1. No.

   FP01711161

2. Title

   The Epidemiological Study of Lifestyles (nutrition, drinking, smoking, exercise, sleeping) and Oral Condition

3. Period

   2016-2017

4. Summary

   We investigated the relationship between the oral and lifestyle habits for 534 people aged 40 to 79 who participated in the 2016 Iwaki Health Promotion Project. Calculus, 4 mm or more periodontal pocket, awareness of swallowing disorder and oral malodor about relationships with lifestyle were examined. With multiple logistic regression analysis, presence or absence of calculus, presence or absence of periodontal pocket of 4 mm or more, presence of consciousness concerning swallowing disorder, presence or absence of awareness about oral malodor as a dependent variable were analyzed. As an explanatory variable of each, age and lifestyle (smoking, drinking, exercise) etc. were input. From the results of multiple logistic regression analysis, there was a significant difference in the presence or absence of calculus from smoking. There was no significant difference in lifestyle (smoking, drinking, exercise) in the presence of periodontal pocket of 4 mm or more, presence of awareness about swallowing disorder and oral malodor.