

**Upscaling the whole mouth health advocacy and capacity-building project based on Vision 2030 for sugar control in India**

*Supported by FDI's World Dental Development Fund (WDDF)*



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## **SURVEY QUESTIONNAIRE STUDY**

### ***Role of Dental Colleges' Deans and Faculties in creating and maintaining a Sugar-free Dental College Campus.***

#### **Background:**

Dental Colleges offer an ideal environment for establishing an exemplary workplace focused on limiting sugar consumption, considering that dentists frequently emphasize the importance of sugar control for oral health. For a better understanding of the knowledge, attitudes, and practices of the deans and faculties in their institutes, a survey questionnaire study was conducted as a part of this project. This survey explores how dental college deans and faculties can lead the way in promoting a sugar-free lifestyle, leveraging their knowledge and influence to establish a model workplace for students that aligns with their professional advice

#### **Aim:**

To assess and evaluate the role of dental colleges' Deans and faculties towards maintaining a "sugar-free campus" in a dental college.

#### **Objectives:**

1. To understand the knowledge, attitude, and practices of the esteemed members of a dental college in creating a sugar-free campus
2. Evaluating the acceptance of the sugar-free campus concept by analyzing the overall score obtained.
3. To assess the college-wise acceptance to a sugar-free campus.

## Methods:

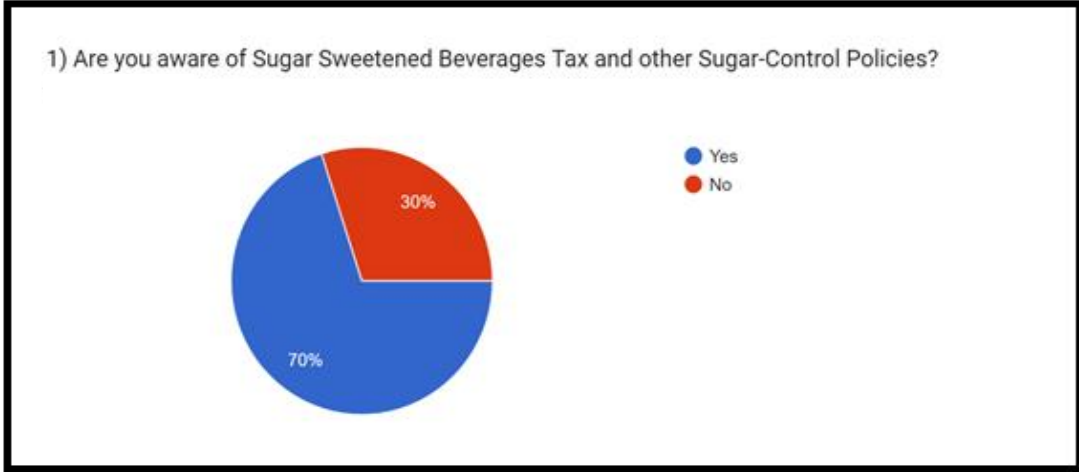
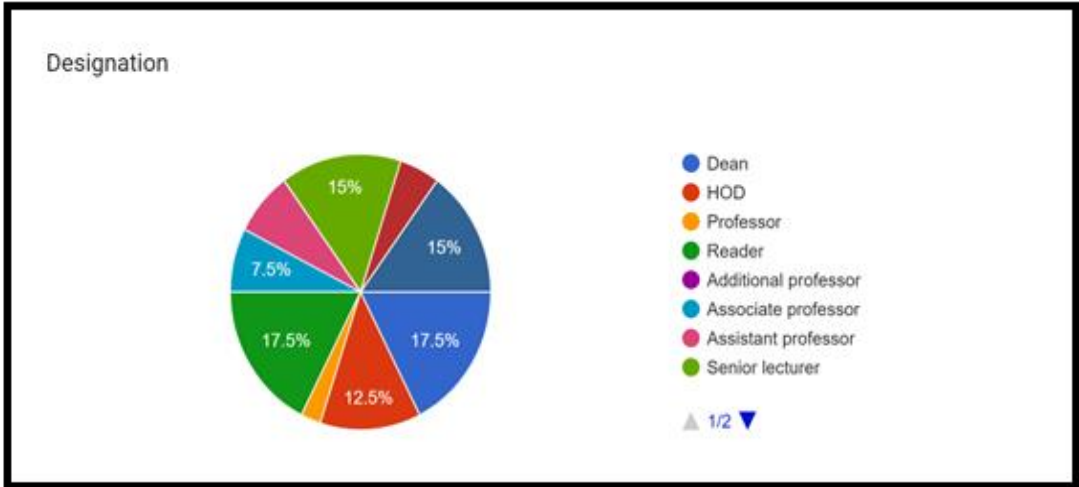
- The survey utilized a questionnaire consisting of 12 points, divided into three sections: knowledge, attitude, and practice. This approach allowed for a systematic assessment and evaluation of the role of deans and faculty members in creating a sugar-free campus.
- The survey targeted deans and faculty members from dental colleges across India. This approach ensured a diverse representation of individuals who play a significant role in shaping the environment and culture within dental institutions.
- The questionnaire was created using a Google survey form, providing a convenient and efficient method for data collection. Participants were sent a link to the survey, where they could respond and provide their personal details, dental college affiliation, and designation.
- The survey was conducted over a span of five months, from March 2023 to July 2023.

## Findings:

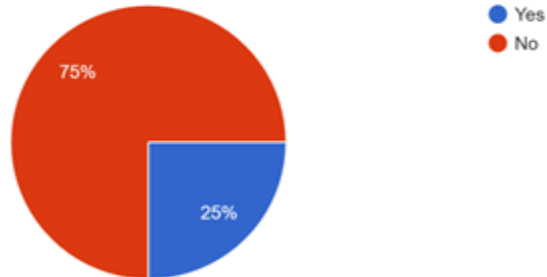
The primary objective was to evaluate the level of acceptance towards a "sugar-free campus" through the administration of a comprehensive questionnaire. By focusing on this specific cohort, it was aimed to shed light on their perceptions and receptivity towards adopting a sugar-free environment within their educational setting. The questionnaire included inquiries about the dentists' perceptions, opinions, and potential barriers associated with reducing sugar consumption within the college premises. By gathering this information, valuable insights were obtained regarding the attitudes and potential challenges faced in implementing such a campaign.

90% of the dentists agreed that sugar reduction practices can be incorporated within the work environment and college campus limits. 87.5% of the dentists also agreed that they can take a leadership role in the campaign towards creating a

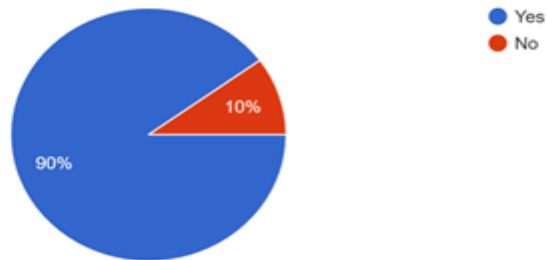
sugar-free campus/work environment. For the serving of tea/coffee preparations during institute meetings, 62.5% of the dentists revealed that pre-mixed sugar preparations were served during their meetings whilst 22.5% of the dentists consumed sugar-free forms of beverages. When asked about the practices carried out for sugar reduction in a particular college, there were numerous responses which conveyed that 'education and awareness' was the most frequently implemented method followed by serving sugar free tea/coffee preparations and restrictions on promotion of sugary food within the college premises. With regards to open-ended questions, there were some interesting suggestions such as-encouragement of food stalls by students in the campus rather than taking sponsorship from manufacturers for college events.



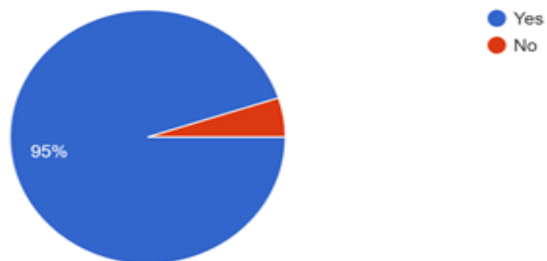
2) Has implementation of the Sugar Taxation Policy been able to effectively curb the consumption of sugar-containing foods and beverages?



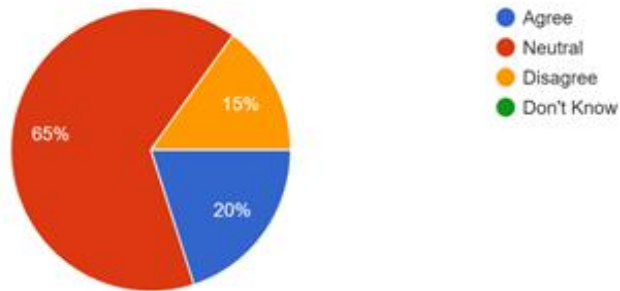
3) Can sugar reduction practices be routinely incorporated within the work environment or college campus limits?



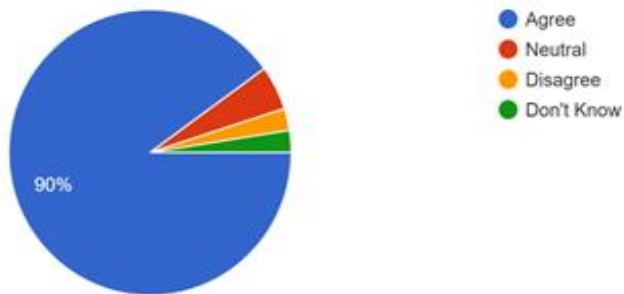
4) Will implementing sugar control measures on a campus effectively convey an educational message to the broader population?



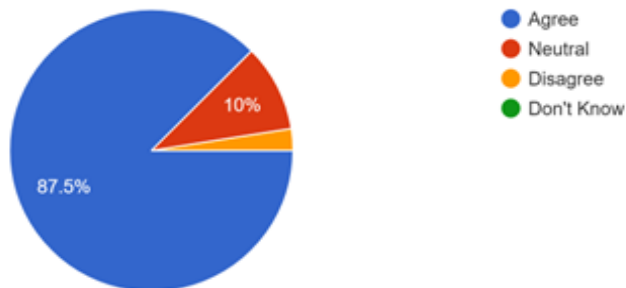
5) You feel obligated to eat a sugar-containing sweet when it is offered to you



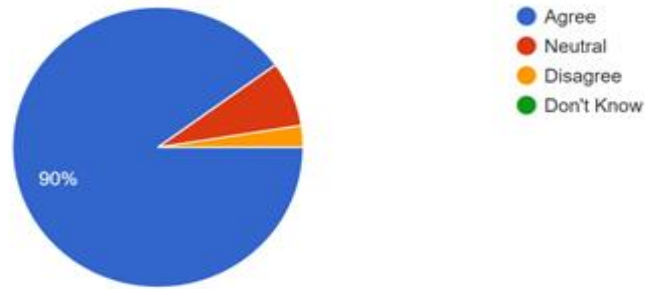
6) Curriculum reforms and nutritional counselling are necessary to educate Health Sciences students and Healthcare workers about harmful effects of excessive sugar consumption



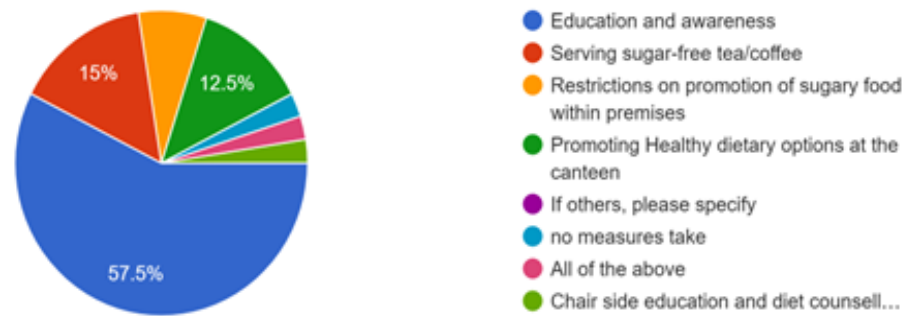
7) Dentists can take a leadership role in the campaign towards creating a sugar-free campus/work environment



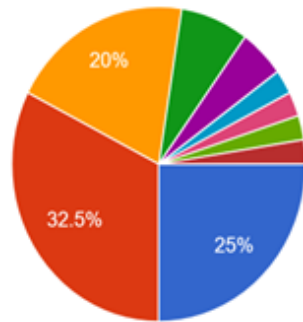
8) Accessibility of sugary processed foods play a significant role in their consumption



9) What measures does your Institute/College take to reduce the consumption of sugary foods/beverages?

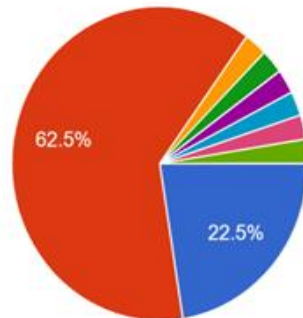


10) Does your Institute/College magazine exclude promotional advertisements of sugary foods and beverages? (If no, skip to next question) If Yes -



- Sponsors are requested to include a cautionary note in their advertisements
- Encouraging articles that highlight the...
- Students' contributions in the form of p...
- If others, please specify
- No
- none
- None
- We don't take such advertisements
- no

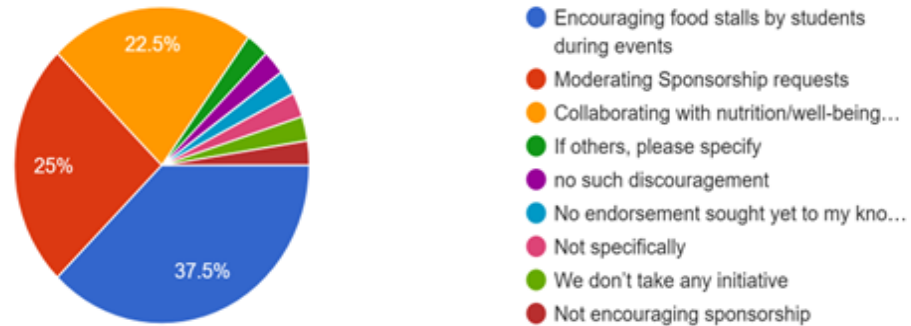
11) What kind of tea/coffee preparation is offered during the meetings of your institute/college ?



- Sugar-free preparations served by default
- Pre-mixed Sugar preparations served
- If others, please specify
- Preparations less in sugar content are served
- Both with and without sugar are availa...
- Its prepared fresh tea or coffee with s...
- Sugar free on request
- Less sugar



12) How does your Institute/College discourage sponsorship from manufacturers of sugar-sweetened beverages for college events?



## Conclusion:

The concept of a "sugar-free campus" received varying degrees of acceptance among the participants. The survey highlights the importance of engaging this specific community in driving positive change and emphasizes their potential leadership role in advocating for healthier habits within the college and beyond.