



# Relationship Between Dental Health and Anthropometric Indicators and Nutritional Status of Children

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## ABSTRACT

**Introduction:** Human health is significantly influenced by the type and quality of the foods consumed. The basis of health is formed during childhood, and good nutrition plays a decisive role in the natural growth and health of the human body and mind. Considering the importance of this issue, this study aimed to investigate the relationship between dental health, anthropometric indicators, and the nutritional status of children.

**Search Strategy:** This research, conducted in 2024, was thoroughly searched in reliable databases such as SID, Google Scholar, and SCOPUS with MeSH keywords "dental health", "anthropometric indicators", "child nutrition", and their Latin equivalents. Then, relevant studies from 2008 to 2022 were identified after screening the title, abstract, and full text with the help of the Strengthening the Reporting of Observational Studies in Epidemiology checklist. Among 34 studies, 14 were selected to announce the results.

**Results:** According to 14 articles, optimal nutrition had a direct relationship with dental health and anthropometric indicators of children. In three studies, people with a diet full of micronutrients, including calcium and iron, had optimal dental health. In five studies, children who consumed more calcium, iron, and zinc had favorable anthropometric indices. It should be noted that some studies overlapped with each other.

**Conclusion and Discussion:** According to the studies, 23.6% of seven-year-old children do not consume the recommended amount of calcium. Despite official recommendations and numerous advertisements promoting dairy consumption, many children's diet still lack adequate calcium. Micronutrients such as calcium, iron, and zinc are essential for overall health. The review of studies highlights the importance of a nutritious diet for the health of children's teeth. Given that vital micronutrients significantly enhance dental health, there is hope for the development of programs aimed at addressing this issue. Health experts should prepare and compile strategies to strengthen this initiative.

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