

Socioeconomic Determinants of Oral Health among Adults Seeking Health Care: A Narrative Review from Developing Countries

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Abstract:

Proper oral hygiene is the keystone of healthy oral and it absolutely can prevent 80% of oral health problems. Effective oral cleanliness and plaque removal are the most crucial approaches in preventing periodontal disease. Periodontal disease is a gum disease that affects the gums and supporting tissues of the teeth, and if left untreated, it can progress from mild gum inflammation (gingivitis) to severe infection (periodontitis), leading to tooth loss. One-third of the general population suffers from periodontitis, which is more prevalent in older persons than in younger and middle-aged people.

Oral health literacy is related with inaccurate information about precautionary actions such as proper brushing, dental care visits and oral health-related quality of life. Similarly general health literacy, oral health literacy includes the capacity a person has to learn and use information about oral health in making decisions about their oral health.

Hospital-based cross-sectional research will be conducted among adult (18-60 years old) outpatients using a structured questionnaire (both quantitative and qualitative). Data on demographic features, education, profession, household income, oral hygiene practices, and access to dental care services will be collected. Oral health status will be measured by self-reported indicators and clinical data where accessible. Descriptive statistics will review participant characteristics, while bivariate and multivariable regression analyses will be used to identify socioeconomic factors associated with oral health outcomes.

The study is expected to detect key socioeconomic factors influencing oral health status among adults. Lower level of education, limited income, unemployment, and restricted access to dental services are expected to be associated with poorer oral health outcomes. The results will deliver evidence on oral health inequalities and help categorize vulnerable population groups requiring targeted interventions.

The findings of this study may support policymakers and healthcare providers in designing interventions aimed at reducing oral health disparities and improving overall oral health among adults in Bangladesh.

Keywords:

Adults, Determinants, Health care, Oral health, Socioeconomic outpatient department, Tertiary care hospital.