

✖ : Oral hygiene; Dental care; Plaque accumulation; Oral hygiene education; Comprehensive program

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Transportation is a social determinant of health for individuals and a driver of health and equity for societies as part of the built environment. 1) Transportation improves society's health equity by expanding access to healthcare, healthier food, and work opportunities. Due to a lack of primary and specialty care and public transportation in rural areas, many residents in the United States must travel considerable distances to obtain medical care [1].

The high cost of traveling to rural areas has negative effects; it has been related with postponed or renounced care and missed short term



Dental care involves a range of materials and methods to maintain oral health, prevent dental problems, and treat dental conditions. Here are some commonly used materials and methods in dental care:

☒ : The primary tool for daily oral hygiene, a toothbrush helps in removing plaque and food debris from the teeth. It is recommended to use a soft-bristled toothbrush and replace it every three to four months.

☒ **☒**: Toothpaste contains mild abrasives, fluoride, and other ingredients that help in cleaning and protecting the teeth. Fluoride strengthens the enamel and helps prevent tooth decay. There are different types of toothpaste available for specific needs, such as for sensitive teeth or whitening purposes [6].

D **☒** : Dental floss is a thin thread used for cleaning between the teeth and along the gumline. It helps remove plaque and food particles that cannot be reached by a toothbrush. Regular flossing helps prevent gum disease and cavities.

oral health among participants. The significant reduction in plaque accumulation and the increased frequency of brushing and flossing in the intervention group (Group A) compared to the control group (Group B) emphasize the positive impact of educational interventions on oral hygiene behaviors. These results suggest that targeted educational programs, coupled with the provision of oral care materials, can lead to positive changes in oral health practices.

These findings have implications for dental care professionals, educators, and public health policymakers. Incorporating comprehensive oral hygiene education programs in dental practices, schools, community settings, and public health campaigns can contribute to improved oral health outcomes and prevent dental conditions such as tooth decay and gum disease. However, it is important to acknowledge the limitations of this study. models-2 T(1Exp Cell)R.h 4.