

Dietary and Feeding Habits in a Sample of Preschool Children with Severe Early Childhood Caries (S-ECC)

The aim of the present study was to investigate dietary and feeding habits in a sample of preschool children with severe early childhood caries (S-ECC) in Jeddah, Saudi Arabia. The design followed the case control study, sixty children diagnosed to have S-ECC were selected and another thirty caries free children were selected as controls. Children were selected according to certain criteria; healthy normal, diagnosed as S-ECC and age range 36-71 months. Clinical examination was done to measure dmf index. Questionnaire interview was performed to evaluate dietary habits, feeding habits and behavior. There was a highly significant difference between both groups regarding the dietary habits, mainly the frequency of eating sugar ($P=0.003$), the eating frequency of salty snacks (fishfash, chips) ($P=0.006$, $P=0.002$), frequency of drinking flavored milk ($P=0.008$), and the consumption of soda drinks ($P=0.001$). A significant difference was found between both groups regarding the child feeding behavior, indicating increased risk of caries in child who went to bed with bottle and who was fed at will ($P=0.000$). Based on the sample of patient studied, it was concluded that snacks and sugar consumption between meals, night feeding and at will feeding are significant risk factors. Eating vegetables and fruits, early use of cup may reduce caries risk.