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.

ORAL HEALTH OF THE ELDERLY: PREVALENCE OF ORAL LESIONS RELATED TO DELETERIOUS HABITS

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 date 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 13.3% 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.

OLDER PEOPLE’S ORAL HEALTH EVALUATION AND THEIR INTERFERENCE IN DEPRESSION SYMPTOMS

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.