



# Dental Care Promotion in Chattanooga

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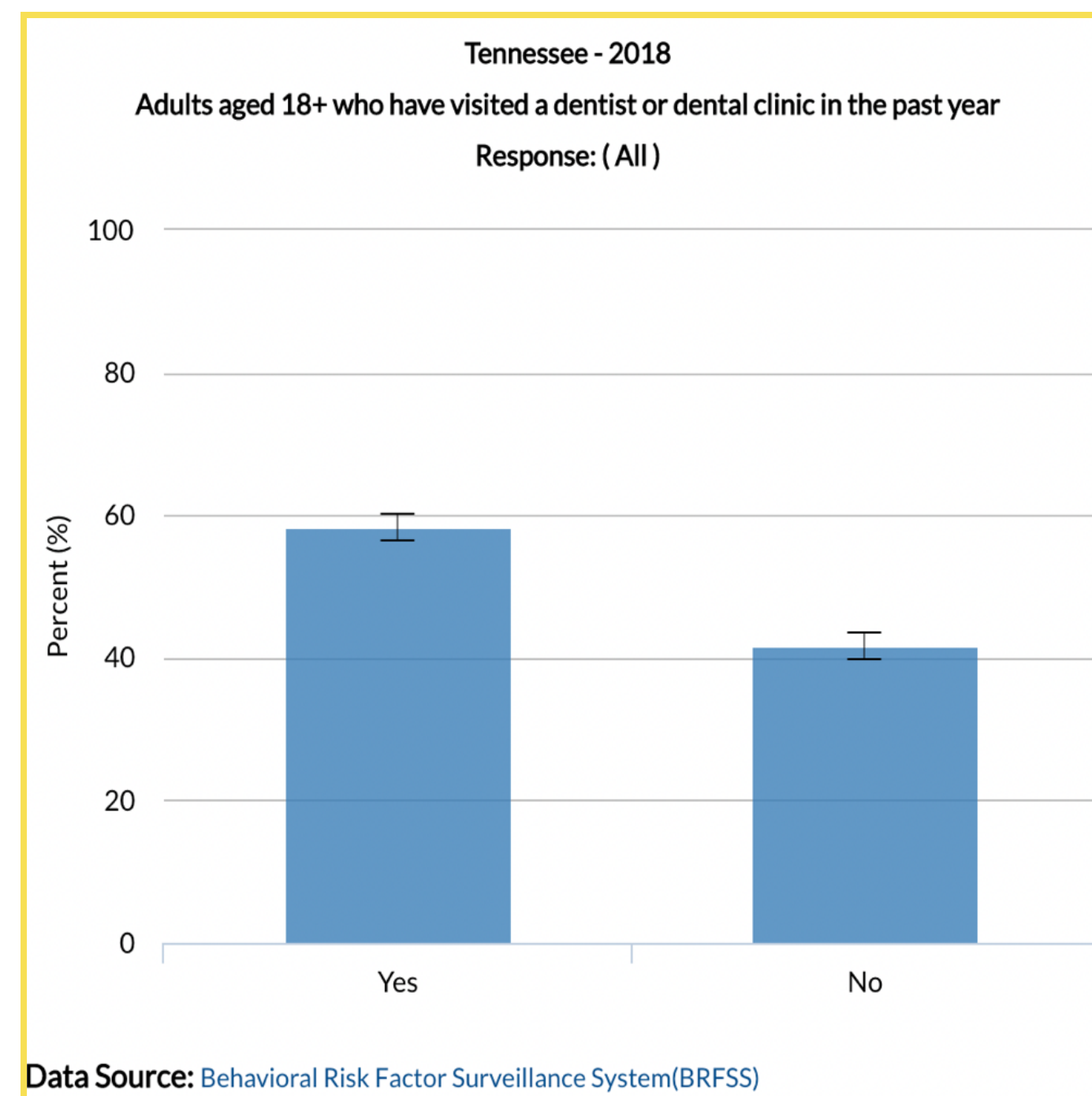
## PURPOSE

This project was intended to address dental disparities in the Pakistani adult community of Chattanooga through informational sessions promoting proper dental care.

## BACKGROUND

### Need for Care and Prevention:

- Percentage of adults who visited a dentist, dental hygienist or dental clinic within the past year in the Chattanooga Health System: 66%
- Percentage of adults ages 18-64 who have lost six or more teeth to decay, infection or gum disease in the Chattanooga Health System: 19.1%



## METHODS

To engage the audience members at the Islamic Center of Greater Chattanooga, I advertised a workshop to friends and family regarding proper dental practices. Starting the presentation off, I discussed statistics regarding the lack of proper dental care and the detrimental effects that may be presented. Afterwards, the attendees were given dental disclosing tablets to analyze levels of plaque on their teeth. This proved the lack of proper dental hygiene techniques. The audience was then given a presentation to educate on proper dental hygiene (toothbrushing techniques, flossing, and proper diet).

## OUTCOMES

There were a total of 15 attendees with an age range from 18 years to 30 years.

65% of the individuals demonstrated higher levels of plaque than anticipated.

55% of individuals reported lack of flossing and brushing once a day (if that).

## STUDENT LESSONS LEARNED

Although there are high levels of stigma regarding dental care in the Pakistani community in Chattanooga due to lack of trust, there are many ways that an individual can take a degree of preventative measures to help aid in their dental care.

## COMMUNITY PARTNER ACKNOWLEDGEMENTS

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