PROMOTING ORAL HEALTH
SELF-CARE IN RECRUITS IN THE DUTCH ARMY

Yvonne A.B. Buunk-Werkhoven, MSc, RDH¹ ³
Arie Dijkstra, PhD²; Nina Basic, RDH³; PFC Steven A. Loomans, RDH³; Cees P. van der Schans, PhD¹

Aim of the study
To assess the determinants of Oral Hygiene Behavior to make practical recommendations

Methods
216 recruits: 92% ♂, mean age 19 (2) completed a questionnaire, including an index for Oral hygiene behavior (OHB: tooth brushing, interdental cleaning and tongue cleaning), Intention (α = .92), Attitude (ATT, α = .91), Social norms (SN, α = .84), Perceived behavior control (PBC, α = .73), Expected social outcomes (ESO, α = .83), and Oral health knowledge (OHK)

Results
OHB index
69% brushed twice a day
45% brushed in the morning
83% brushed before they go to sleep
73% brushed 2-3 minutes
69% brushed softly
68% used fluoride tooth paste
13% interdental cleaning (toothpicks)
25% tongue cleaning

39% recruits had a sub-optimal OHB

Conclusions
Oral hygiene behavior may be improved by promoting a more positive attitude and enhancing perceived behavior control

Thanks to LCOL Wagemakers A.M.J. and the recruits of Schoolbat North of the J.W.F. Kazerne in Assen

Y.A.B.Buunk-Werkhoven@med.umcg.nl