Due to the importance of the transition from adolescence to adulthood, the value of gaining new insight regarding healthy behaviors and well-being of teenagers is becoming significantly more crucial to understand. The objective of this study is to examine the relationship between sugar consumption and tooth-brushing habits in Canadian adolescents and to compare sugar consumption and tooth-brushing habits among different age groups and gender. Data regarding Health Behaviour in School-Aged Children (HBSC) is collected through school-based self-report surveys among students of ages eleven, thirteen, and fifteen. The reason for the selection of this age group is that it represents the transition between adolescence and adulthood and the period of significant physical and emotional changes. The data collected is analyzed using Microsoft Excel, and several graphs are generated. Results show that 33% and 67% of Canadian adolescents brush less than twice a day and twice a day or more, respectively. Out of these teenagers, 90% of which consume less than one sugar-sweetened beverage daily, whereas 10% of which consume once daily or more, suggesting a possible correlation between sugar consumption and tooth-brushing habits. Furthermore, despite the sugar consumption being relatively equal between boys and girls, girls have a higher brushing frequency compared to boys. In addition, with the increase in age, increased brushing frequency as well as sugar-sweetened beverage consumption, are also observed. Possible determinants regarding this pattern of tooth-brushing habits and sugar consumption are discussed.

Themes:

Check (highlight) the most applicable theme according to the abstract.

| Innovation and Technology | Health and Wellness | Culture and Society | Sustainability and Conservation |

Comments:

It may be beneficial to briefly add a sentence or two about the future implications of the research. What effect may it have on the adolescent population? Also you may wish to clarify how the fact that the age group is undergoing a period of significant physical and emotional changes relates to the teeth-brushing and sugar consumption phenomenon.