

Abstract

Evaluation of health behaviors and socio-economic factors affecting oral health based on GOHAI questionnaire in the elderly over 60 years in Ardabil.

Introduction: At present, in Iran, the available studies regarding the evaluation of health behaviors and socio-economic factors affecting the oral and dental health of the elderly are very limited, and no study has been conducted on the elderly in Ardabil city. Therefore, there is no specific policy related to the oral and dental issues of these people. By conducting this research, oral and dental problems, health behaviors, and social and economic factors affecting this population can be identified and used in health planning.

Materials and methods: This study was a cross-sectional-descriptive and analytical study that was investigated by simple random sampling of 417 elderly people aged 60 years and above. Hygiene behaviors related to mouth and teeth including (teeth cleaning method including brushing and its frequency, use of dental floss, self-treatment in the face of dental problems, access to dental services, last dental visit, smoking and tobacco use) and Social and economic factors included (occupation, marital status, education, income status, insurance, etc. according to the SES questionnaire). The GOHAI oral and dental health assessment index of the elderly was used to evaluate oral and dental health. After collecting the data, the questionnaires were entered into SPSS software version 26 and variance analysis was performed using independent t test.

Results: The results of the survey showed that the oral and dental health status of the majority of the surveyed people was average and the health behaviors (more than 10 teeth and the level of satisfaction with toothlessness and dentures, regular visits to the dentist, brushing teeth) , using dental floss, not smoking, positive personal assessment of oral health, access to dental services and last dental visit) and socio-economic factors (adequacy of income with cost of living, social class, education of parents and Spouse and child, housing price and ability to buy housing) were effective predictors for oral and dental health ($P < 0/05$) and people over 70 years old, divorced and low education had a negative and significant effect on oral and dental health in The elderly were over 60 years old in Ardabil.

Conclusion: The oral and dental health status of the elderly was average in most of the surveyed people, and health behaviors and socio-economic factors were effective predictors for oral and dental health.

Keywords: Oral and Dental Health, Health Behaviors, Socio-economic Factors