

***The Corelation between Cariogenic Food Consumption and Tooth
Brushing Methods with Dental Caries in School-Age Children at
SDN 1 Rambipuji***

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ABSTRACT

Dental caries is a major problem in oral health. Bacteria that often cause tooth decay are Streptococcus mutans and Lactobacillus. Foods that have cariogenic properties are foods that tend to stick, stick to the teeth, and have a high sugar and carbohydrate content. This study aims to determine the relationship of cariogenic food consumption and tooth brushing with dental caries in school-age children. This study used an observational analytic research design with a cross-sectional method conducted in September 2023 at SDN 1 Rambipuji, Jember Regency. The population of this study were students in grades 4, 5, and 6 of SDN 1 Rambipuji with a total of 92 students, and the subjects used were calculated using the Lemeshow finite formula with a total of 72 students. The results showed a significant relationship between consumption of cariogenic foods and dental caries in school-age children at SDN 1 Rambipuji, Jember Regency ($p < 0.05$). However, there was no significant relationship between tooth brushing and dental caries in school-age children at SDN 1 Rambipuji, Jember Regency ($p > 0.05$). It is necessary to hold counseling about what cariogenic foods are and the impact of frequent consumption of cariogenic foods on nutritional caries and hold routine examinations facilitated by schools.

Keyword: dental caries, oral health, cariogenic