

## **Development of a Nutrition Screening Tool to Assess Dental Caries in African-Americans with Type 2 Diabetes Mellitus**

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Individuals with type 2 Diabetes Mellitus (DM2) are twice as likely to develop periodontal disease compared to those without DM 2. Furthermore, African Americans tend to have worse oral health. Currently, no nutritional tool has been studied in depth to specifically assess the risks between eating behaviors and the development of dental caries in this population. The aim of this study was to develop an instrument and pilot test it in a small group of African Americans with DM2. The test questionnaire focused on topics of glycemic control, oral health habits, food preferences, and eating behaviors. The focus group did not have a previous history of periodontal disease prior to their diabetes diagnosis. The feasibility of the questionnaire will be assessed based in the following factors: 1) readability 2) time taken to complete questionnaire 3) question comprehension 4) ability to score answers into a quantitative values, and 5) feasibility to utilize values to predict risk factors related to oral health. This feasibility study will be used to amend and improve the questionnaire accordingly. Implications for this questionnaire mean that a nutritional behavior risk may be associated with the development of caries and possibly other oral health conditions.. If so, health providers will be able to use this tool in their ambulatory clinics as one way to screen for oral health risks based on dietary habits in patients, particularly AA, with type 2 diabetes.

AA have worse oral health: [http://dental.columbia.edu/pubs/news\\_bites\\_june2004.html](http://dental.columbia.edu/pubs/news_bites_june2004.html)

And

<http://www.ada.org/prof/resources/pubs/adanews/adanewsarticle.asp?articleid=928>