

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

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and the recruits of Schoolbat North of  
the 'J.W.F. Kazerne' in Assen

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Ministry of Defence

## Aim of the study

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

## Results

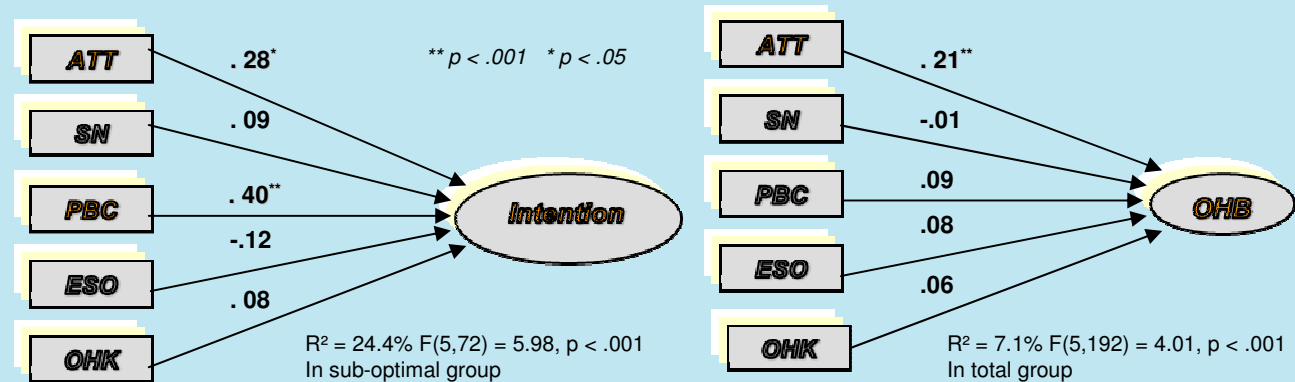
### OHB index

- 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**

## 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** ( $\alpha = .92$ ), **Attitude** (ATT,  $\alpha = .91$ ),  
**Social norms** (SN,  $\alpha = .84$ ), **Perceived behavior control** (PBC,  $\alpha = .73$ ),  
**Expected social outcomes** (ESO,  $\alpha = .83$ ), and **Oral health knowledge** (OHK)



## Conclusions

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

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