHH were 2.64-times higher in the obese group in comparison to the normal BMI group (95% CI: 1.55-4.51; $p<0.001$). After adjustment for confounders, this OR decreased only moderately (OR=2.45; 95% CI: 1.35-4.44; $p=0.003$).

Conclusions: BMI could be used as a readily assessable, fast, simple, and cheap tool indicating higher odds for having POHH among the diabetic population. By defining the high-risk group it could be easier for physicians and dentists to take further referrals and actions for promoting oral health in this group. The suggested tool is time-saving and could have an important positive impact on the quality of life of diabetics, as well as on health expenditures.

Keywords:

Oral hygiene
Diabetics
Health promotion
Public health
Health expenditures
Primary health care

IZVLEČEK

Namen: Oceniti uporabnost indeksa telesne mase (ITM) kot nadomestnega kazalnika za oceno slabih navad ustne higiene med odraslimi sladkornimi bolniki.

Metode: V raziskavo smo vključili odrasle osebe, stare 25-74 let, iz nacionalne presečne raziskave, izvedene leta 2016 v Sloveniji po metodologiji CINDI Health Monitor, ki so poročale o tem, da so sladkorni bolniki ($n = 560$). Moč povezanosti med slabimi navadami ustne higiene in ITM smo ob upoštevanju motečih dejavnikov ocenili s pomočjo binarne logistične regresije.

Rezultati: Prevalenca slabih navad ustne higiene je v celotni skupini sladkornih bolnikov znašala 50,9 %. Ob upoštevanju ITM je le-ta med posamezniki z normalnim ITM znašala 37,8 %, pri osebah s prekomerno težo je bila 1,22-krat višja (46,0 %), med debelimi pa 1,63-krat višja (61,6 %) ($p < 0,001$). Tudi obeti za slabe navade ustne higiene so bili pri debelih 2,64-krat višji kot pri normalno prehranjenih (95 % IZ 1,55-4,51; $p < 0,001$). Ob upoštevanju motečih dejavnikov se je to razmerje obetov le zmero znižalo ($RO = 2,45$; 95 % IZ 1,35-4,44; $p = 0,003$).

Zaključki: ITM lahko uporabimo kot lahko dostopno, hitro in enostavno oceno za ugotavljanje povečanega tveganja za slabe navade ustne higiene med sladkornimi bolniki. Z opredelitvijo sladkornih bolnikov s povečanim tveganjem bi lahko izbrani osebni zdravniki in zobozdravniki enostavnejše pristopili k nadaljnjam napotitvam in aktivnostim promocije ustnega zdravja. Predlagani kazalnik je časovno ugoden, njegova uporaba pa ima lahko pozitivne učinke na kakovost življenja sladkornih bolnikov kot tudi izdatke v zdravstvu.

Ključne besede:

ustna higiena

sladkorni bolniki

promocija zdravja

javno zdravje

izdatki v zdravstvu