

oral health promotion programs

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Health Promotion

- Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of **complete physical, mental and social well-being**, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment.

- Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.

Prerequisites for Health

- The fundamental conditions and resources for health are:
 - peace,
 - shelter,
 - education,
 - food,
 - income,
 - a stable eco-system,
 - sustainable resources,
 - social justice, and equity.

In order to improve the oral and dental health of the community, many projects (either individual or joint projects) have been prepared by the Ministry of Health, the Ministry of National Education, professional organizations and academicians.


- Since there is a need for **finance and manpower** that can only be subsidized by the state for projects that can be implemented throughout the country, most of these projects could not pass the implementation phase, or the initiated projects could not be completed.

Academicians have either worked on due diligence with epidemiological studies or on preventive practices, these studies remained limited at the level of suggestions to public institutions who are responsible for the issue.

- In 2016, the “School Health Services Cooperation Protocol” was signed between the Ministry of National Education and the Ministry of Health, and the “Protection and Improvement of Health at School program” was initiated. The aim was to form the framework for similar programs to create the school health model of our country. However, this program could not reach its goals.

Professional Organization: Turkish Dental Association (TDB) and Chambers of Dentists

- The "Community Oral and Dental Health Commissions" of both the TDB and the chambers have always been actively working, while the **TDB** was developing policies throughout the country, the **dental chambers** supported the school children in their regions by providing oral care training and distributing toothbrushes and toothpaste.



In terms of community-oriented oral care education programs, TDB organizes the "Training for trainers" programmes which is focused on dentists.

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Joint Programs Supported by TDB's
Community Oral and Dental Health
Commission

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| 1993–1994 | National Oral and Dental Health Days (TDB, Ministry of Health, Signal) |
| 1997–2001 | Oral and Dental Health Education Project (TDB, Ministry of National Education, Eczacıbaşı-Procter&Gamble) |
| 2001–2002 | Oral and Dental Health Education Project (TDB, TRT, Signal) |
| 2000 –2005 | Dental Protection Days (TDB, Colgate Palmolive) |
| 2005–2006 | Healthy Smile Campaign (TDB, Social Services Child Protection Agency, Procter&Gamble) |
| 2008 | Health Promoting Schools Project (TDB, Ministry of National Education, Istanbul Şişli Municipality) |
| 2008–2011 | National Oral Health Analysis Project (Live, Learn, Laugh Project) (World Dental Association (FDI), TDB, Signal) |
| 2011–2016 | Health Promoting Schools Project (11 Provinces) (TDB, MEB) |
| 2012–2015 | I Brush My Teeth Morning and Evening (World Dental Association (FDI), TDB, Signal) |

Health Promoting Schools Project

- **General Purpose of the Project:**
- Aims to increase the level of oral and dental health in primary school students;
- To ensure the protection and development of oral and dental health by providing personal hygiene with health education, acquiring the habit of brushing teeth, and reducing dental caries with the use of fluorides.

Health Promoting Schools Project

Project Goals:● Increasing tooth brushing habit to 75% in primary school students

- ***To reduce dental caries and its results to 1 in the low and medium caries risk group in the 12 age group***
- ***Reducing dental caries and its results to 2.5 in the high caries risk group in the 12 age group***
- ***Achieving 80% improvement in gingivitis***

Increase brushing habit, reduce dental caries and gingivitis.

The Ottawa Charter for Health Promotion

- The first International Conference on Health Promotion, meeting in Ottawa this 21st day of November 1986, hereby presents this CHARTER for action to achieve Health for All by the year 2000 and beyond.

Health Promoting Schools Project

- Studies in the field of health protection and promotion are becoming widespread globally. In this regard, in the Ottawa declaration have guided how the rate of healthy individuals can be increased. In the Declaration, 5 activity areas were determined in order to protect and improve health. One of these areas is **to bring individuals to the point of protecting their own health.**

Health Promoting Schools Project

- Individuals have knowledge about health and protecting their own health . This has to be put into practice and daily life as a result of **behavior change**. Although most of the individuals state that brushing their teeth is important, correct and regular brushing habits are around 15% in our country.

Health Promoting Schools Project

- In addition, WHO (World Health Organization), based on the foresight that chronic degenerative diseases will become widespread in societies in the future, emphasized the necessity of adopting the right health behaviors and prepared the "Schools that Improve Health Project". They also stated that the field of oral and dental health should also be taken into account in this context.

Health Promoting Schools Project

- Another important point is that many studies conducted in recent years have shown that poor oral health also affects general health. For this reason, in the report published by WHO in 2003; emphasized that oral and dental health is important for people having chronic degenerative diseases.

Health Promoting Schools Project

Some of the WHO 21st CENTURY goals are;

OBJECTIVE 8: At least 80% of children under the age of 6 should not have dental caries, and children under the age of 12 should not have more than 1.5 extracted, missing or filled teeth on average.

- GOAL 13: 50% of children should have the opportunity to be educated in health-promoting kindergartens and 95% in health-promoting schools.
- OBJECTIVE 16: All countries, in order to measure the changes in the field of health; should have a nationwide system for continuous monitoring and development of at least 10 quality indicators, including cost-effectiveness, patient satisfaction.

Health Promoting Schools Project

- The results of the oral health situation analysis in Turkey shows the prevalence and severity of dental caries and gingival diseases. The prevalence of children with caries and its consequences in preschool is over 80%. At the beginning of primary education, an average of 4-5 primary tooth decays in each child and 1 permanent tooth decay in one of two children were detected. The number of dental caries increases to 2.5-3 for permanent teeth at the end of the 5th year.

Health Promoting Schools Project

- In general, dental caries in permanent teeth and gingival diseases can be controlled up to the age group of 12, but increase to high levels for the age groups of 14-15. From the perspective, it seems rational to choose primary school students as the priority group. However, it is important to expand pre-school programs for primary teeth..

Health Promoting Schools Project

- Health Promoting Schools Project; As a Pilot Project; It will be implemented in 29 primary schools in 11 provinces (Adana, Ankara, Antalya, Diyarbakır, Eskişehir, Gaziantep, Hatay, Istanbul, Konya, Rize, Tekirdağ). The project will cover approximately 5023 Primary School 1st year students and will last for 4 years. It will also include first-year students who have just started their education every academic year.

Health Promoting Schools Project

- The students who are included in the project increasing in number each year will benefit from the project. The parents and teachers of the students schools are also included in the project target group.

Health Promoting Schools Project

- **Dental and oral health awareness training** is provided for students, teachers and parents,
- **Oral and dental examinations** of the students are carried out,
- **Fluoride varnish** is applied within the scope of the Protective Oral and Dental Health Program with more effective results, before the application, the microbial dental plaque on the teeth is removed with an effective tooth brushing, thus ensuring full contact of the fluoride with the tooth surface and gaining the habit of brushing teeth. Brush, toothpaste and storage bag are distributed,
- Since permanent dentition has started in more than 50% of them, fluoride varnish is applied twice a year, starting from the preschool students who have completed 60 months , 5 year olds , until the end of the 4th grade of primary school.

- March 20; It has been recognized as 'World Oral Health Day' by the World Dental Association (FDI) to raise awareness in order to reduce the incidence of oral and dental diseases and to encourage individuals, families, communities and governments to maintain a healthy life through oral and dental health.

TDB

- The theme of 'Be Proud of Your Mouth', determined for the next three years, draws attention to the importance of oral health for general health.

- This theme tells us that good oral health will lead us to a longer and healthier life. This empowering call to action is expected to motivate people to look at their mouths with value and thus understand that they will maintain their overall health and well-being.