



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
Kamothe, Navi Mumbai- 410209  
E-Mail ID: [mgmdch@mgmmumbai.ac.in](mailto:mgmdch@mgmmumbai.ac.in)



### IMPACT OF NIGHT TIME SNACKING ON ORAL HEALTH AT SNBCT, NEW PANVEL

**Date:** 1<sup>st</sup> January 2026

**Venue:** Shree Narayan Baba Charitable Trust, New Panvel

**Faculty:** Dr. Swati Singh, Dr. Aishwarya Patil

**Organizing Agency:** Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH. Shree Narayan Baba Charitable Trust

**Number of students attended:** 5

#### **Introduction:**

Night snacking refers to the habit of consuming food or drinks late at night, usually after dinner and before going to sleep. This behavior is common among students and adults due to busy schedules, late-night studying, or entertainment. While it may seem harmless, frequent night snacking can have negative effects on oral health. MGM Dental College constantly takes efforts of extending oral health care to community. The program seeks to empower people with knowledge about their dental health and Impact Of Night Time Snacking On Oral Health at SNBCT, New Panvel.

#### **Major Effects of Night Snacking on Oral Health**

1. **Tooth Decay:** Sugary or starchy foods eaten at night provide food for bacteria, leading to cavities.
2. **Plaque Buildup:** Food particles left in the mouth increase plaque formation on teeth.
3. **Gum Disease:** Bacterial growth can irritate the gums and cause gingivitis or other gum problems.
4. **Bad Breath:** Bacteria breaking down food particles overnight produce unpleasant odors.
5. **Enamel Erosion:** Acid produced by bacteria slowly weakens the protective enamel layer of teeth.

**Methods:** Type III oral examination of Patients was done and they were explained about night snack which are harmful such as Chocolates and candies, Chips and fried snacks, Sugary drinks and soft drinks, Biscuits and

cakes, Ice cream and sweet desserts and were given healthier alternatives like Drinking plain water, Eating fruits like apples or bananas, Unsweetened yogurt, Nuts in small amounts, Brushing teeth after eating.

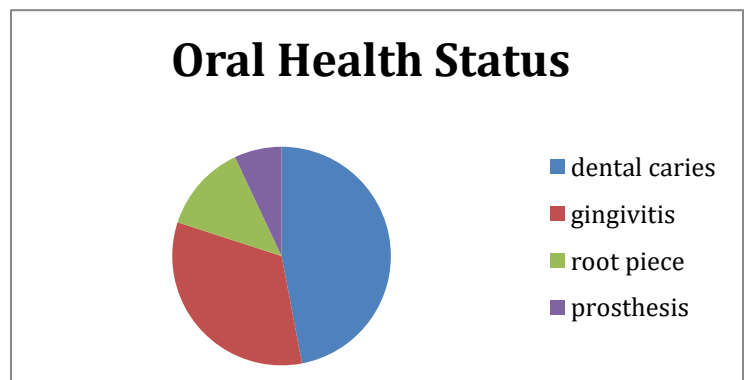
**Patients were told about preventive measures such as**

1. Avoid eating sugary snacks before bedtime.
2. Brush your teeth before going to sleep.
3. Rinse your mouth with water if brushing is not possible.
4. Limit late-night eating habits.
5. Visit a dentist regularly for checkups.

**Observation-** A total of 15 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

**Oral health status:**

Conditions	No. of individuals	Percentage%
Dental caries	7	47%
Gingivitis	5	33%
Root piece	2	13%
Prosthesis	1	7%



**Interpretation:**

Dental caries is most common problem among patients with total of 47% followed by gingivitis 33%, Root piece 13%, prosthesis 7%.. Oral health education and prevention strategies should be implemented among these patients to reduce such problems.

## Conclusion:

Night snacking can significantly affect oral health if proper care is not taken.

Reduced saliva during sleep allows bacteria to act more aggressively on leftover food particles. By maintaining good oral hygiene and making healthier snack choices, individuals can protect their teeth and gums from damage.



INVESTIGATION DONE AT CAMP SITE BY TEAM MEMBER

## List of Attendees

Sr. No	List of Participants
	<b>Name of faculty</b>
1	Dr. Swati Singh
2.	Dr. Pankaj Londhe
	<b>Name of Interns &amp; Students</b>
1.	Pratiksha Mali
2.	Sandra Nair
3.	Shravni Ghodke
4.	Muskan Sayed
5.	Shruti shah