

## SHORT COMMUNICATION

### O-23. ORAL HEALTH PROMOTION THROUGH PEER-SUPPORT: 2<sup>ND</sup> EDITION OF THE ACTION UNDERTAKEN BY DENTAL STUDENTS IN THE UNIVERSITY OF NICE SOPHIA ANTIPOLIS

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#### Key words

Dental Education, Preventive Dentistry, Peer-led action, Students

#### Introduction

According to the report written by L. Wauquiez (2006), the general health of students is of major concern in our modern society. The Provence Alpes Cote d'Azur Regional Health Agency funded an action to promote oral health among the students in the University of Nice Sophia Antipolis (UNS).

The aim was not only to involve dental students in the design and implementation of a large preventive action, but also to awaken the students in Toulon about the importance of oral health.

#### Material and methods

For the second consecutive year in 2009-2010, a "day of the oral health" was held in the university restaurants and cafeterias. Dental students met other students. They developed a special brochure in 2 parts: a questionnaire to assess risk factors for caries, and the efforts that students would be willing to provide in order to improve their oral health (motivational interviewing), and an both an advice and an invitation to a free dental examination.

#### Results

1549 students of  $21.3 \pm 4.3$  years filled in the form. The analysis revealed that 26.8% reported consuming soft drinks daily and 10% believed suffering from some eating disorders. About 94.3% of students brushed their teeth every day, but three-quarters of them never used dental floss. About one in six was a cannabis user. Almost 60% said they had seen a dentist in the past year and nearly two thirds had a complementary health insurance.

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