Factors associated with edentulousness in an elderly population in Valencia (Spain)

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**Abstract**

**Objective:** To determine the prevalence of edentulism and its association with various socioeconomic factors and oral health habits in the population aged 65-74 years old in the region of Valencia.

**Methods:** A cross sectional study was designed. Thirty-four primary health centers and five nursing homes were chosen at random in the region of Valencia (10-15 voluntary participants per sampling point). Clinical examinations were carried out by three calibrated dentists (kappa > 0.85) in the same centers. The total sample consisted of 531 individuals (235 men and 296 women).

**Results:** The percentage of toothlessness was 20.7% and the mean number of natural teeth present was 14.92. The prevalence of edentulism was significantly higher (p < 0.05) in men, institutionalized persons, those with no schooling, those with poor oral hygiene, those who visited the dentist regularly and those living in peri-urban/rural areas. In a multivariate logistic regression model with edentulism as the dependent variable, the following factors were identified as significant independent variables: institutionalization (odds ratio [OR] = 2.88), poor oral hygiene (OR = 2.35), regular visits to the dentist (OR = 2.34) and age (OR = 1.19).

**Conclusion:** Edentulism is a complex phenomenon that involves distinct social and economic factors.

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**Resumen**

**Objetivo:** Determinar la prevalencia del edentulismo y su asociación con diferentes factores socioeconómicos y de hábitos de salud oral en la población valenciana de 65 a 74 años de edad.

**Métodos:** Se diseñó un estudio transversal. Se seleccionaron aleatoriamente 34 centros de salud de atención primaria y residencias geriátricas de la Comunidad Valenciana (10 a 15 individuos voluntarios por punto de muestreo). Las exploraciones clínicas las realizaron tres odontólogos previamente calibrados (kappa > 0.85) en los mismos centros. La muestra total fue de 531 personas, 235 hombres y 296 mujeres.

**Resultados:** El porcentaje de desdentados totales fue de 20.7%, y la media de dientes naturales presente de 14.92. La prevalencia de edentulismo fue significativamente mayor (p < 0.05) en los hombres, en las personas institucionalizadas, que no tienen estudios, con pobre higiene oral, que visitan regularmente al odontólogo y en las que viven en zonas periféricas o rurales. En un modelo de regresión logística multivariada con el edentulismo como variable dependiente se han hallado como variables significativas la institutionalización (odds ratio [OR] = 2.88), la pobre higiene oral (OR = 2.35), las visitas regulares al odontólogo (OR = 2.34) y la edad (OR = 1.19).

**Conclusión:** El edentulismo es un fenómeno complejo, con diversos factores sociales y económicos implicados.

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**Introduction**

Aging of the world population is leading to a major readjustment in social and health services in most of the developed world. In Spain, and specifically in the Spanish region of Valencia, the demographic aging of recent decades is graphically demonstrated by population pyramids, where the over-65-year-olds already represent more than 16% of the total.

In the autonomous region of Valencia, as in the rest of Spain, dental care has traditionally been almost entirely private. For decades, the public health service confined itself exclusively to diagnosis and pain-relief: medicines and extraction. Any other treatment had to be arranged with a private practice and paid for by the patient. It was not until the 1980s that the public health system began to include dentistry to a certain extent, focusing above all on the child population. For this reason, there is a great lack of official programs to promote oral hygiene and dietary habits among the older adult population, which is therefore at greater risk of tooth loss.

Total tooth loss is the variable most often used to gauge the oral health of the elderly. As a result, it is possible to compare how the
prevalence of toothlessness has evolved in many countries through
the publication of epidemiological data over the years. Although
not highly explicit, this variable nonetheless expresses oral status
during the final stage of a lifetime.

Analyzing the causes that lead individuals to lose all their teeth
is a complex, multifactorial task involving many objective data
(caries, periodontal disease, traumas, iatrogenic effects), as well as
factors that are subjective but no less important (ethnic and cultural
factors, sociocultural level, diagnoses, uncertainty in therapeutic
assessments).\textsuperscript{1}

What is certain is that toothless people have lost an impor-
tant bodily function, with major repercussions for their general
health and their relationship with their environment that can affect
their quality of life and cause psychosocial and even emotional
problems.\textsuperscript{2,3}

A person with total tooth loss is one whose masticatory function
is deficient or non-existent, entailing serious nutritional problems.\textsuperscript{4}

Various factors are related to tooth loss. All information
that leads to a better understanding of the factors associated with
edentulism is important to enable the authorities and oral health
professionals to plan and provide appropriate dental services for
the elderly.

The objective of this study was to determine the percentage
of edentulism in the older adult population of the region of Valencia
in Spain and to assess its association with the distinct variables
involved, such as age, sex, educational level, institutionalization,
place of residence, regular visits to the dentist, smoking and alcohol
consumption.

\section*{Methods}

\subsection*{Sample design, size and selection}

A cross sectional study was designed to be representative of the
65-74-year-old population of the region of Valencia. The sample
size was calculated, taking into account the prevalence of eden-
tulism in Spain, for a level of precision of 0.035. The sample was
obtained from primary healthcare centers and nursing homes.

The 121 primary care centers of the health system of Valen-
cia are located throughout the region. Of these 121 primary care
centers, 34 were chosen at random. An institutionalized sample
representing 12\% of the total sample (a similar percentage to that of
institutionalized patients aged over 65 years in the Valencia region)
was randomly selected from five institutions (three public and two
private).

Between 10 and 15 individuals aged between 65 and 74 years
were examined per sampling point. In primary care centers, indi-
guals who were attending for reasons other than oral/dental
disease were included. Individuals in these centers were invited to
participate in the study voluntarily and with no reward except for
a dental examination. In nursing homes, participants were selected
at random from the total number of residents recorded in each
residence. All individuals were volunteers. The refusal rate was
low (<15\%). The examinations were carried out in November and
December 2006 in the same sampling points.

\subsection*{Materials and human resources}

The form employed to record the information from the ques-
tionnaire and the oral examination of each participant was cus-
tom-designed, based on the assessment form model recom-
manded by the World Health Organization,\textsuperscript{5} adapted to the
variables analyzed. The questionnaire was administered by the
examiner while performing the dental examination.

Three dentistry graduates were selected to conduct the field
work after calibrating them against a standard examiner, following
the World Health Organization's guidelines. The kappa index of
inter-examiner agreement was above 0.85.

\section*{Study variables}

The relationship between edentulism and the mean number
of teeth present and a number of socio-economic variables and
dichotomized oral health habits was studied:

- Educational level: three categories were established. The maxi-
mum level of education attained was classified into 'no schooling'
(literate), 'primary' (basic schooling) and 'higher' for those with
vocational training qualifications, the baccalaureate or a univer-
sity diploma or degree.
- Institutionalization: those who lived in a nursing home were con-
sidered 'institutionalized'.
- Residence: urban residents (those living in settlements with more
than 50,000 inhabitants) were distinguished from rural (peri-
urban and rural) residents (those living in settlements with fewer
than 50,000 inhabitants).
- Gender: male or female.
- Smoking: classified as 'yes' when the patient currently smoked
or had given up smoking less than 2 years before.
- Alcohol consumption: classified as 'yes' when the patient con-
sumed at least one alcoholic drink every day.
- Visits to the dentist: classified as 'yes' when the patient had vis-
ited the dentist at least once a year for the past 5 years.
- Tooth brushing and hygiene of dental prostheses: 'poor oral
hygiene' was recorded for those who admitted that they never
or almost never brushed their teeth, and 'poor prosthesis hygiene'
for denture wearers who never or almost never cleaned their
dental prostheses.

\section*{Ethics}

This study was approved by the Ethics Committee of the Fac-
ulty of Medicine and Dentistry of the University of Valencia, Spain,
and was conducted in accordance with the recommendations of
the Declaration of Helsinki. All the participants signed an informed
consent form.

\section*{Statistical analysis}

Statistical analysis of the data was performed with a statistics
program (SPSS 15.0\textsuperscript{8}). In the univariate analysis, Student's t-test
was used to compare the means of the number of teeth present
(including edentulous people) and a chi square test was used to
compare the percentages of edentulism. In the multivariate
analysis, a logistic regression was also performed with edentulism as
the dependent variable and the study variables as the independent
variables, using the forward stepwise (Wald) method and the Hos-
mer and Lemeshow goodness-of-fit test for the adjustment of the
model.

\section*{Results}

A total of 531 persons aged 65-74 years old were examined, of
whom 235 were men and 296 were women. The mean age of the
sample was 70.1 years (confidence interval of 95\% [95\%CI]: 69.8-
70.4): 70.3 years for men (95\%CI: 68.9-70.7) and 70.0 for women
(95\%CI: 69.6-70.4). The percentage distribution of the variables is
shown in Table 1.

The prevalence of edentate persons was 20.7\% with a 95\%CI
of 17.3\% to 24.4\%. The mean age of the edentulous group was
69.7 years (95\%CI: 69.3-70.1) and that of the non-edentulous group
was 71.6 years (95\%CI: 71.1-72.2).
In the univariate analysis, the following variables were significantly associated with edentulism (p < 0.05 in the chi square test): no schooling, institutionalization, rural residence, male gender, poor oral hygiene and regular visits to the dentist (Table 2). The mean number of teeth present was 14.92 (95% CI: 14.06–15.78). The number of teeth present was significantly lower (p < 0.05 Student’s t-test) in participants who had no schooling, were institutionalized, resided in a peri-urban/rural area, were male, had poor oral hygiene and made regular visits to the dentist (Table 3).

In the multivariate logistic regression model with edentulism as the dependent variable ( Hosmer and Lemeshow’s goodness-of-fit test, p = 0.283), the variables significantly and independently associated with edentulism were institutionalization, poor oral hygiene, regular visits to the dentist and age (Table 4). The ROC curve, with an area under the curve of 0.74, is shown in figure 1.

### Discussion

One of the main biases of a cross sectional study is selection bias in the sample. In this study, given the health centers sampled and that the percentage of individuals aged 65–74 regularly using public healthcare is 90%, according to health survey of the Valencian region in 2005, we believe that the sample was representative of the population.

This study found that 20.7% of individuals in the 65–75-year-old age group were edentate, which is within the range found in the
According to the Adult Dental Health Survey carried out in the United Kingdom in 1998, the factors with the greatest influence on toothlessness were age followed by educational level. Consequently, although general falling, edentulism would appear to be concentrated in particular risk groups. Lawton et al also showed a strong association between edentulism and cultural factors linked with particular ethnic groups.

Ascertaining oral health habits (visits to the dentist, oral hygiene, smoking and alcohol consumption) through questionnaires can yield highly slanted results because, out of courtesy, interviewees tend to give answers that are closer to what is considered socially acceptable than the real situation. Additionally, the methods and samples employed by the various studies on this subject are not always comparable (different sample sizes, questions asked or target population age range).

Regular dental visits have been associated with a reduced risk of tooth loss. In the present study, however, the mean number of teeth present was lower in patients who visited the dentist regularly. This finding could be because the dental services were being used for extractions or prosthetic treatment rather than preventive care by this group of older people.

The literature describes habitual smoking as being strongly associated with total tooth loss. Some studies have calculated that habitual smokers have a 20% greater risk of tooth loss than persons who have never smoked. In this study, smoking was not a significant factor in edentulism, even though non-smokers had a greater mean number of teeth present than smokers.

In agreement with the present study, other studies have found that habitual drinking did not show a significant association with total tooth loss. All the variables described above confirm the association of social and economic factors with edentulism in the adult population of the Valencia region aged between 65 and 74 years. To reduce edentulism, measures to improve oral hygiene habits will need to be accompanied by social and cultural measures.

**What is known on the topic?**

Because of greater life expectancy, maintaining optimal oral health is increasingly important. Study of the prevalence and severity of tooth loss provides useful information for decision-making on prevention.

**What does this study add to the literature?**

This study demonstrates the association between social and economic factors and edentulism and tooth loss in the elderly population. To reduce the prevalence of toothlessness, a multidisciplinary approach is required.

**Authors’ contributions**

J.M. Almerich-Silla and J.M. Montiel-Company designed the study. M.V. Eustoquio-Raga and J.M. Montiel-Company performed the data analysis and interpretation. All the authors were involved in drafting the manuscript or revising it critically for important intellectual content and have approved the version to be published.

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**Conflict of interests**

None.

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