

**Results** Trends in heavy drinking showed no real increase since the '70s for either men or women. 40–50 years ago, average BMI was within the “normal” range of 20–25, but now it is above this range for most age groups. Childhood overweight and obesity has also dramatically increased since the '70s. Smoking rates have declined with four times less tobacco available in the UK now since 1961. The quality of the UK diet has improved, with reductions in saturated fat and sugar intake, and increases in fruit consumption. Long term trends in physical activity levels were unclear.

**Conclusion** Falls in cardiovascular disease are due to the improvements in smoking and diet—two of the major risk factors. Trends in heavy drinking have remained fairly constant, but the striking increases in average BMI and childhood obesity threaten to slow or even reverse the declines in cardiovascular mortality, a condition which in 2009 killed a third of the UK population.

### SP3-57 DELETERIOUS ORAL HABITS ASSOCIATED TO WEANING IN STUDENTS FROM 3 TO 5 YEARS OLD FROM VITÓRIA/ES: A CASE-CONTROL STUDY

doi:10.1136/jech.2011.142976o.57

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**Introduction** The breastfeeding is extremely important to the general's and stomatognathic system's health of the baby. The aim of this research is to evaluate the existing association between breastfeeding and deleterious oral habits and the prevalence of the habits in children from 03 to 05 years old in Vitória, Espírito Santo.

**Methods** Case-control study, used as parameters to the samples a prevalence of 33%, confidence level of 95% and margin of error of 5%. The final sample was 903 students, randomised and representative of a total of 9829 children, with complete primary dentition. For the data collection it was used a questionnaire directed to the responsible. The comparison of the percentages among habits and socioeconomic factors and weaning was tested by Fisher's exact test. To the risk it was used OR. The level of significance was 5%. The statistic package SPSS-Social Package Statistical Science, version 15—was used to this analysis. This research was approved by Comitê de Ética em Pesquisa da UFES (084/2010).

**Results** 12.4% present or had presented the habit of finger sucking and 37.7% the habit of sucking pacifier. There is no statistically significant association of the habit of finger sucking with weaning and children who suffer weaning present approximately 4 times more chance of developing the habit of sucking pacifiers.

**Conclusion** It is necessary a larger awareness of the mothers about breastfeeding and public politics to create conditions for them to have these healthy choices.

### SP3-58 TEETH LOSS IMPACT ON ELDER PEOPLE'S QUALITY OF LIFE

doi:10.1136/jech.2011.142976o.58

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**Introduction** There are scientific evidences which show the health contribution of the quality of life. These measurements have not been well guided towards the free speech of the oral health in the people's life.

**Objective** This study aimed to investigate the impact of the teeth loss on the elder people's quality of life.

**Material and Methods** Qualitative investigation with descriptive features, which used random out sample as a result of the total edentulous elder people's selection, who live in a institution of

Fortaleza, Brazil. Within 250 residents screened: 72 elderly, completely edentulous, with ages varying from 60 to 79 years old were selected. A semi-structured questionnaire with closed and opened questions in which the last ones were used for the free flow of the interviewee's speech. The content was analysed and codified according to Bardin.

**Results** 84.7% had gone to the dentist in order to have exodontics. 81.9% reported difficulties after losing their teeth. Physical dimensions, characterised by the difficulties to be fed, and social dimensions, due to the interference in the communication with other people were obtained.

**Conclusion** The tooth loss causes disorder in the individual's quality life, mainly when it affects his well-being and appearance.

### SP3-59 ORAL HEALTH OF THE ELDERLY: PREVALENCE OF ORAL LESIONS RELATED TO DELETERIOUS HABITS

doi:10.1136/jech.2011.142976o.59

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**Introduction** With increasing age, the oral mucosa becomes more susceptible to external stimuli, favouring increased exposure of the individual to aggressive agents. Considering the deleterious habits, the use of alcohol and tobacco represents risk factors for oral lesions. Studies show that the incidence of oral cancer accompanies patterns of tobacco and alcohol consumption.

**Objective** To investigate the prevalence of oral lesions and relate them to deleterious habits in elderly patients.

**Methodology** It was a quantitative research conducted at the dental Clinic of UNIFOR, Fortaleza-CE, in the period from 1998 to 2006. The sample consisted of all 756 records of the elderly, and the data were processed by SPSS 15.0.

**Results** The majority (63.0) were women, age 60–92, mean age 67±6. The most significant proportions were: married (48.4%), retired (42.3%), incomplete primary school (31.5%). It was found a prevalence of 18.3% of oral lesions, with the risk being 1.6 times higher ( $p=0.030$ ) among younger (up to 65 years) and 1.7 times higher among smokers ( $p=0.048$ ). Although this risk is 1.6 times higher among those who drank alcohol, it was not statistically significant ( $p=0.122$ ).

**Conclusion** The elderly showed a high prevalence of oral lesion, being the youngest, the smokers and the alcohol consumers those most vulnerable to the emergence of these diseases. Dental services need to implement programs of elderly care and health education, essential to clarify the risks and their associations with oral diseases, aiming to promote health.

### SP3-60 OLDER PEOPLE'S ORAL HEALTH EVALUATION AND THEIR INTERFERENCE IN DEPRESSION SYMPTOMS

doi:10.1136/jech.2011.142976o.60

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**Introduction** Population's ageing brings problems that confront health systems.

**Objective** Evaluate the oral health of elderly patients and their interference in depression symptoms.

**Methodology** Quantitative research applied for elderly of Reference Centers for Social Welfare in Fortaleza. Applied: Geriatric Depression Scale and an identification and epidemiological survey questionnaire. Software SPSS, version 15, computed the data.