

**Results of study after second oral health (OH) education lesson during "Youth Community-based Oral Health Learning Model" project in Bucharest (Retest 2)**

**B2. Results from questionnaire regarding oral health knowledge and behavior**

**AUTO PERCEPTION OF ORAL HEALTH**

For Bucharest, in 13-14 year-old group, 6,1% of the children consider that their oral health is excellent, 21,2% of the subjects consider it very good and 42,4% admits it as being good. A considerable proportion of 21,2% of the respondents said their oral health is satisfactory and 6,1% of the children can't estimate it.

Auto perception of oral health retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	2	6.1	6.3	6.3
	excellent	2	6.1	6.3	12.5
	Very good	7	21.2	21.9	34.4
	Good	14	42.4	43.8	78.1
	Satisfactory	7	21.2	21.9	100.0
	Missing	1	3.0		
	Total	33	100.0		

Tab. 1. Auto perception of oral health for 13-14 yrs group in Bucharest

In the 15-16 year-old group from Bucharest, 15,2% of the children consider that their oral health is excellent, 42,4% of the subjects consider it very good and 36,4% good. Only 6,1% of the respondents said their oral health is satisfactory.

Auto perception of oral health retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	5	15.2	15.2	15.2
	Very good	14	42.4	42.4	57.6
	Good	12	36.4	36.4	93.9
	Satisfactory	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 2. Auto perception of oral health for 15-16 yrs group in Bucharest

### FREQUENCY OF TOOTHBRUSHING

In the 13-14 year-old group from Bucharest, 81,8% of children have a proper behavior, they declared that perform tooth brushing 2 or more times/day. An important proportion, 12,1% of the subjects brush their tooth only once a day, behavior which is insufficient. Inadequate behavior was present for 3% of the children, that declare the frequency of tooth brushing 2-3 times/month and 3% of a few times a week.

Frequency of toothbrushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Twice or more times a day	27	81.8	81.8	81.8
	Once a day	4	12.1	12.1	93.9
	A few times a week	1	3.0	3.0	97.0
	2-3 times a month	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 3. Frequency of brushing for 13-14 yrs group in Bucharest

In the 15-16 year-old group from Bucharest, 78,8% of children have a proper behavior, they declared that perform tooth brushing 2 or more times/day. An greater proportion than for 13-14 yrs group proportion, 21,2% of the subjects brush their tooth only once a day, behavior which is insufficient.

Frequency of tooth brushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Twice or more times a day	26	78.8	78.8	78.8
	Once a day	7	21.2	21.2	100.0
	Total	33	100.0	100.0	

Tab. 4. Frequency of brushing for 15-16 yrs group in Bucharest

### THE TOOTH BRUSH TECHNIQUE

Both girls and boys from Bucharest, for both age groups are not brushing correctly.

12,1% of the 13-14 yrs group use horizontal, back and forth brushing movements, 21,2% use vertical, up and down brushing movements, 21,2% use circular brushing movements. The roll technique is being used in a proportion of 45,5%, rate that is bigger than the first questionnaire applied.

Toothbrush technique retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Roll technique	15	45.5	45.5	45.5
	Circular	7	21.2	21.2	66.7
	Vertical	7	21.2	21.2	87.9
	Horizontal	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab. 5. Tab. 5. Movements of tooth brushing technique for 13-14 yrs group

Only 54,5% of the 13-14 yrs old group from Bucharest brush their teeth correctly, for minimum 2 minutes, meanwhile the other 45,5% brush their teeth for 1 minute.

Brushing time retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Minimum 2 minutes	18	54.5	54.5	54.5
	1 minute	15	45.5	45.5	100.0
	Total	33	100.0	100.0	

Tab. 6. Tooth brushing time for 13-14 yrs group

15,2% of the 15-16 yrs old group from Bucharest use horizontal, back and forth brushing movements, this rate is considerably greater than the rate of the other group. 21,2% use vertical, up and down brushing movements, 21,2% use circular brushing movements. The roll technique is being used in a proportion of 42,4%.

Toothbrush technique retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Roll technique	14	42.4	42.4	42.4
	Rotation	7	21.2	21.2	63.6
	Vertical	7	21.2	21.2	84.8
	Horizontal	5	15.2	15.2	100.0
	Total	33	100.0	100.0	

Tab. 7. Movements of tooth brushing technique for 13-14 yrs group

In the 15-16 yrs old group, 51,5% brush for minimum 2 minutes, this number is smaller than the one the anterior questionnaire revealed for the same age, 45,5% are brushing for 1 minute and a rate of 3% brush for only 30 seconds.

Brushing time retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Minimum 2 minutes	17	51.5	51.5	51.5
	1 minute	15	45.5	45.5	97.0
	30 seconds	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 8 . Tooth brushing time for 15-16 yrs group

### USE OF ORAL HEALTH CARE PRODUCTS

From Bucharest, in the 13-14 year-old group, 9,1% of the subjects use dental floss and it is noticeable that it is a bigger rate than the first questionnaire applied and 21,2% use mouthwash – that is a discouraging half a proportion in comparison with the previously revealed. 36,4% of the teenagers in the group use both mouthwash and dental floss. Dental floss and chewing gum sugar-free are being used by 3% of the subjects meanwhile another 3% use only chewing gum sugar free. 3% of the subjects use interdental brushes and another 3% admitted using together interdental brushing, mouthwash and buccal shower. An important proportion of 18,2% do not use any additional health care products and another 3% rate do not know any additional methods.

Additional oral health products retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mouthwash	7	21.2	21.2	21.2
	Mouthwash, dental floss	12	36.4	36.4	57.6
	Dental floss	3	9.1	9.1	66.7
	Dental floss, chewing gum	1	3.0	3.0	69.7
	Chewing gum	1	3.0	3.0	72.7
	Nothing	4	12.1	12.1	84.8
	No	2	6.1	6.1	90.9
	I do not know	1	3.0	3.0	93.9
	Interdental brush	1	3.0	3.0	97.0
	Interdental brush, mouthwash, buccal shower	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 9. Frequency of using auxiliary dental care products for 13-14 yrs

In the 15-16 year-old group, 18,2% of the subjects use dental floss, rate considerably bigger than the previously revealed, and 21,2% use mouthwash. Both mouthwash and dental floss are being used in a proportion of 33,3%. Both mouthwash and the chewing gum with no sugar are being used by 3% of the subjects. The buccal shower together with the mouthwash and the interdental brush are being used in a 3% proportion. The discouraging proportion of 21,2% cited not using any additional method.

Additional oral health products retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mouthwash	7	21.2	21.2	21.2
	Interdental brush, mouthwash, buccal shower	1	3.0	3.0	24.2
	Mouth wash, chewing gum	1	3.0	3.0	27.3
	Dental floss	6	18.2	18.2	45.5
	Mouthwash, dental floss	11	33.3	33.3	78.8
	Nothing	7	21.2	21.2	100.0
	Total	33	100.0	100.0	

Tab. 10. Frequency of using auxiliary dental care products for 15-16 yrs

### FREQUENCY OF CONSUMPTION OF CARIOGENIC FOOD

In the 13-14 year-old group from Bucharest, 27,3% use to eat fruits a few times a day, 45,5% eat fruits once a day. A lower proportion of 27,3% eat fruits 2-3 times a week.

Frequency of consumption of fruits retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	9	27.3	27.3	27.3
	Once a day	15	45.5	45.5	72.7
	2-3 times a week	9	27.3	27.3	100.0
	Total	33	100.0	100.0	

Tab. 11. Frequency of consumption of cariogenic food for 13-14 yrs in Bucharest

In the group of 13-14 yrs old we can find 21,2% answers as positive to eating citrus a few times a day, 18,2% eat citrus once a day, this being almost a third part of what the first questionnaire revealed . 36,4% consume it 2-3 times a week, 21,2% consume it once a week – these are better results than the previously obtained.

Frequency of consumption of citrus retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	7	21.2	21.9	21.9
	Once a day	6	18.2	18.8	40.6
	2-3 times a week	12	36.4	37.5	78.1
	Once a week	7	21.2	21.9	100.0
	Missing	1	3.0		
	Total	33	100.0		

Tab. 12. Frequency of consumption of citrus for 13-14 yrs in Bucharest

30,3% out of the 13-14 yrs old declare eating biscuits/ cakes a few times a day, this behavior being inappropriate, 33,3% cited eating it once a day, 15,2% consume it 2-3 times a week and only 18,2% consume it once a week.

Frequency of consumption of biscuits/cakes retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	10	30.3	31.3	31.3
	Once a day	11	33.3	34.4	65.6
	2-3 times a week	5	15.2	15.6	81.3
	Once a week	6	18.2	18.8	100.0
	Missing	1	3.0		
	Total	33	100.0		

Tab. 13. Frequency of consumption of cariogenic food for 13-14 yrs in Bucharest

30,3% of the children of the 13-14 yrs old group cited eating chocolate or toffee a few times a day, meanwhile 12,1% declared eating it once a day. On the other hand, 30,3% consume it 2-3 times a week and 15,2% consume it once a week. 3% of them cited not eating this category of food.

Frequency of consumption of chocolate/toffee retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	10	30.3	33.3	33.3
	Once a day	4	12.1	13.3	46.7
	2-3 times a week	10	30.3	33.3	80.0
	Once a week	5	15.2	16.7	96.7
	Never	1	3.0	3.3	100.0
	Missing	3	9.1		
	Total	33	100.0		

Tab. 14. Frequency of consumption of cariogenic food for 13-14 yrs in Bucharest

In the 15-16 year-old group from Bucharest, 18,2% use to eat fruits a few times a day, a bigger proportion than the one obtained by the first questionnaire and 33,3% eat fruits once a day. 36,4% eat fruits 2-3 times a week and only 12,1% eat it once a week.

Frequency of consumption of fruits retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	6	18.2	18.2	18.2
	Once a day	11	33.3	33.3	51.5
	2-3 times a week	12	36.4	36.4	87.9
	Once a week	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab. 15. Frequency of consumption of cariogenic food for 15-16 yrs in Bucharest

In the group of 15-16 yrs old we can find 12,1% answers as positive to eating citrus a few times a day, the same percentage of 12,1% eat citrus once a day.

27,3% consume it 2-3 times a week and only 45,5% consume it once a week. On the other hand, 3% cited never eating citrus.

Frequency of consumption of citrus retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	4	12.1	12.1	12.1
	Once a day	4	12.1	12.1	24.2
	2-3 times a week	9	27.3	27.3	51.5
	Once a week	15	45.5	45.5	97.0
	Never	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 15. Frequency of consumption of cariogenic food for 15-16 yrs in Bucharest

18,2% out of the 15-16 yrs old declare eating biscuits/ cakes a few times a day, this behavior being inappropriate, 24,2% declared eating it once a day, 30,3% consume it 2-3 times a week and only 24,2% consume it once a week.

On the other hand, 3% cited never eating biscuits or cakes.

Frequency of consumption of biscuits/cakes retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	6	18.2	18.2	18.2
	Once a day	8	24.2	24.2	42.4
	2-3 times a week	10	30.3	30.3	72.7
	Once a week	8	24.2	24.2	97.0
	Never	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 16. Frequency of consumption of cariogenic food for 15-16 yrs in Bucharest

18,2% of the children of the 15-16 yrs old group from Bucharest cited eating chocolate or toffee a few times a day, 18,2% declared eating it once a day, 27,3% consume it 2-3 times a week and 18,2% consume it once a week.

Only 6,1% responded that they never eat this kind of food.

Frequency of consumption of chocolate/toffee retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	6	18.2	20.7	20.7
	Once a day	6	18.2	20.7	41.4
	2-3 times a week	9	27.3	31.0	72.4
	Once a week	6	18.2	20.7	93.1
	Never	2	6.1	6.9	100.0
	Missing	4	12.1		
	Total	33	100.0		

Tab. 17. Frequency of consumption of cariogenic food for 15-16 yrs in Bucharest

### **FREQUENCY OF CONSUMPTION OF CARBONATED BEVERAGES**

In the 13-14 year-old group from Bucharest, 27,3% use to drink carbonated beverages a few times a day and 15,2% of children drink it once a day.

On the weekly point of view, 18,2% of the subjects drink it 2-3 times a week and 30,3% consume it once a week.

Only 6,1% of this category don't use to drink carbonated beverages.



Frequency of consumption of carbonated beverages retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	9	27.3	28.1	28.1
	Once a day	5	15.2	15.6	43.8
	2-3 times a week	6	18.2	18.8	62.5
	Once a week	10	30.3	31.3	93.8
	Never	2	6.1	6.3	100.0
	Missing	1	3.0		
	Total	33	100.0		

Tab. 18. Frequency of carbonated beverages consumption for 13-14 yrs in Bucharest

In the 15-16 year-old group from Bucharest, 6,1% use to drink carbonated beverages 2-3 times daily – smaller rate than the previously obtained - and 6,1% of children once a day – also a smaller rate. 27,3% drink it 2-3 times a week and 33,3% once a week.

Only 27,3% of this category don't use to drink carbonated beverages.

Frequency of consumption of carbonated beverages retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	2	6.1	6.1	6.1
	Once a day	2	6.1	6.1	12.1
	2-3 times a week	9	27.3	27.3	39.4
	Once a week	11	33.3	33.3	72.7
	Never	9	27.3	27.3	100.0
	Total	33	100.0	100.0	

Tab. 19. Frequency of carbonated beverages consumption for 15-16yrs in Bucharest

### **CONSUMPTION OF FOOD AND BEVERAGES AFTER THE TOOTHBRUSHING**

For the 13-14 year-old group, 81,8% of the children use to drink plain water only after the tooth brushing. Thus, 6,1% of the children use to eat snacks and 6,1% to drink carbonated beverages after the tooth brushing. 3% declared consuming sweets.

Consumption after brushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Plain water	27	81.8	84.4	84.4
	Snacks	2	6.1	6.3	90.6
	Beverages	2	6.1	6.3	96.9
	Sweets	1	3.0	3.1	100.0
	Missing	1	3.0		
	Total	33	100.0		

Tab. 20. Frequency of food and beverages consumption after the tooth brushing for 13-14 yrs in Bucharest

For the 15-16 year group, 81,8% of the teenagers use to drink plain water only and 3% drink carbonated beverages.

15,2% of the subjects use to drink mineral water.

Consumption after brushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Plain water	27	81.8	81.8	81.8
	Mineral water	5	15.2	15.2	97.0
	Beverages	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 21. Frequency of consumption of food and beverages after the tooth brushing for 15-16 yrs in Bucharest

### ADDRESSABILITY TO THE DENTIST

In 13-14 year-old group from Bucharest, 48,5% of the children address to the dentist only in case of a dental problem. 6,1% of the subject address to the dentist one time/year, 18,2% two times/year and 27,3% more than 2 times/year.

Addressability to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than twice a year	9	27.3	27.3	27.3
	Twice a year	6	18.2	18.2	45.5
	Once a year	2	6.1	6.1	51.5
	In case of a dental problem	16	48.5	48.5	100.0
	Total	33	100.0	100.0	

Tab. 22. Frequency of addressability to the dentist for 13-14 yrs group in Bucharest

In 15-16 year-old group from Bucharest, 42,4% of the children address to the dentist only in case of a dental problem. 15,2% of the subject address to the dentist one time/year, 27,3% two times/year and 15,2% more than 2 times/year.

Addressability to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than twice a year	5	15.2	15.2	15.2
	Twice a year	9	27.3	27.3	42.4
	Once a year	5	15.2	15.2	57.6
	In case of a dental problem	14	42.4	42.4	100.0
	Total	33	100.0	100.0	

Tab. 23. Frequency of addressability to the dentist for 15-16yrs group in Bucharest

### THE REASONS FOR THE LAST VISIT TO THE DENTIST

In the 13-14 yrs old group there are found various motives for visiting the dentist, the results show the following: 45,5% for periodical inspection, 3% visit the dentist when experiencing pain, 9,1% for extractions, 12,1% for fillings and 3% for root canal filling.

The orthodontist is visited in a proportion of 15,2%.

Children visit the dentist for scaling and for taking radiographies in a proportion of 3%.

3% of the subjects do not know the reason for their last visit.

Motives for the last visit to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	2	6.1	6.1	6.1
	Orthodontist	5	15.2	15.2	21.2
	Periodical inspection	15	45.5	45.5	66.7
	Tartar and radiography	1	3.0	3.0	69.7
	Pain	1	3.0	3.0	72.7
	Extraction	3	9.1	9.1	81.8
	I do not know	1	3.0	3.0	84.8
	Obturation of a root canal	1	3.0	3.0	87.9
	Obturation	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab. 24. Reasons for the last dental visit among 13-14 yrs group

15-16 yrs old have similar motives for visiting the dentist, but a lot of different proportions. 3% visited the orthodontist, 21,2% needed the visit the dentist for fillings, an impressive number of 48,5% only had a periodical inspection. 3% had extractions and, more specifically, 3% had extractions of temporary teeth. A visit for cleaning was cited by 12,1% of the children. Again, 6,1% of them do not even remember the motives for their last visit.

Motives for the last visit to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	1	3.0	3.0	3.0
	Orthodontist	1	3.0	3.0	6.1
	Periodical inspection	16	48.5	48.5	54.5
	Tartar	4	12.1	12.1	66.7
	Extraction	1	3.0	3.0	69.7
	Extraction of temporary teeth	1	3.0	3.0	72.7
	Can not remember	2	6.1	6.1	78.8
	Obturation	7	21.2	21.2	100.0
	Total	33	100.0	100.0	

Tab. 25. Reasons for the last dental visit among 15-16 yrs group

### **GINGIVAL PROBLEMS OBSERVED BY THE DENTIST**

The 13-14 yrs declared that the dentist diagnose only 12,1% of them with gingival problems. 75,8% cited not having this problem and 12,1% are not aware if they have any problem.

<b>Gingival problems observed by the dentist retest 2</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	4	12.1	12.1	12.1
	No	25	75.8	75.8	87.9
	Yes	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab. 26. Gingival problems detected by the dentist among 13-14 yrs group

Students declared that 27,3% of them received periodontal treatment (scaling, professional brushing), 51,5% cited not having anything like this done and 21,2% declared they do not know.

<b>Periodontal treatment in the past retest 2</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	7	21.2	21.2	21.2
	No	17	51.5	51.5	72.7
	Yes	9	27.3	27.3	100.0
	Total	33	100.0	100.0	

Tab. 27. Periodontal treatment among 13-14 yrs group

15-16 yrs old are aware of this diagnose in a proportion of 15,2%, 81,8% denied having this problem and 3% do not know.

<b>Gingival problems observed by the dentist retest 2</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	1	3.0	3.0	3.0
	No	27	81.8	81.8	84.8
	Yes	5	15.2	15.2	100.0
	Total	33	100.0	100.0	

Tab. 28. Gingival problems detected by the dentist among 15-16 yrs group

The 15-16 yrs old group from Bucharest admitted having this kind of treatment in a proportion of 60,6% and 33,3% denied having anything done, meanwhile 6,1% responded with “I do not know”.

Periodontal treatment in the past retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	2	6.1	6.1	6.1
	No	11	33.3	33.3	39.4
	Yes	20	60.6	60.6	100.0
	Total	33	100.0	100.0	

Tab. 29. Periodontal treatment among 15-16 yrs group

### **ORAL HEALTH INFORMATION RECEIVED FROM THE DENTIST**

12,1% of the children from 13-14 year-old group never received oral health information from the dentist and 6,1% of the subjects received rarely information about dental health. 36,4% declared receiving it occasionally and 18,2% received it often enough. Only 15,3% of the subjects received information very often and 12,1% could not tell.

Oral health education from the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	4	12.1	12.1	12.1
	Very often	5	15.2	15.2	27.3
	Often enough	6	18.2	18.2	45.5
	Occasionally	12	36.4	36.4	81.8
	Rarely	2	6.1	6.1	87.9
	Never	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab 30. Frequency of oral health information received from the dentist for 13-14 yrs group in Bucharest

In 15-16 year-old group, 6,1% of the teenagers never received oral health information, and 12,1%, respectively 21,2% of the subjects received rarely or occasionally information about dental health. 27,3% respectively 30,3% of the subjects received information often enough and very often. 3% of the subjects do not know if they received information from the dentist.

Oral health education from the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	1	3.0	3.0	3.0
	Very often	10	30.3	30.3	33.3
	Often enough	9	27.3	27.3	60.6
	Occasionally	7	21.2	21.2	81.8
	Rarely	4	12.1	12.1	93.9
	Never	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 31. Frequency of oral health information received from the dentist for 15-16 yrs group in Bucharest

### **SOURCES FOR OH EDUCATION**

6,1% of the subjects admitted being informed about oral health throughout this project. 13-14 yrs old admitted receiving information from the dentist in a proportion of 24,2%, family provided information in a proportion of 45,5%. Both family and dentists were cited by 12,1% and family, dentist, activities at school were cited together in a proportion of 3%. Both family and activities at school were declared as sources of oral health education in a proportion of 3% and 3% of the subjects said they received information about oral health at kindergarten and from the dentist. 3% of the subject declared receiving information from dentist, school and parents, another 3% were informed by the school, parents and this project.

Sources of oral health education retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dentist	8	24.2	24.2	24.2
	Dentist, parents, school	1	3.0	3.0	27.3
	Family	15	45.5	45.5	72.7
	Family, dentist	4	12.1	12.1	84.8
	Kindergarten, dentist	1	3.0	3.0	87.9
	Parents, school	1	3.0	3.0	90.9
	School, parents, dentist, this project	1	3.0	3.0	93.9
	This project	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 32. OH sources among 13-14 yrs group

The children group of 15-16 yrs old from Bucharest cited the sourcing of education as following: 3% - activities at school, 12,1% - dentist, 3% - dentist and mass-media, both dentist and activities at school were cited by 9,1% of the subjects, 36,4% - dentist and family, the family was cited alone in a proportion of 24,2%, 3% - family, dentist and different activities, 6,1% family and school and 3% declared being informed throughout internet and family.

Sources of oral health education retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dentist	4	12.1	12.1	12.1
	Dentist, mass-media	1	3.0	3.0	15.2
	Dentist, school	3	9.1	9.1	24.2
	Family	8	24.2	24.2	48.5
	Family, dentist	12	36.4	36.4	84.8
	Family, dentist, different activities	1	3.0	3.0	87.9
	Family, internet	1	3.0	3.0	90.9
	Family, school	2	6.1	6.1	97.0
	school	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 33. OH sources among 15-16 yrs group

### **KNOWLEDGE ABOUT THE IMPORTANCE OF FLUORIDE IN TOOTHPASTE**

Results of both groups provided information about the fact that they truly learned about fluoride in toothpaste.

The children group of 13-14 yrs old responded negatively in a proportion of 12,1% and 78,8% responded positively.

Fluoride retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	26	78.8	86.7	86.7
	No	4	12.1	13.3	100.0
	Missing	3	9.1		
	Total	33	100.0		

Tab. 34. Knowledge about role of F in the toothpaste among 13-14 yrs group



The 15-16 yrs old teenagers responded positively in a proportion of 81,8% and negatively 18,2%.

Fluoride retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	27	81.8	81.8	81.8
	No	6	18.2	18.2	100.0
	Total	33	100.0	100.0	

Tab. 35. Knowledge about role of F in the toothpaste among 15-16 yrs group

### KNOWLEDGE ABOUT CARIES ETIOLOGY

The 13-14 yrs old from Bucharest cited various causes of etiology as following: 39,4% diet, 18,2% hygiene, 15,2% hygiene and diet, consumption of sweets and lack of tooth brushing were cited in a proportion of 3%, plaque another 12,1% and consumption of sweets and smoking 3%.

Caries etiology retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	3	9.1	9.1	9.1
	Diet	13	39.4	39.4	48.5
	Sweets, smoking	1	3.0	3.0	51.5
	Sweets, lack of toothbrushing	1	3.0	3.0	54.5
	hygiene	6	18.2	18.2	72.7
	Hygiene, diet	5	15.2	15.2	87.9
	Plaque	4	12.1	12.1	100.0
	Total	33	100.0	100.0	

Tab. 36. Knowledge about dental caries appearance among 13-14 yrs group

The 15-16 yrs old group from Bucharest accused hygiene in a proportion of 48,5% and diet 27,3%. Both hygiene and diet were named in a proportion of 24,2%.

Caries etiology retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Diet	9	27.3	27.3	27.3
	Hygiene	16	48.5	48.5	75.8
	Hygiene, diet	8	24.2	24.2	100.0
	Total	33	100.0	100.0	

Tab. 37. Knowledge about dental caries appearance among 15-16 yrs group

### KNOWLEDGE ABOUT GINGIVITIS ETIOLOGY

13-14 yrs old named the following as etiology for gingivitis: 3% bacteria and caries, 15,2% hygiene, 3% inflammation and incorrect brushing, 3% inflammation of gums itself, 6,1% insufficient brushing, 12,1% food scraps, 3% scratches from harsh food and an impressive proportion considerably lower than the previously obtained of 33,3% did not know how to answer.

Gingivitis etiology retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	12	36.4	36.4	36.4
	Caries, bacteria	1	3.0	3.0	39.4
	Gum inflammation, incorrect brushing	1	3.0	3.0	42.4
	Gum inflammation	1	3.0	3.0	45.5
	I do not know	11	33.3	33.3	78.8
	Insufficient brushing	2	6.1	6.1	84.8
	Food scraps	4	12.1	12.1	97.0
	Scratches from harsh food	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 38. Knowledge about etiology of gingivitis among 13-14 yrs group

15-16 yrs old from Bucharest had similar answers. Hygiene was cited by 21,2%, 3% different conditions of the gums, 3% harsh food, 3% diet and smoking, 15,2% inflammation, 3% accused tartar and 51,5% did not know how to answer.

Gingivitis etiology retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Different conditions of the gums	1	3.0	3.0	3.0
	Harsh food	1	3.0	3.0	6.1
	Diet, smoking	1	3.0	3.0	9.1
	Incorrect hygiene	7	21.2	21.2	30.3
	Gum inflammation	5	15.2	15.2	45.5
	I do not know	17	51.5	51.5	97.0
	Tartar	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 39. Knowledge about etiology of gingivitis among 15-16 yrs group

### **KNOWLEDGE ABOUT PERSONAL PREVENTIVE MEASURES**

The group of 13-14 yrs old proved to have knowledge about preventive measures as following: 6,1% named periodical inspection and diet, 3% diet, 3% sugar free chewing gum, 24,2% hygiene and diet, and an important proportion of 48,5% hygiene. Only 9,1% did not know how to answer.

Personal preventive measures retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	2	6.1	6.1	6.1
	Periodical inspection, diet	2	6.1	6.1	12.1
	Diet	1	3.0	3.0	15.2
	Chewing gum sugar-free	1	3.0	3.0	18.2
	Hygiene	16	48.5	48.5	66.7
	Hygiene, diet	8	24.2	24.2	90.9
	I do not know	3	9.1	9.1	100.0
	Total	33	100.0	100.0	

Tab. 40. Knowledge about OH preventive measures among 13-14 yrs group

The group of 15-16 yrs old cited similar preventive measures. 69,7% named hygiene, 3% mentioned diet, 21,2% hygiene and diet, 3% named both hygiene and periodical inspection and 3% named hygiene, diet and quit smoking.

Personal preventive measures retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Diet	1	3.0	3.0	3.0
	Hygiene	23	69.7	69.7	72.7
	Hygiene, periodical inspection	1	3.0	3.0	75.8
	Hygiene, diet	7	21.2	21.2	97.0
	Hygiene, diet, quit smoking	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 41. Knowledge about OH preventive measures among 15-16 yrs group

### **KNOWLEDGE ABOUT NEGATIVE EFFECTS OF BEVERAGES ON OH**

The group of 13-14 yrs old proved to know negative effects of beverages on oral health. 24,2% are aware it affects enamel, 39,4% named caries, both affected enamel and caries were cited by 3%. Bacteria adhesion was cited by 6,1%. Affected enamel, gastroesophageal reflux had 3% of the answers and calculus along with other dental problems occur in 3% of the answers. 3% of the subjects mentioned negative effects in general as effects that beverages have on oral health and 6,1% declared they did not know.

Effects of beverages on OH retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	4	12.1	12.1	12.1
	Bacteria adhesion	2	6.1	6.1	18.2
	Caries	13	39.4	39.4	57.6
	Affected enamel	8	24.2	24.2	81.8
	Affected enamel, caries	1	3.0	3.0	84.8
	Affected enamel, gastroesophageal reflux	1	3.0	3.0	87.9
	Negative effects	1	3.0	3.0	90.9
	I do not know	2	6.1	6.1	97.0
	Tartar, dental problems	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 42. Knowledge about effects of beverages among 13-14 yrs group

45,5% out of the group of 15-16 yrs old teenagers from Bucharest name affected enamel, other 18,2% cited caries. Acidity and caries respectively bacteria adhesion were cited 3% respectively 6,1%. Caries and affected enamel had 18,2% of the answers. Both withered teeth and caries had a proportion of 3% and another 3% were represented by gingival problems and caries. A proportion of 3% mentioned negative effects in general.

Effects of beverages on OH retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Acidity, caries	1	3.0	3.0	3.0
	Bacteria adhesion	2	6.1	6.1	9.1
	Affected enamel, caries	6	18.2	18.2	27.3
	Caries	6	18.2	18.2	45.5
	Caries, withered teeth	1	3.0	3.0	48.5
	Caries, gingival problems	1	3.0	3.0	51.5
	Affected enamel	15	45.5	45.5	97.0
	Negative effects	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 43. Knowledge about effects of beverages among 15-16 yrs group

### **KNOWLEDGE ABOUT DENTAL FLOSS ROLE**

13-14 yrs old group from Bucharest mentioned interdental hygiene in a proportion of 18,2%. Eliminating food scraps had 72,7% of the answers and both eliminating food scraps and prevention of caries were the responses of 3% of the subjects.

Dental floss role retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	2	6.1	6.1	6.1
	Eliminates food scraps	24	72.7	72.7	75.8
	Eliminates food scraps, prevention of caries	1	3.0	3.0	78.8
	Interdental hygiene	6	18.2	18.2	100.0
	Total	33	100.0	100.0	

Tab. 44. Knowledge about the role of dental floss among 13-14 yrs group

15-16 yrs old group from Bucharest mentioned hygiene in a proportion of 51,5% and both hygiene and prevention in a proportion of 3%. Eliminating food scraps had 39,4% of the answers and 6,1% of the subjects simply consider it additional to brushing.

Dental floss role retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Eliminates food scraps	13	39.4	39.4	39.4
	Hygiene	17	51.5	51.5	90.9
	Hygiene, prevention	1	3.0	3.0	93.9
	Additional to brushing	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 45. Knowledge about the role of dental floss among 15-16 yrs group

### **KNOWLEDGE ABOUT THE IMPORTANCE OF TOOTH BRUSHING**

The role of tooth brushing being detailed, the 13-14 yrs old named aesthetics and oral health in a proportion of 3%. 39,4% is represented by hygiene. Both hygiene and protection was cited in a proportion of 9,1%. 12,1% cited plaque removal and 3% named maintaining color of the teeth. 18,2% responded maintaining oral health is a role of tooth brushing and another 30,3% cited prevention.

Role of tooth brushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	1	3.0	3.0	3.0
	Aesthetics, oral health	1	3.0	3.0	6.1
	Hygiene	13	39.4	39.4	45.5
	Hygiene, prevention	3	9.1	9.1	54.5
	Plaque removal	4	12.1	12.1	66.7
	Maintains oral health	1	3.0	3.0	69.7
	Prevention	10	30.3	30.3	100.0
	Total	33	100.0	100.0	

Tab. 46. Knowledge about the role of personal tooth brushing among 13-14 yrs group

In order to go into detail the role of tooth brushing, the questions applied proved as following: 33,3% of the subjects responded with hygiene and another 6,1% responded with both hygiene and prevention. 15,2% of the children of the 15-16 yrs old group named together plaque removal. Subjects mentioned maintaining oral health by 18,2%. Prevention of caries – 24,2% meanwhile, aesthetics only occupied 3% of the answers.

Role of tooth brushing retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Aesthetics	1	3.0	3.0	3.0
	Hygiene	11	33.3	33.3	36.4
	Hygiene, prevention	2	6.1	6.1	42.4
	Plaque removal	5	15.2	15.2	57.6
	Maintains oral health	6	18.2	18.2	75.8
	Prevention	8	24.2	24.2	100.0
	Total	33	100.0	100.0	

Tab. 47. Knowledge about the role of personal tooth brushing among 13-14 yrs group

### SMOKING HABITS AND MOTIVES FOR STARTING SMOKING

13-14 yrs old denied smoking in a proportion of 81,8% and 18,2% of the subject admitted smoking occasionally.

Smoking habits retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	27	81.8	81.8	81.8
	occasionally	6	18.2	18.2	100.0
	Total	33	100.0	100.0	

Tab. 48. Smoking status among 13-14 yrs group

The 13-14 yrs old group from Bucharest mentioned, 3% declared they had no motive. 3% of the subjects cannot remember and 3% did not know how to answer. Boredom was cited by 3% of the teenagers and both boredom and trying something new occupied 3% of the answers. Also, 3% of them said they do not smoke.

Motives for starting smoking retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	27	81.8	81.8	81.8
	No motive	1	3.0	3.0	84.8
	I do not smoke	1	3.0	3.0	87.9
	Cannot remember	1	3.0	3.0	90.9
	I do not know	1	3.0	3.0	93.9
	Boredom	1	3.0	3.0	97.0
	Boredom, trying something new	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 49. Reasons of starting smoking among 13-14 yrs group

The group of 15-16 yrs old from Bucharest denied smoking in a proportion of 57,6%. Another 27,3% admitted to smoke occasionally. 9,1% of the subject said they smoke between 1-10 cigars per day meanwhile 6,1% smoke between 10-20 cigars per day.

Smoking habits retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	57.6	57.6	57.6
	occasionally	9	27.3	27.3	84.8
	1-10 cigars/day	3	9.1	9.1	93.9
	10-20 cigars/day	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 50. Smoking status among 15-16 yrs group

The 15-16 yrs old group from Bucharest - 3% declared they only had curiosity. 3% of the subjects said they had personal reasons and 3% mentioned pleasure.

Motives for starting smoking retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	28	84.8	84.8	84.8
	Entourage	2	6.1	6.1	90.9
	Curiosity	1	3.0	3.0	93.9
	Personal	1	3.0	3.0	97.0
	Pleasure	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 51. Reasons of starting smoking among 13-14 yrs group



### KNOWLEDGE ABOUT NEGATIVE EFFECTS OF SMOKING ON ORAL HEALTH

13-14 yrs old were questioned about negative effects of smoking on oral health. The answers are represented as following: 27,3% - affects teeth, 9,1% - affects both teeth and gums, withered teeth and gum inflammation were cited by 3% and gingivitis by 6,1%. A proportion of 15,2% did not know how to answer.

Negative effects of smoking on oral health retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	13	39.4	39.4	39.4
	Affects teeth and gums	3	9.1	9.1	48.5
	Affects teeth	9	27.3	27.3	75.8
	Withered teeth, gum inflammation	1	3.0	3.0	78.8
	I do not know	5	15.2	15.2	93.9
	Gingival problems	2	6.1	6.1	100.0
	Total	33	100.0	100.0	

Tab. 52. Knowledge about negative effects of smoking on oral health among 13-14 yrs group

15-16 yrs old were also questioned about negative effects of smoking on oral health. The answers are represented as following: 24,2% - affects teeth, 12,1% - affects both teeth and gums, withered teeth and periodontitis were cited by 3% and increased sensitivity by 3%. 3% consider smoking harmful for oral health and 18,2% mentioned changed color of the teeth. A proportion of 3% did not know how to answer.

Negative effects of smoking on oral health retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	11	33.3	33.3	33.3
	Affects teeth and gums	4	12.1	12.1	45.5
	Affects teeth	8	24.2	24.2	69.7
	Coloration	5	15.2	15.2	84.8
	Harmful for our oral health	1	3.0	3.0	87.9
	I do not know	1	3.0	3.0	90.9
	Periodontitis, withered teeth	1	3.0	3.0	93.9
	Changes color	1	3.0	3.0	97.0
	Increased sensitivity	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 53. Knowledge about negative effects of smoking on oral health among 15-16 yrs group

### ALTERNATIVE ACTIVITIES FOR SMOKING

13-14 yrs old were asked if they knew any alternative activities for smoking. The answers vary as following: 3% named riding the bicycle and another 3% consumption of non cariogenic food, drawing along with dancing and singing were cited in a proportion of 3%, chewing gum was cited by 6% of the subjects. Going out and walking in the park were each named by 6,1% respectively by 3% of the subjects. 3% declared does not exist any alternative activity, food in general occupied another 3%, 12,1% represents sports. Electronic cigar was cited by 3% of the teenagers. Both sports and Rubik cube were also cited by 3% of the subjects.

Alternatives for smoking retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	16	48.5	48.5	48.5
	Non-cariogenic food	1	3.0	3.0	51.5
	Bicycle	1	3.0	3.0	54.5
	Drawing, dancing, singing	1	3.0	3.0	57.6
	Chewing gum	1	3.0	3.0	60.6
	Chewing gum with no sugar	1	3.0	3.0	63.6
	Going out	2	6.1	6.1	69.7
	Food	1	3.0	3.0	72.7
	Does not exist	1	3.0	3.0	75.8
	I do not know	1	3.0	3.0	78.8
	Walking in the park	1	3.0	3.0	81.8
	Sports	4	12.1	12.1	93.9
	Sports, Rubik cube	1	3.0	3.0	97.0
	Electronic cigar	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 54. Opinion of 13-14 yrs group about alternative activities for smoking

15-16 yrs old in the group from Bucharest were also questioned about alternatives for smoking. Here are the answers: 3% - reading, another 3% mentioned coloring, a proportion of 18,2% cited chewing gum. Consumption of liquids respectively eating were cited by 3% respectively 3%. Hobbies were mentioned by 3% of the subjects. Sport occupied 9,1% of the responses and both sports and eating had 3%. A proportion of 3% declared they did not know how to answer.

Alternatives for smoking retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	17	51.5	51.5	51.5
	Reading	1	3.0	3.0	54.5
	Coloring	1	3.0	3.0	57.6
	Consumption of liquids	1	3.0	3.0	60.6
	Chewing gum	6	18.2	18.2	78.8
	Hobby	1	3.0	3.0	81.8
	Eating	1	3.0	3.0	84.8
	No	1	3.0	3.0	87.9
	Sports	3	9.1	9.1	97.0
	Sports, eating	1	3.0	3.0	100.0
	Total	33	100.0	100.0	

Tab. 55. Opinion of 15-16 yrs group about alternative activities for smoking

### **KNOWLEDGE ABOUT BENEFITS OF REGULAR VISITS TO DENTIST**

The 13-14 yrs old group from Bucharest mentioned prevention in a majority of 72,7% and 12,1% did not know how to answer.

Benefits of regular visits to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	4	12.1	14.3	14.3
	Prevention	24	72.7	85.7	100.0
	Missing	5	15.2		
	Total	33	100.0		

Tab. 56. Knowledge about benefits of regular dental check-ups among 13-14 yrs group

The 15-16 yrs old group mentioned receiving information another 3%. Prevention had the majority with 60,6%. Both prevention and hygiene were mentioned by 6,1% of the subject. Another 6,1% of them responded with prevention and receiving information. 3% were aware of the possibility of receiving treatment and 18,2% said they appreciate the periodical inspection of their dental status.

Benefits of regular visits to the dentist retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	1	3.0	3.0	3.0
	Information	1	3.0	3.0	9.1
	Prevention of dental problems	20	60.6	39.4	69.7
	Prevention, hygiene	2	6.1	6.1	75.8
	Prevention, information	2	6.1	6.1	81.8
	Treatment of dental problems	1	3.0	3.0	84.8
	Inspection of dental status	6	18.2	15.2	100.0
	Total	33	100.0	100.0	

Tab. 57. Knowledge about benefits of regular dental check-ups among 15-16 yrs group

### **KNOWLEDGE ABOUT TOOTH BRUSHING STEPS**

13-14 yrs old from the group from Bucharest knew correctly the brushing steps in a proportion of 18,2% and incorrectly in a proportion of 81,8%.

Brushing steps retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Incorrect	27	81.8	81.8	81.8
	Correct	6	18.2	18.2	100.0
	Total	33	100.0	100.0	

Tab. 58. Knowledge about correct steps of tooth brushing among 13-14 yrs group

15-16 yrs old from the group from Bucharest knew correctly the brushing steps in a proportion of 18,2% and incorrectly in a proportion of 81,8%.

Tooth brushing steps retest 2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Incorrect	27	81.8	81.8	81.8
	Correct	6	18.2	18.2	100.0
	Total	33	100.0	100.0	

Tab. 59. Knowledge about correct steps of tooth brushing among 15-16 yrs group