

◁ A Survey on Hong Kong People's Dietary Behavior in Relations to Acid Erosion ▷

Presented by Karie Pang

Program Manager

The Public Opinion Program (POP) of HKU

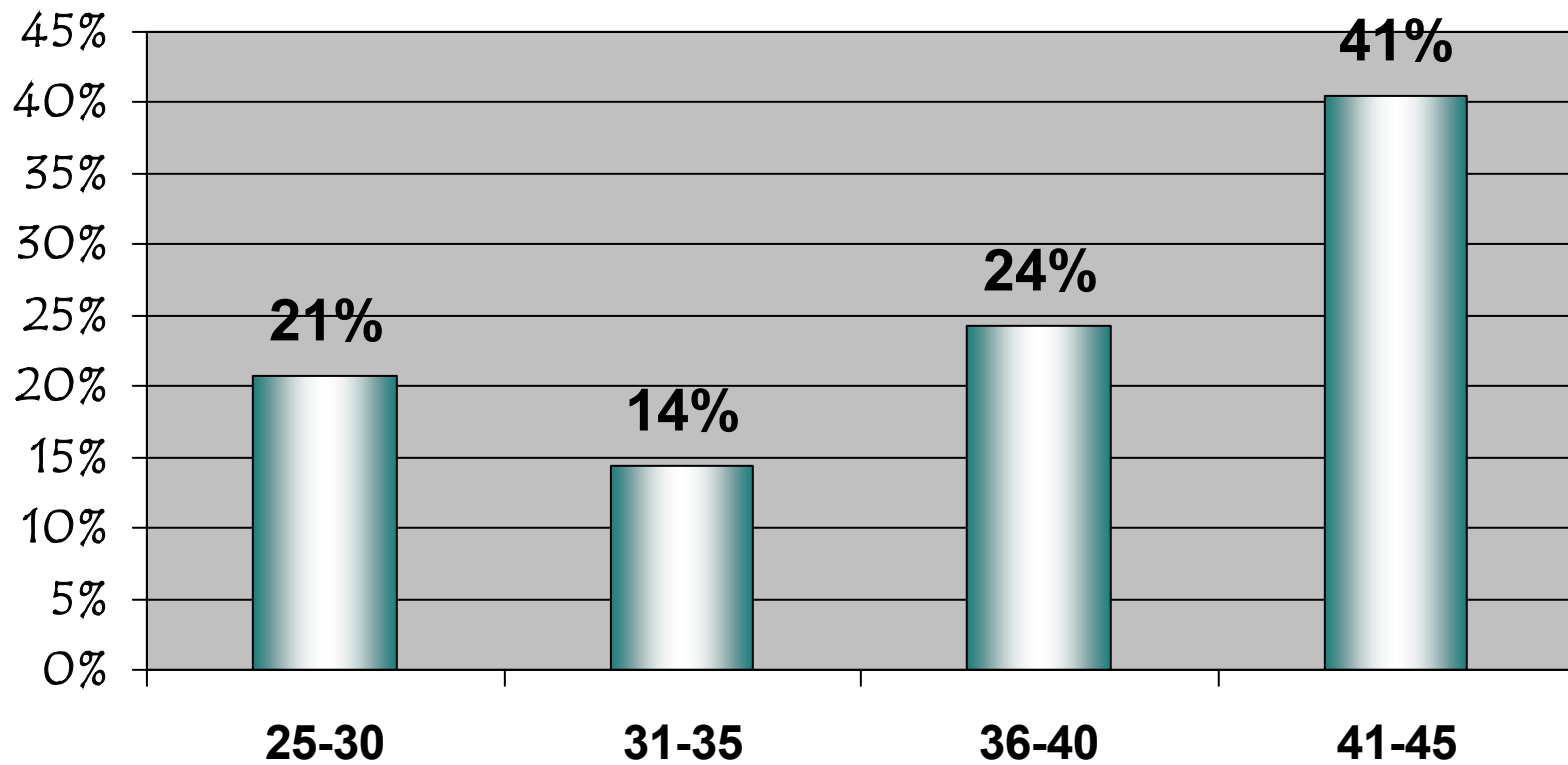
March 17, 2008.

Survey Overview

Survey Objectives	To ascertain the situation of tooth acid erosion in relations to dietary habits amongst HK people, so as to provide public education that best fits their needs
Date	February 25 - 27, 2008.
Methodology	Phone interview
Target	People aged between 25 to 45 who have shown symptoms of tooth acid erosion
Data Processing	The Public Opinion Programme (POP), The University of Hong Kong
Successful Sample	520
Response Rate	75%
Sampling Error	Less than 2.2% (95% confident interval, sample error < +/- 4.4%)

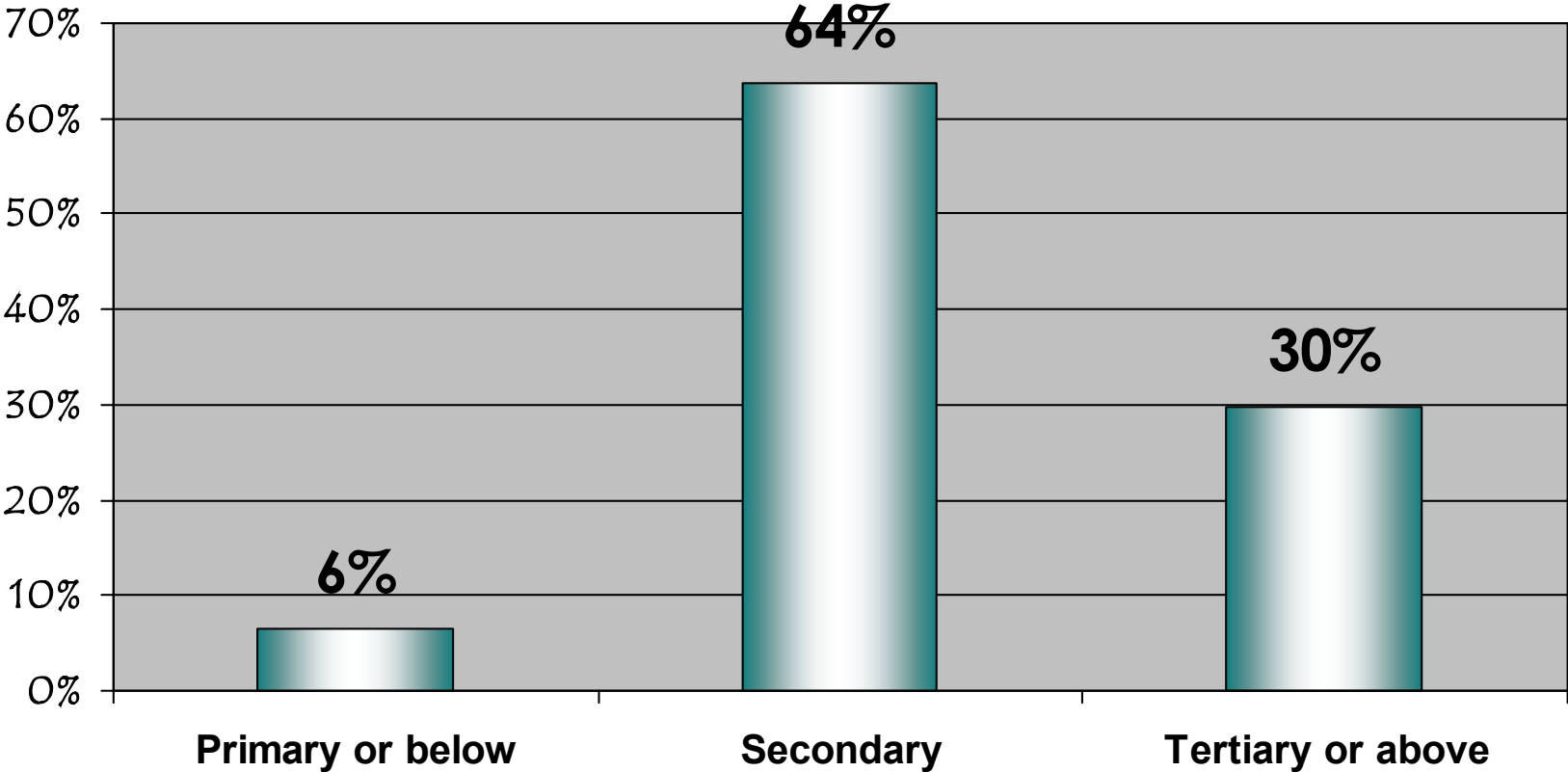
Respondents' Profile

Age



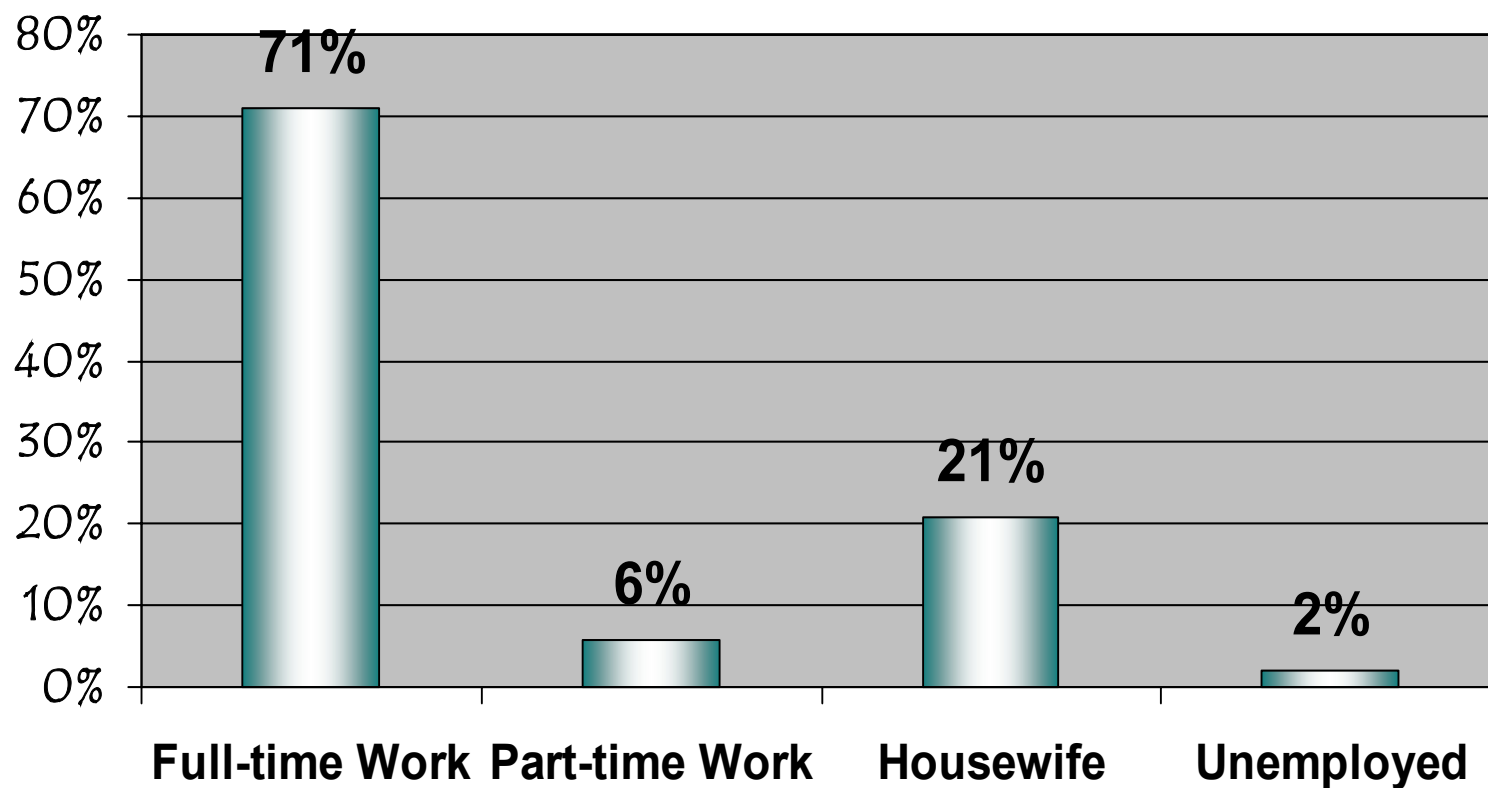
Successful Samples : 514

Education Level



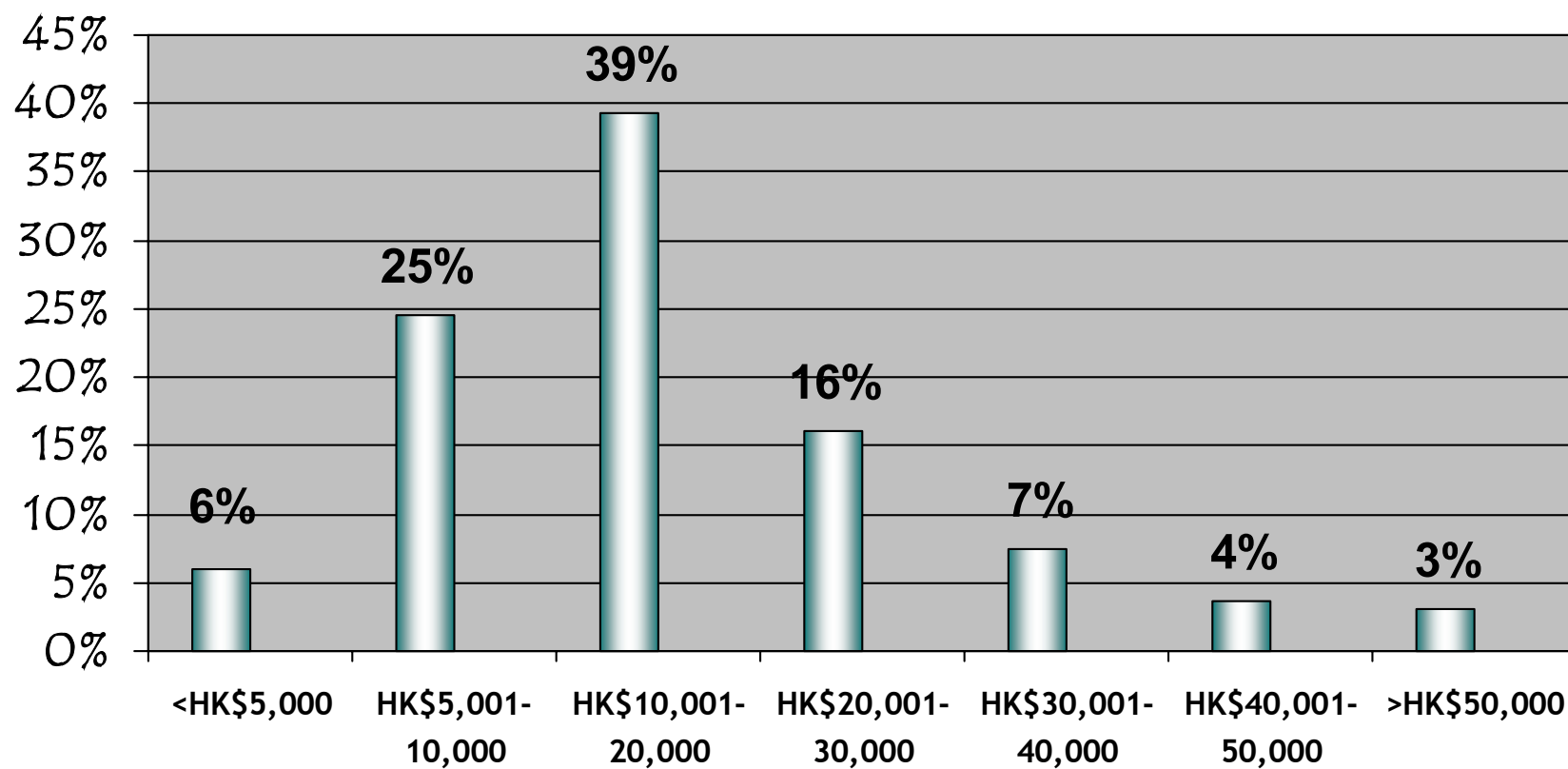
Successful Samples : 517

Occupation



Successful Samples : 514

Monthly Income

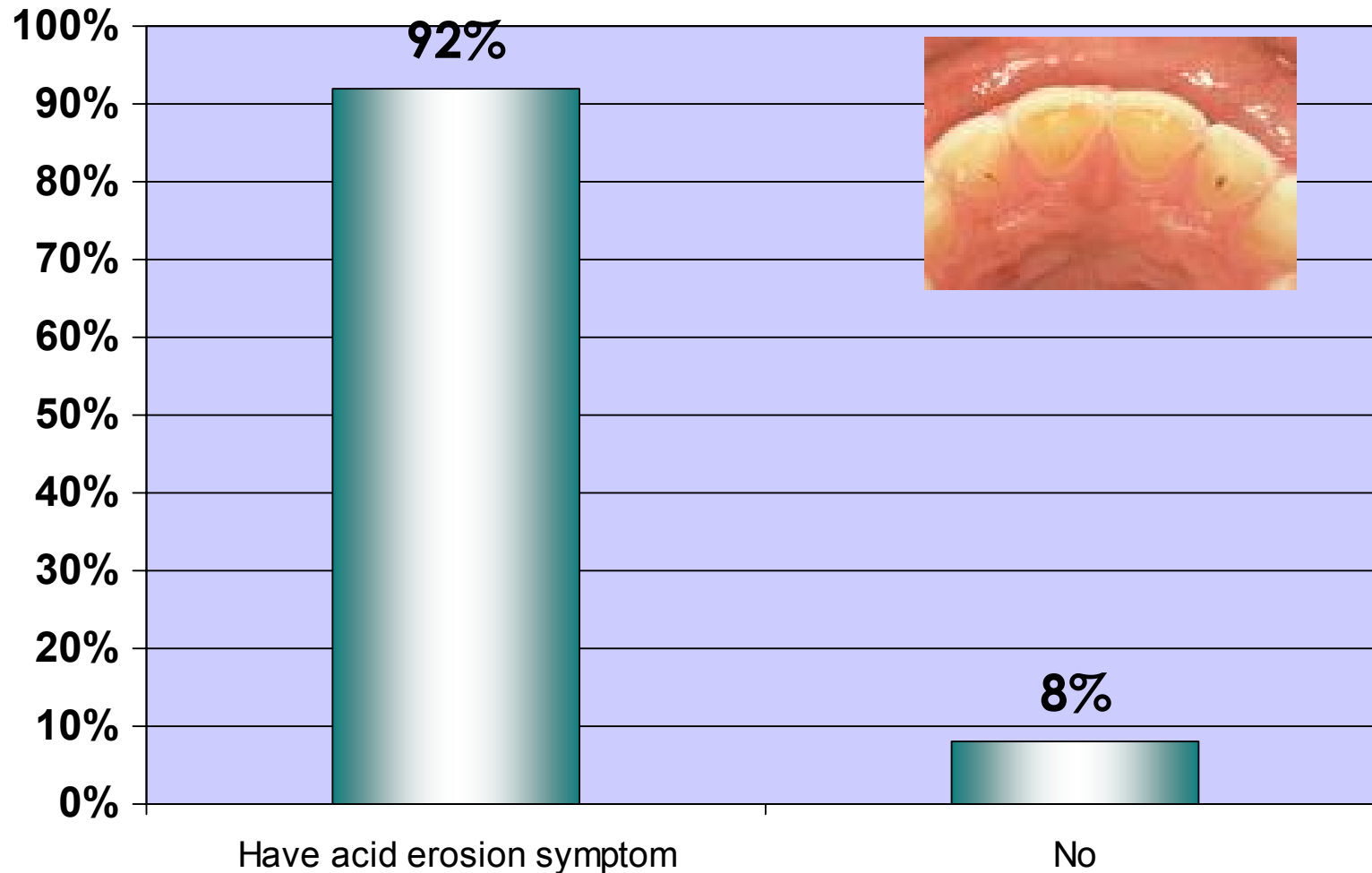


Successful Samples : 366

Survey Findings

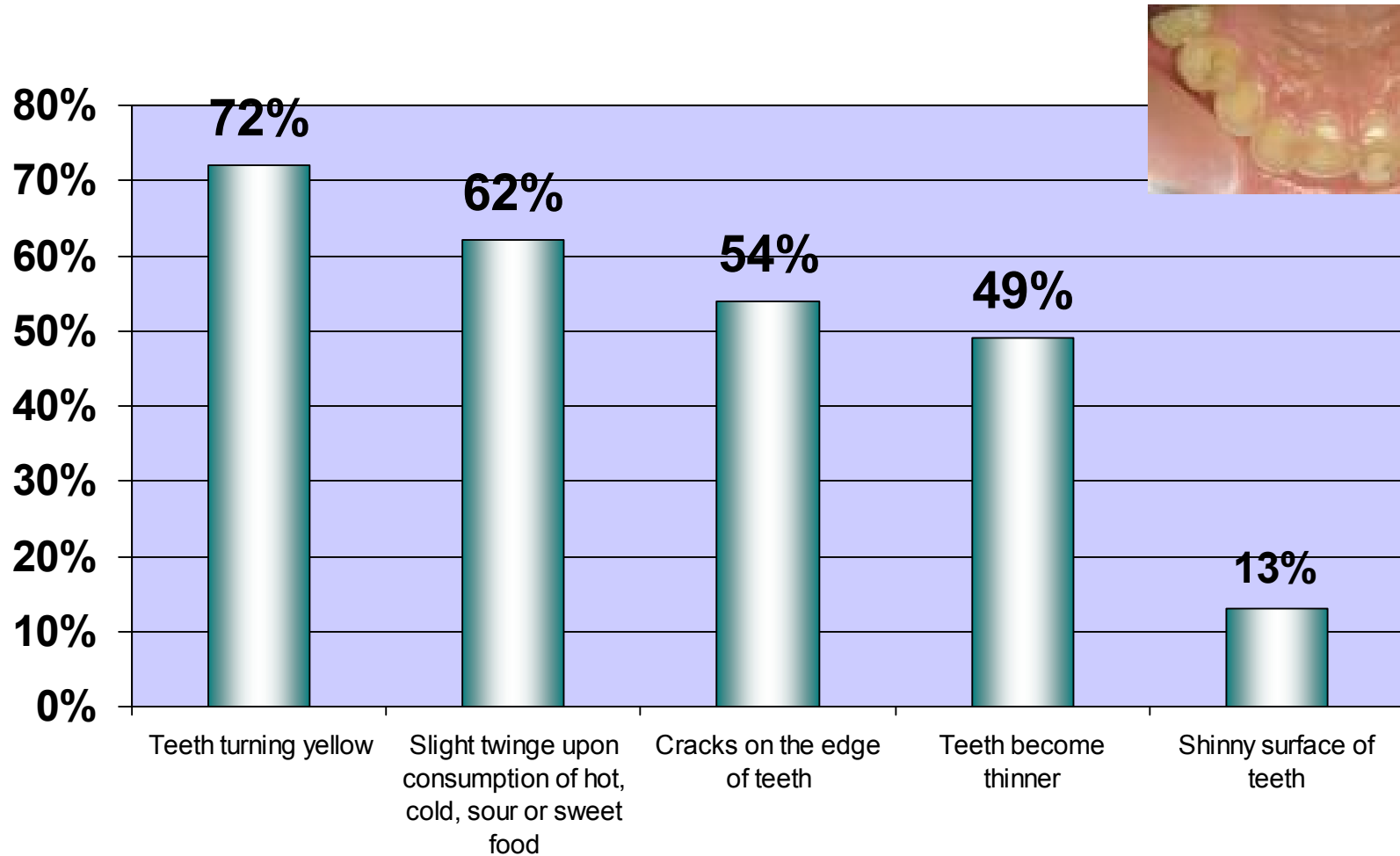
I. Development of Tooth Acid Erosion among Respondents

92% Respondents Aged 25-45 Have Shown Symptoms of Acid Erosion



Successful Samples : 570 10
Age range: 25-45

72% Respondents Said Their Teeth turn Yellowish

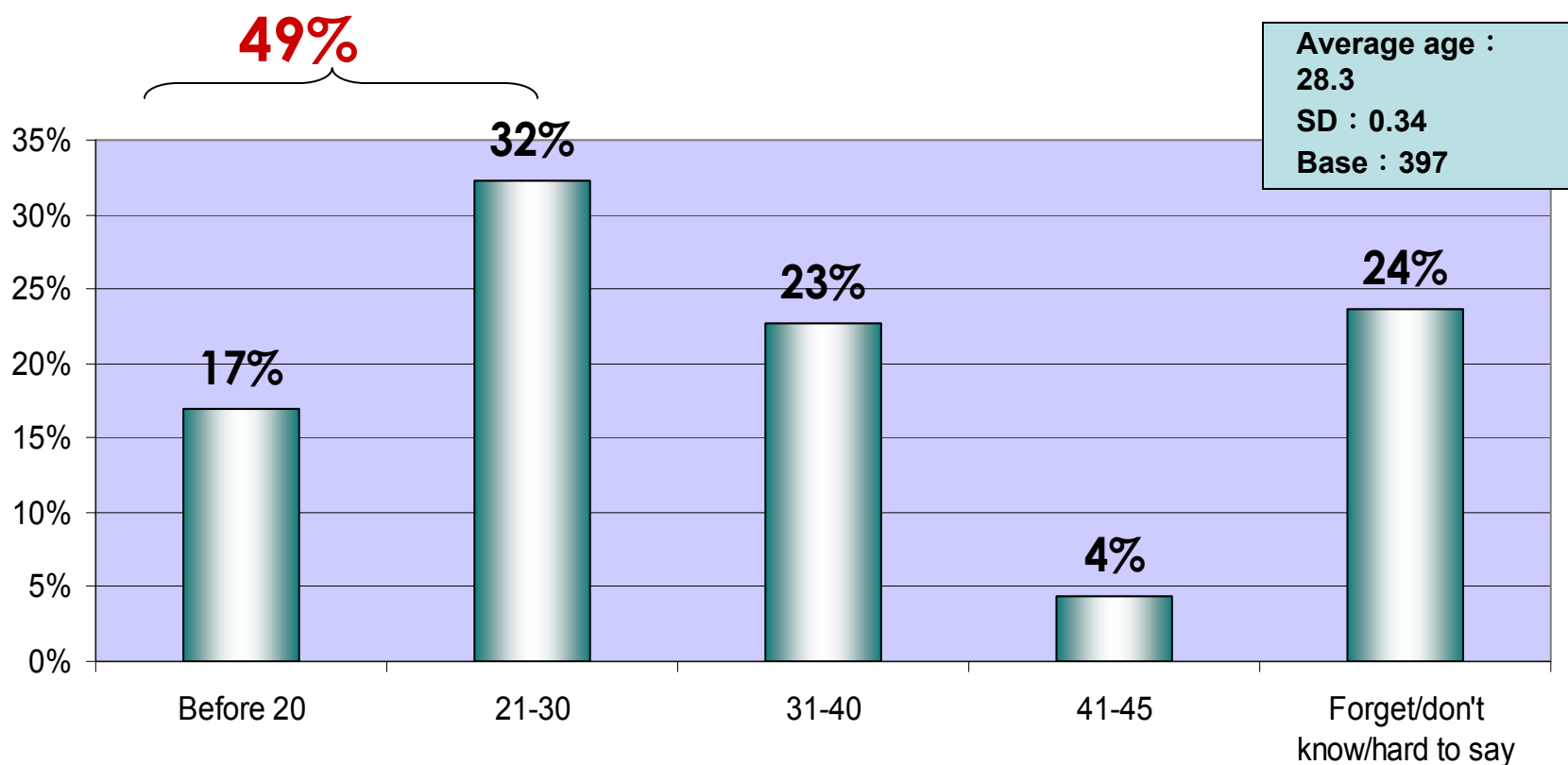


Successful Samples : 520 (multiple responses)

Respondents

Have Tooth Acid Erosion at the age of 28

Q: At what age do you first have tooth acid erosion?

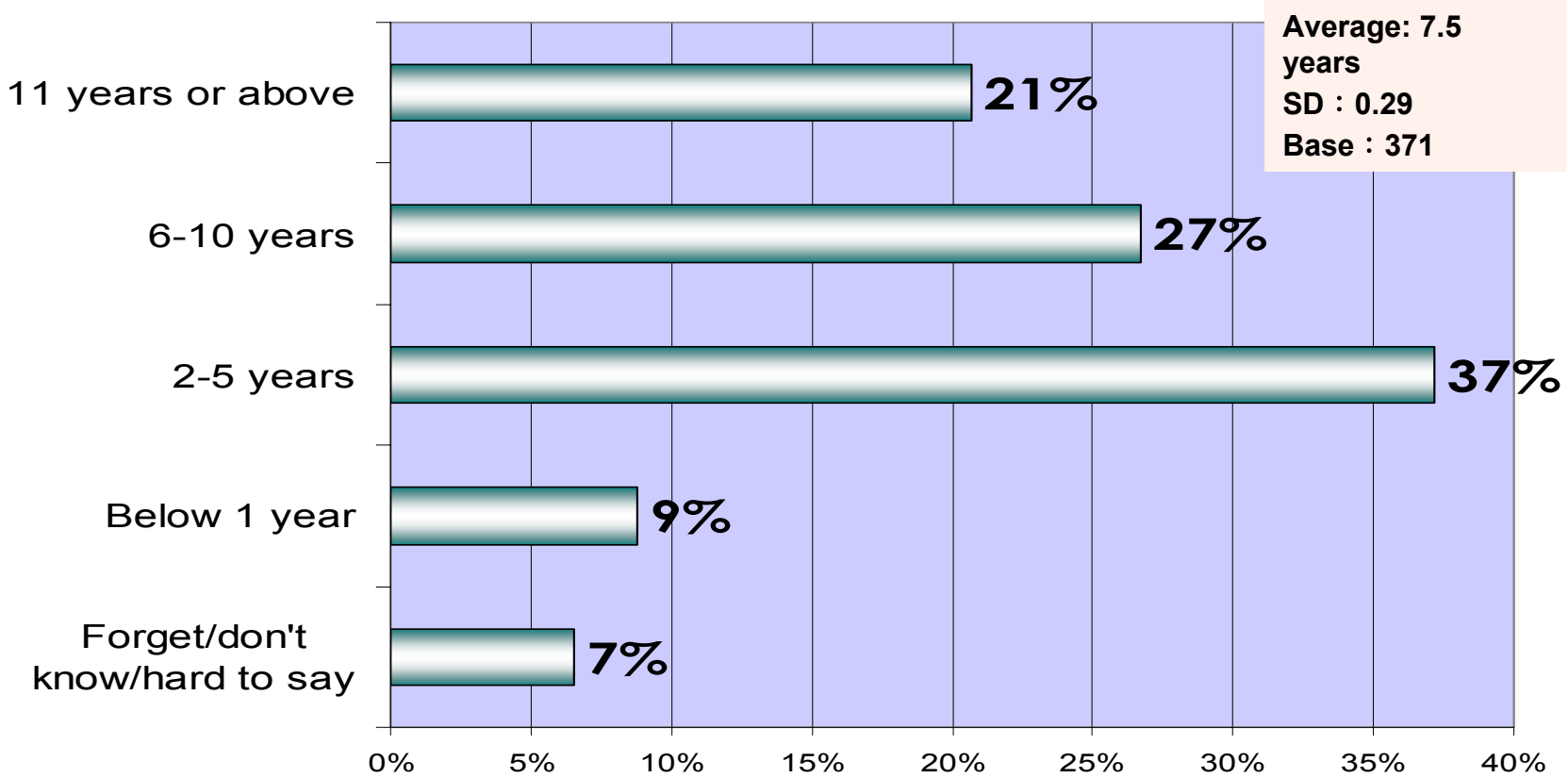


Successful Samples : 520

21%* Respondents

Suffered from Tooth Acid Erosion for 11 Years or More

Q: How many years have you shown symptoms of tooth acid erosion?

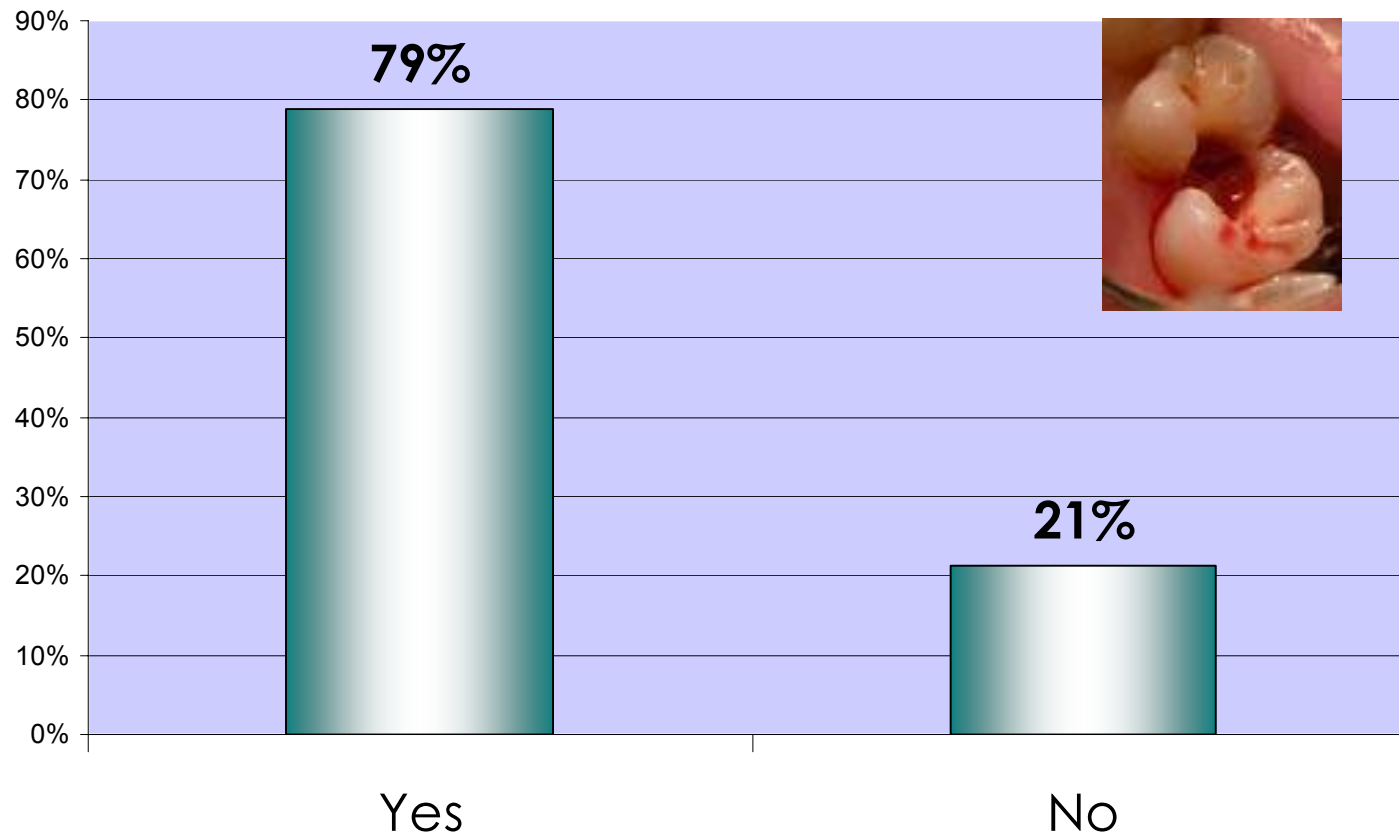


Successful Samples : 397

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* Excludes those who cannot identify when they have shown symptoms of acid erosion

80% Respondents Have Tooth Decay

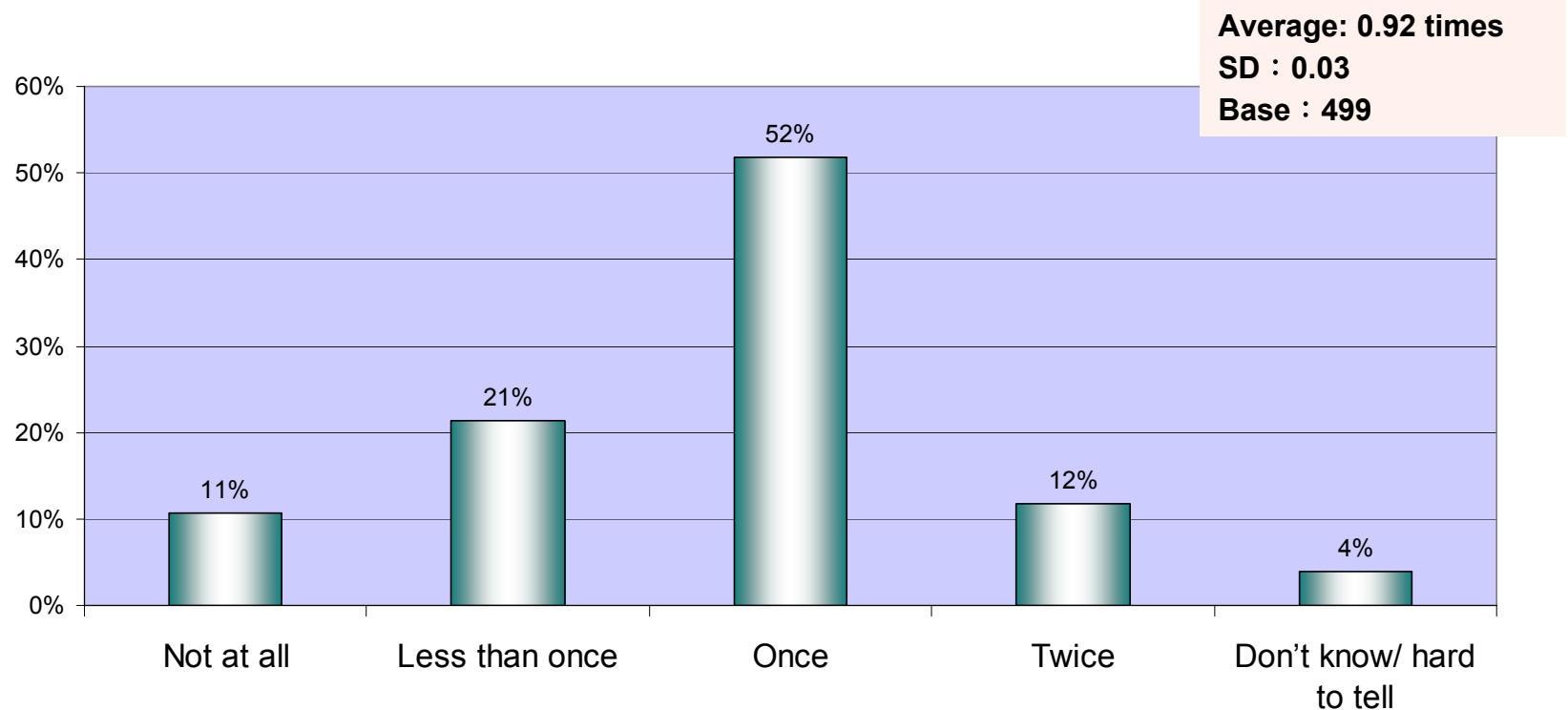
Q: Do you have tooth decay?



Successful Samples : 520

50% Respondents Go for Dental Check-up Once Every Year

Q: On average, how often do you go for dental check up in a year ?

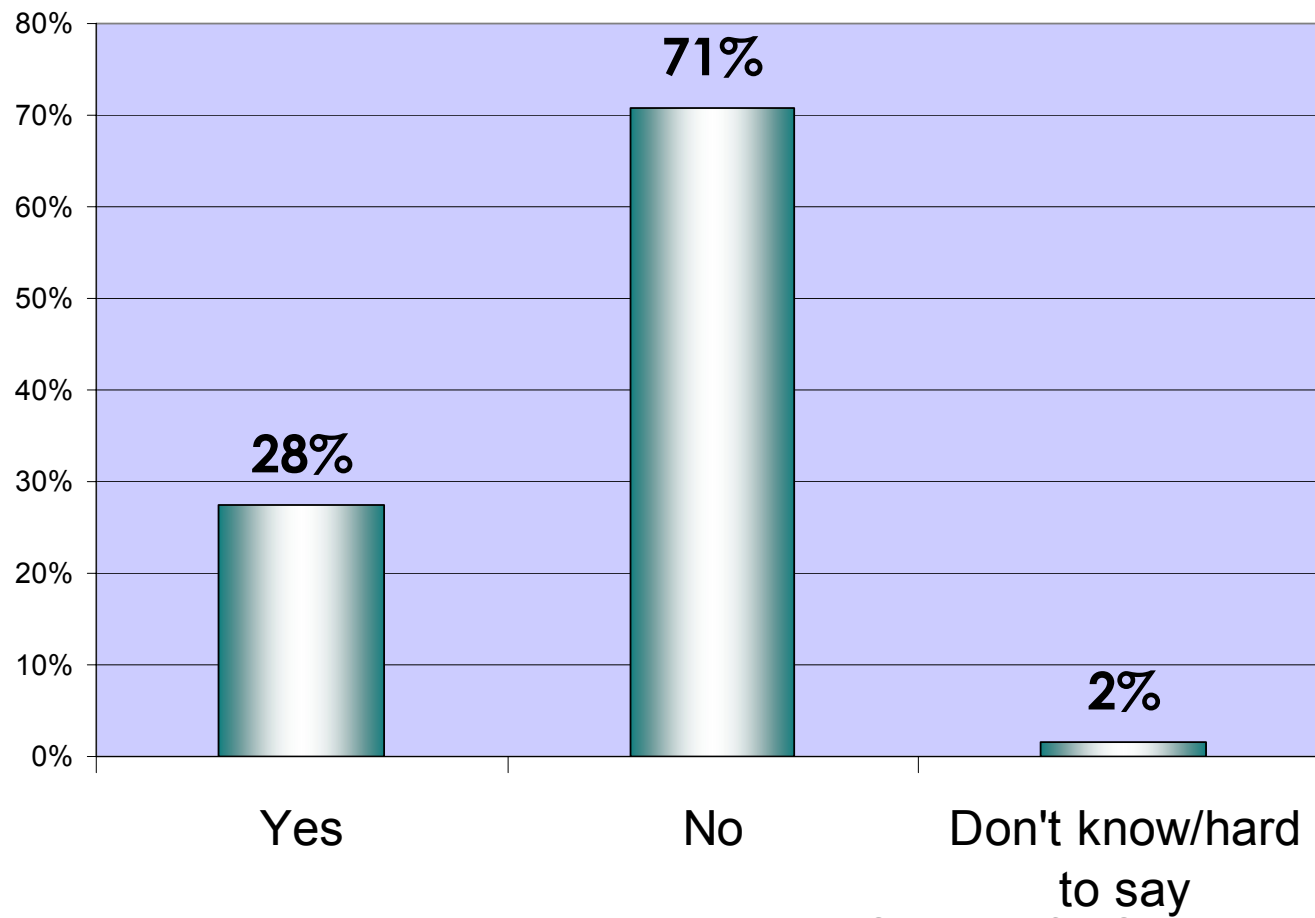


Successful Samples : 519 15

II. Knowledge of Tooth Acid Erosion

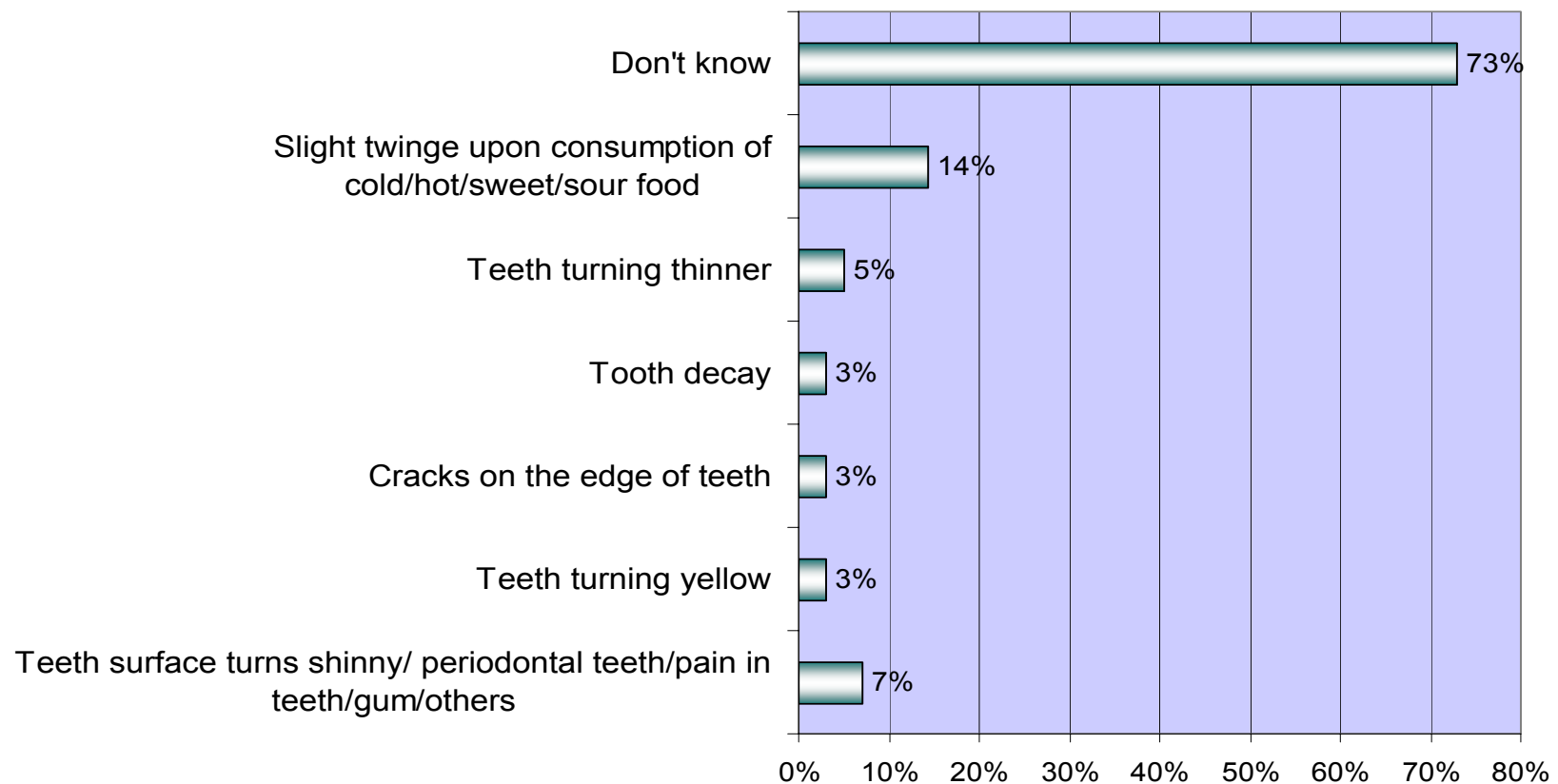
70% Respondents Have Never Heard of Tooth Acid Erosion

Q: Have you ever heard of “tooth acid erosion”?



More Than 70% Don't Know the Symptoms of Tooth Acid Erosion

Q: Before this interview, did you know what the symptoms of tooth acid erosion are?

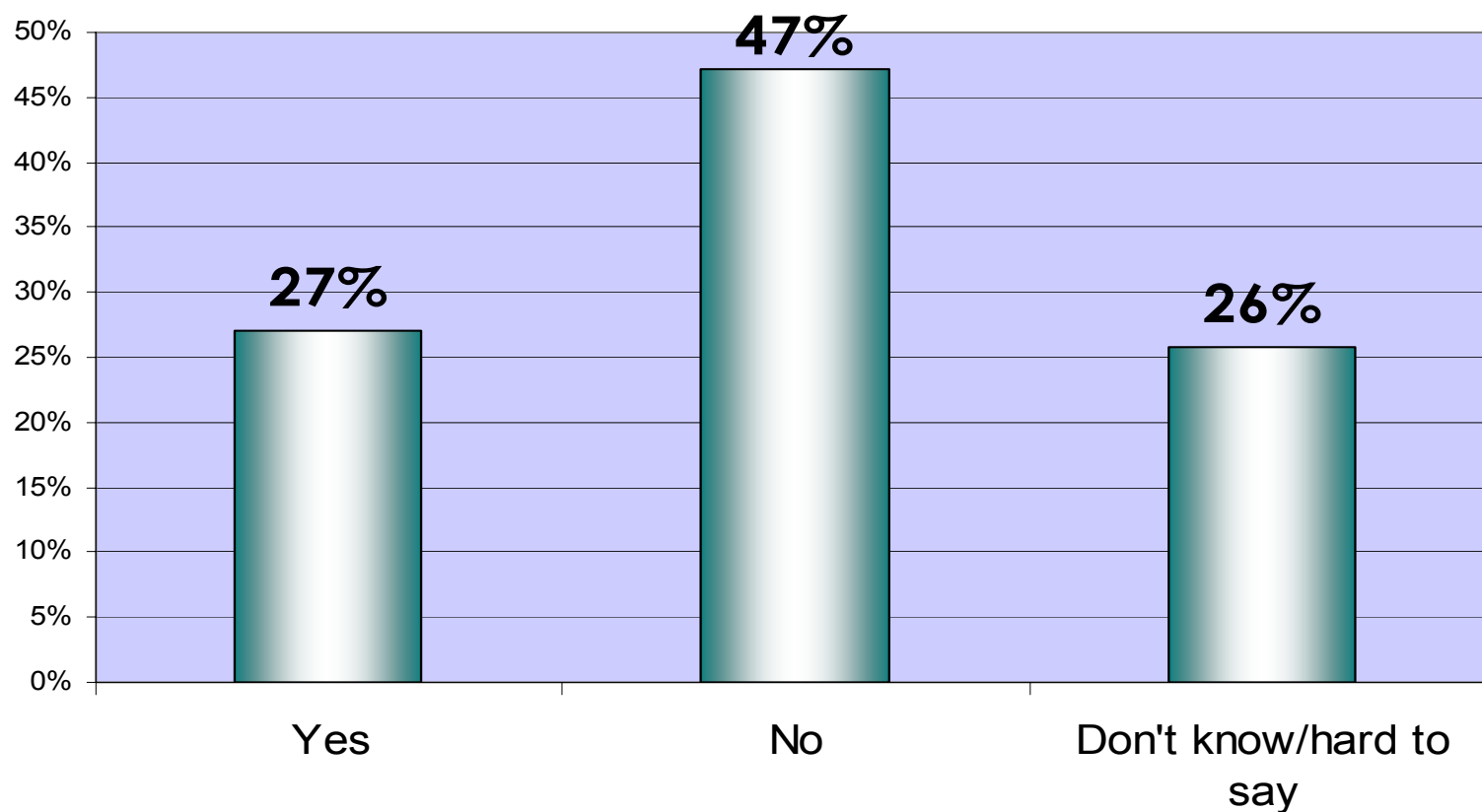


Successful Samples : 518
(multiple response)

18

53% Respondents Mix Up Tooth Acid Erosion with Tooth Decay

Q: Do you think that tooth acid erosion is the same as tooth decay?



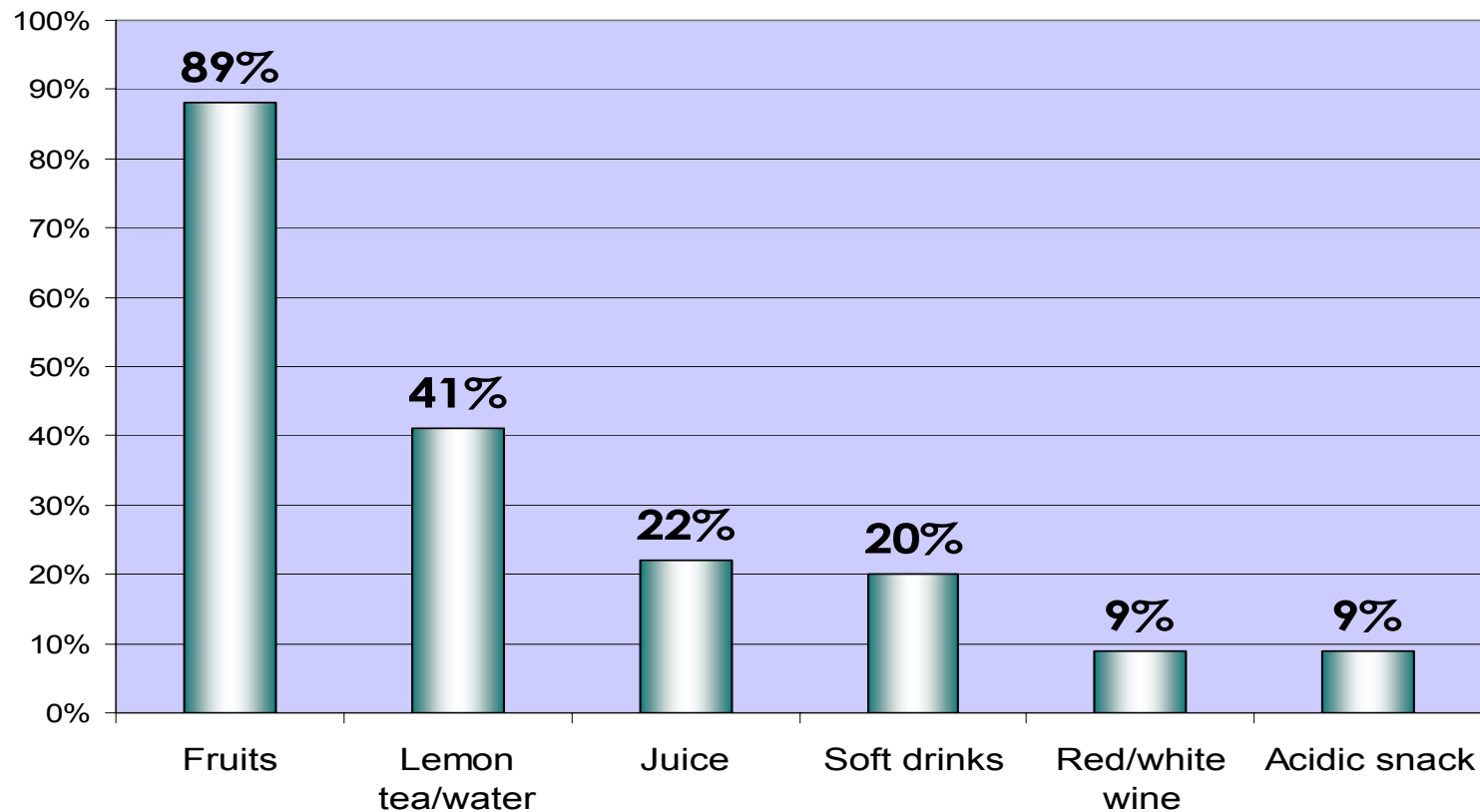
Successful Samples : 520

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III. Dietary Habit of Respondents Who Suffered by Tooth Acid Erosion

Nearly 90% Respondents Consume Acidic Food/Drinks Frequently*

Respondents who have frequent intake of the following food:



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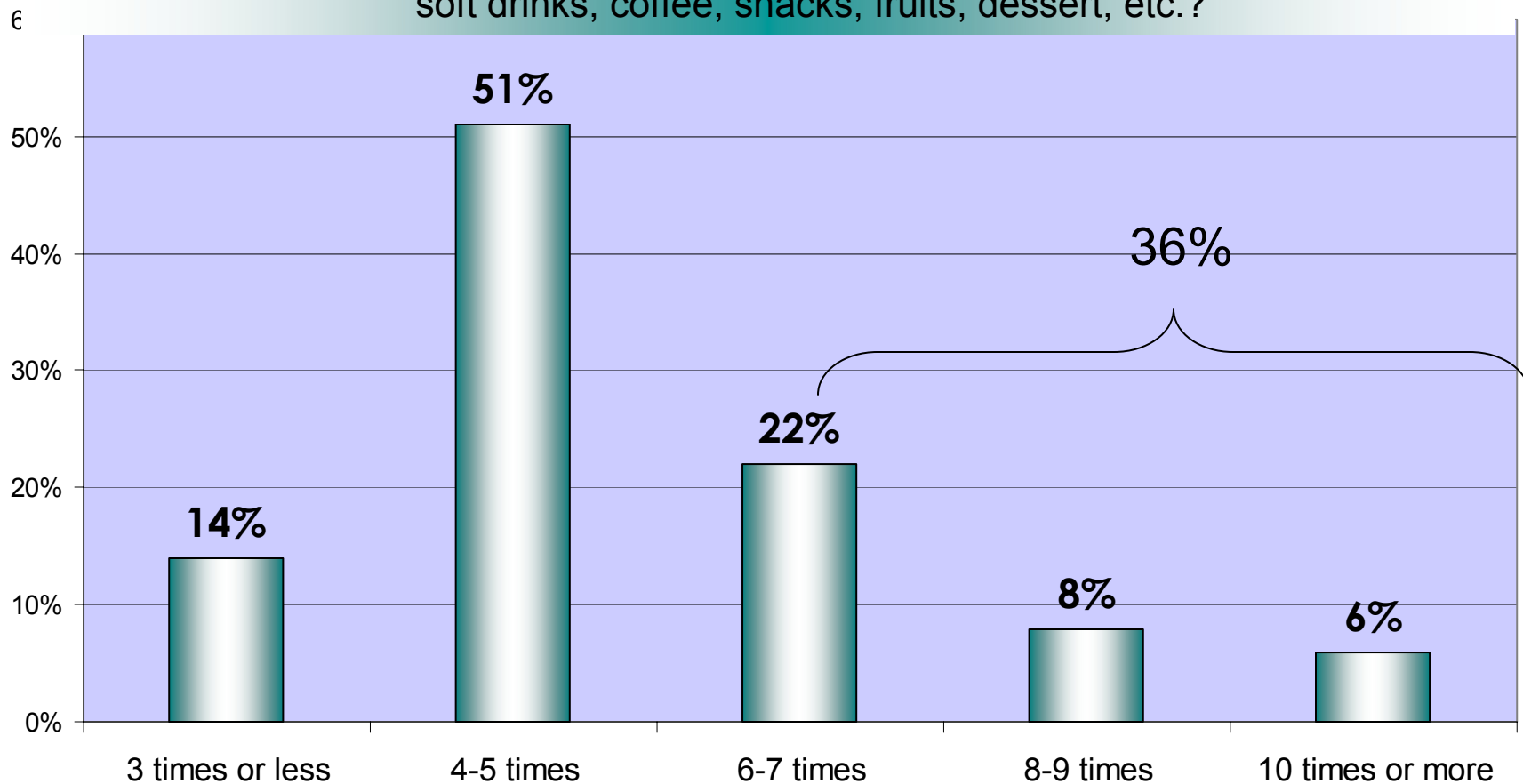
Successful Samples : 519

36% Respondents

**** Have 6 or Above Times Food Intake Every day**

Average Daily Food Intake: 5.4 Times

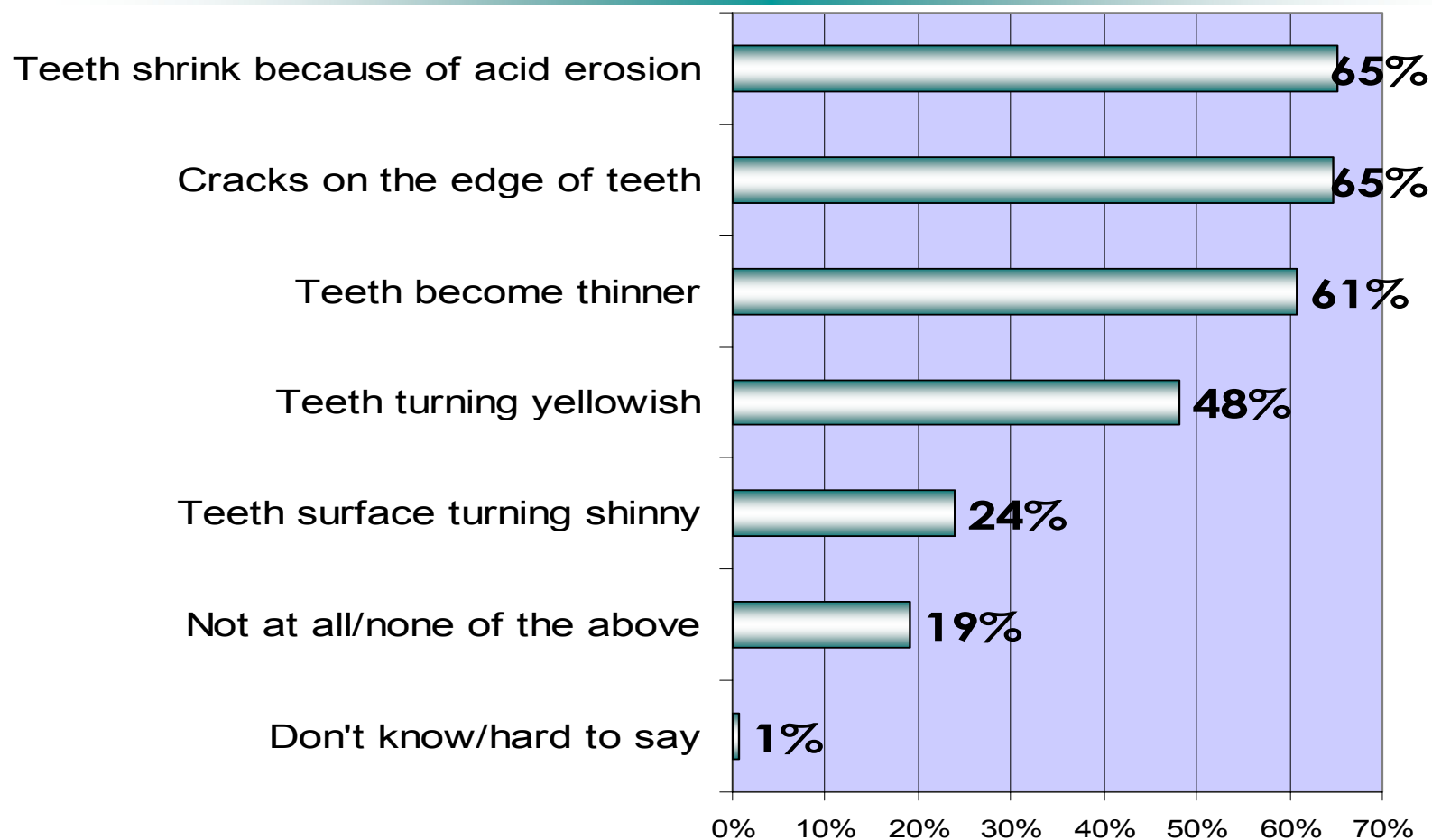
Q: In one day, how often would you consume non-water beverage and food like soft drinks, coffee, snacks, fruits, dessert, etc.?



IV. Concerns of Patients about Tooth Acid Erosion

65% Respondents worry about consequence : Teeth shrink and crack

Q: Are you worry about having the following symptoms?



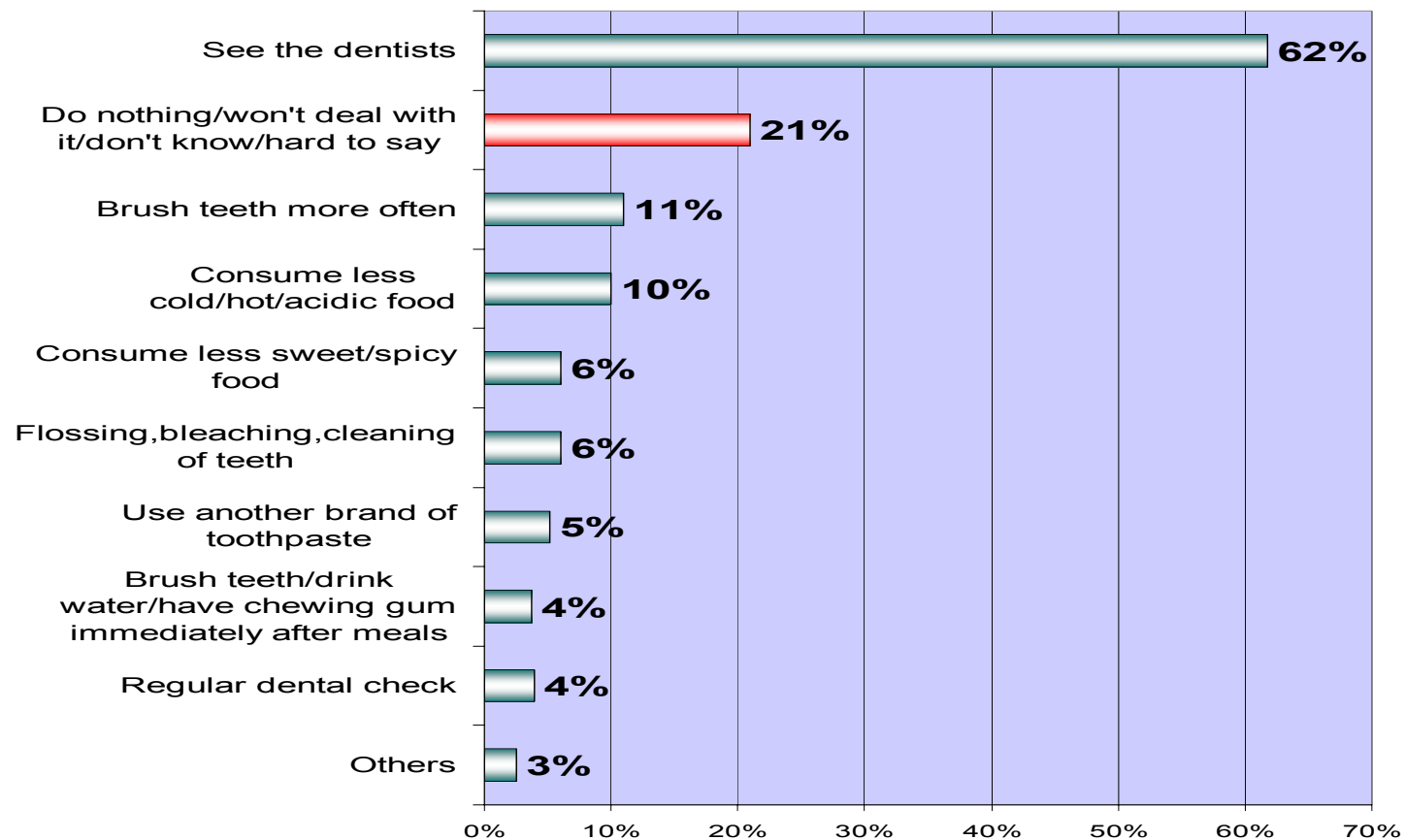
Successful Samples : 397 (multiple response)

Exclude those who cannot tell when they have developed symptoms of acid erosion

V. How Patients Deal with Tooth Acid Erosion

21% Respondents Don't Treat/ Don't Know How to Treat Acid Erosion

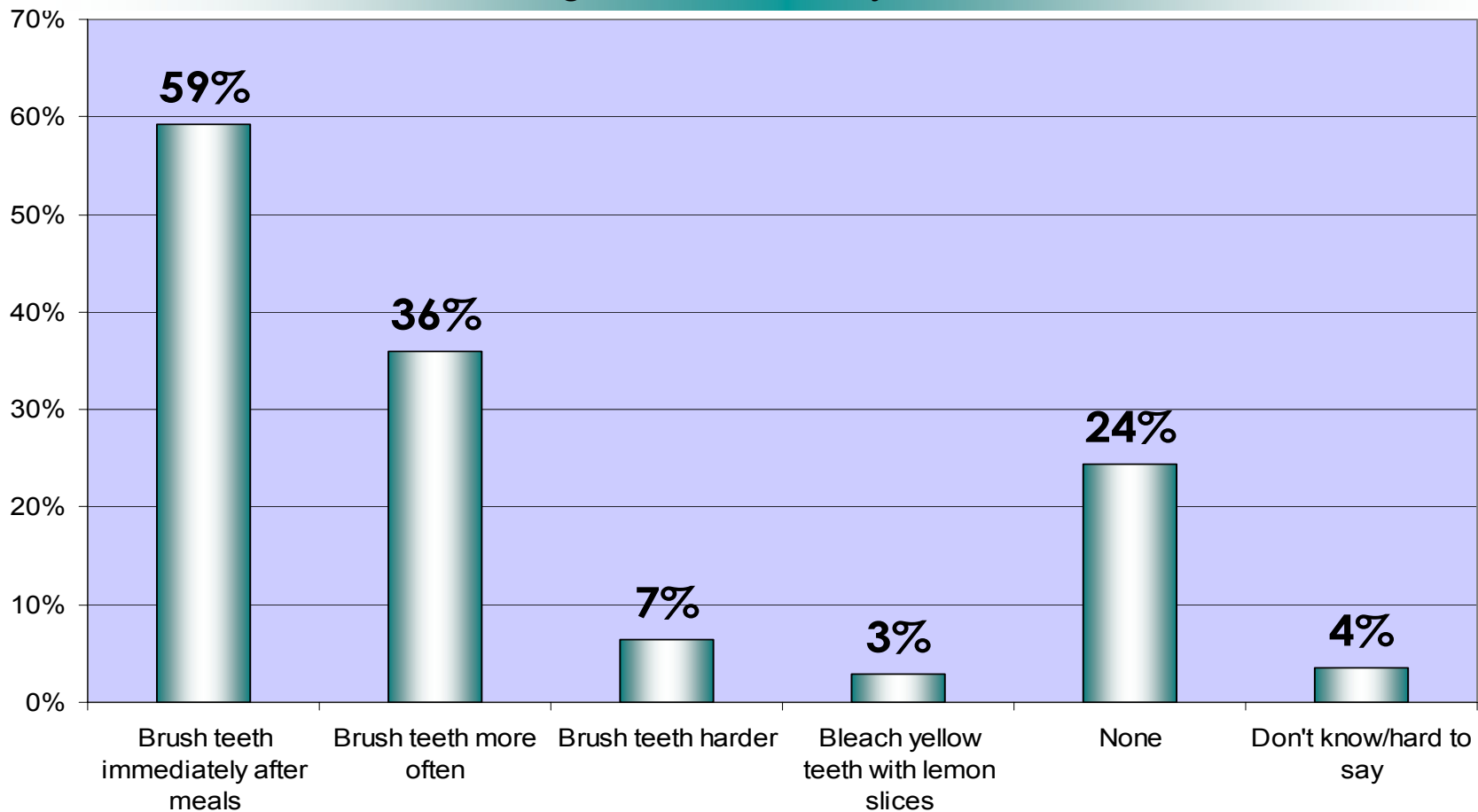
Q: How do you treat acid erosion?



Successful Samples : 516

Almost 60% Respondents Believe that Brushing Teeth Immediately after Meals Can Help to Prevent Tooth Acid Erosion

Q: Which of the following is a correct way to treat tooth acid erosion? ?



Conclusion

Conclusion

- **Tooth acid erosion is a common dental problem in Hong Kong**
 - 92% respondents aged 25-45 have already shown symptoms of tooth acid erosion
 - 72% respondents have their teeth turned yellowish
- **High risk stage of tooth acid erosion:**
 - Respondents have tooth acid erosion at the age of 28
 - 21% suffered for 11 years or more
- **Dietary habit and frequency of eating are related to tooth acid erosion**
 - Almost 90% respondents consume acidic food/drinks (such as fruit, lemon tea/ lemon water, juice and soft drinks) frequently and have an average 5.4 times food intake everyday.
- **Tooth acid erosion affects the quality of life and appearance of the patient:**
 - 65% respondents worry about the consequence of tooth acid erosion: teeth shrink and crack, 61% worry about thinning out

Conclusion

- Most respondents know very little about tooth acid erosion, or even with misconceptions:
 - 71% respondents have never heard of tooth acid erosion
 - More than 70% don't know the symptoms of tooth acid erosion
 - 21% respondents don't treat/ don't know how to treat tooth acid erosion
 - Nearly 60% respondents have misconception that brushing teeth immediately after meals can help prevent tooth acid erosion