



**“ASSESSMENT OF KNOWLEDGE AND INFORMATION
SOURCES REGARDING COMMON RISK FACTORS OF
ORAL AND GENERAL HEALTH IN DHARWAD CITY”**

By

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Introduction: Oral health and general health are interlinked, thus a common approach is required to promote both simultaneously. In the present scenario there is a lacuna with respect to the baseline knowledge of general population regarding common risk factors and there is no classified report on their sources of health information. Therefore the present study was undertaken to assess the knowledge and information sources regarding risk factors oral and general health in Dharwad city

Objectives: To assess the knowledge regarding common risk factors of oral and general health, to collect data regarding usage and assess the contribution of various information sources , to analyse the distribution of knowledge and utilisation of information sources amongst various demographic parameters within the study subjects

Methodology: A cross sectional survey was carried out on 900 subjects using convenient sampling technique. The subjects were interviewed by a single investigator through a formulated questionnaire. Collected data was analysed using SPSS version 20. Descriptive statistics were obtained and percentage distribution of responses to questions was calculated. Chi square test was used as tests of significance

Results: 21% identified high sugar diet as common risk factor . Stress was identified by 11.56% subjects. 78.67 % identified smoking as common risk factor . Alcohol was identified by 29 % subjects . Lack of hygiene was identified by 88.44% . Level of education and level of income were identified by 73.11 % and 47.11 % respectively. Television (30.56 %) was the most utilised information source followed by doctors, (24%), books (18.11 %) ,newspaper (11.22%) , family(10.33 %) and internet (5.78%)respectively .

Conclusion : more awareness has to be created among the people from all walks of life as they lack information in some or the other aspects regarding common risk factors of general health. Television due to its broad reach has to be utilised more efficiently. Doctors and Dentists have to take more initiatives to educate the public. Newspapers and radio have to take more steps towards educating the population .

Keywords Common Risk Factors, knowledge, health information sources