



“HEALTHY SMILES”PROJECT REPORT



ULAANBAATAR

2015

FOREWORD

By WHO recommendations, good oral health is essential to human health and prevention of other diseases. According to the external evaluation report of the National Program on Oral Health for 2006-2015, 83.9 percent of children aged under age six are diagnosed with oral cavities and 90-92 percent need to have immediate treatment. Oral health examinations conducted in Ulaanbaatar among children aged 4-6, found 8.1 teeth either had cavities, a dental filling or missing teeth (Dr. D. Oyuntsetseg, School of Dentistry, Mongolian National University of Medical Science). Even though, the Government of Mongolia has been implementing oral health interventions through the National Program on Oral Health, the prevalence of dental cavities is still high and has not reduced.

Therefore, Rotary Club of Ulaanbaatar jointly with the School of Dentistry of Mongolian National University of Medical Science (MNUMS), National Center of Public Health, and Flagstaff International Relief Effort (FIRE) NGO implemented oral health project for children. Five kindergartens from disadvantaged areas in Bayanzurkh district of Ulaanbaatar selected to participate in this project.

We are very thankful to the Australian Embassy in Seoul for their financial support to implement this project to prevent dental cavities and to provide oral health education to the children of Mongolia.

Special thanks to Dr.Oyuntsetseg and Dr.Suvdanchimeg, lecturers of the Department of Pediatric Dentistry and Prevention Department of School of Dentistry, Mongolian National University of Medical Science, Dr.Bolormaa, advisor to National Center of Public Health, Sarah Bright, Australian volunteer at NCPH and Dr.Munkhnasan, Project manager of FIRE NGO. Also great appreciations to Tavan Bogd LLC, Metro Express, and Adilax LLC for the donated tooth brush and tooth paste.

Rotary Club of Ulaanbaatar

PROJECT GOAL

To improve the oral health of kindergarten aged children in Bayanzurkh districts

Objectives

1. To assess oral health conditions among pre-school aged children
2. To create a supportive environment for pre-school aged children to brush their teeth
3. To provide oral health education among pre-school aged children, kindergarten teachers and parents

IMPLEMENTED ACTIVITIES

PROJECT LAUNCH EVENT

The project launch event was held on March 16, 2015 at the kindergarten #115 in Bayanzurkh district. The launch event was attended by representatives of the District Governing office including Social welfare department, Education department, members of Rotary Club of Ulaanbaatar, representatives of National Center of Public Health, FIRE NGO and kindergarten teachers and parents. Local media representatives from TV and radio stations covered the event to the public through their media channels.

Picture 1. Project launch event



OBJECTIVE 1. TO ASSESS ORAL HEALTH CONDITIONS AMONG PRE-SCHOOL CHILDREN

Totally, 523 children aged 4-6 in the selected five kindergartens in Bayanzurkh district were examined for oral health.

The oral health examinations aimed to compare pre- and post-intervention outcome of the project among target children in the selected kindergartens.

Children aged 4-6 were selected because these children can hold a tooth brush correctly and can easily learn to brush their teeth, because of their mental and physical development stage.

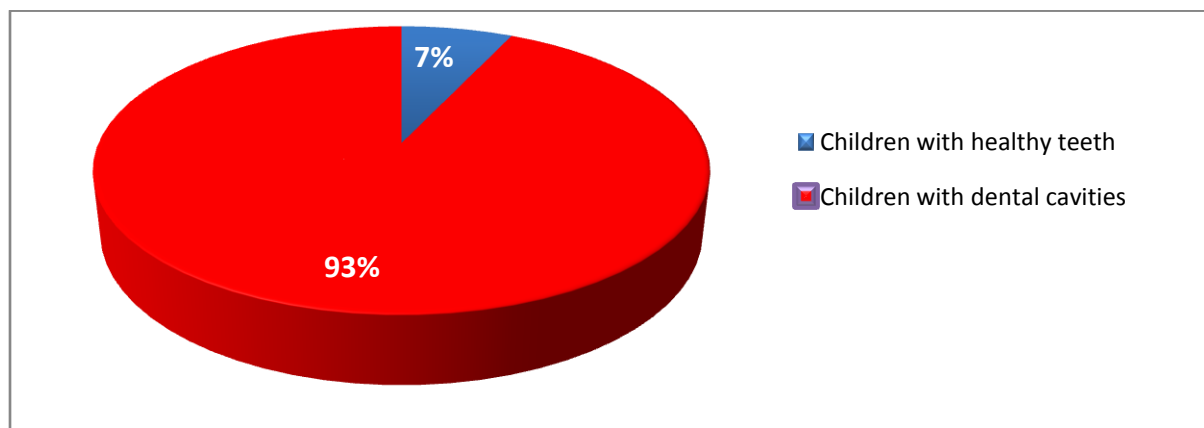
Picture 2 and 3. Oral health examinations



Disposable dental equipment was used for oral health examinations. As a result of this examinations, 7% (37 children) were healthy, 93% (486 children) were diagnosed with dental cavities out of 523 children. Intensity of dental cavities was 8.2 which means number of teeth with dental cavities, lost teeth and dental filled teeth per child.

An oral health examination report with recommendations for further treatment and oral hygiene information of each child was delivered to their parents.

Diagram 1. Prevalence of dental cavities (by percentage)



Additionally, a tooth coating, which is the main indicator of oral hygiene, was checked among the children at the beginning and was repeated for the same children at the end

of the project. The final examination results showed that this oral hygiene indicator has increased from 15 percent to 25 percent at the end of the project. This indicates that the project positively influenced the children's oral health by creating a supportive environment, raising awareness and reinforcing the habit of brushing teeth among kindergarten children.

Diagram 2. Oral health indicators among selected kindergarten children

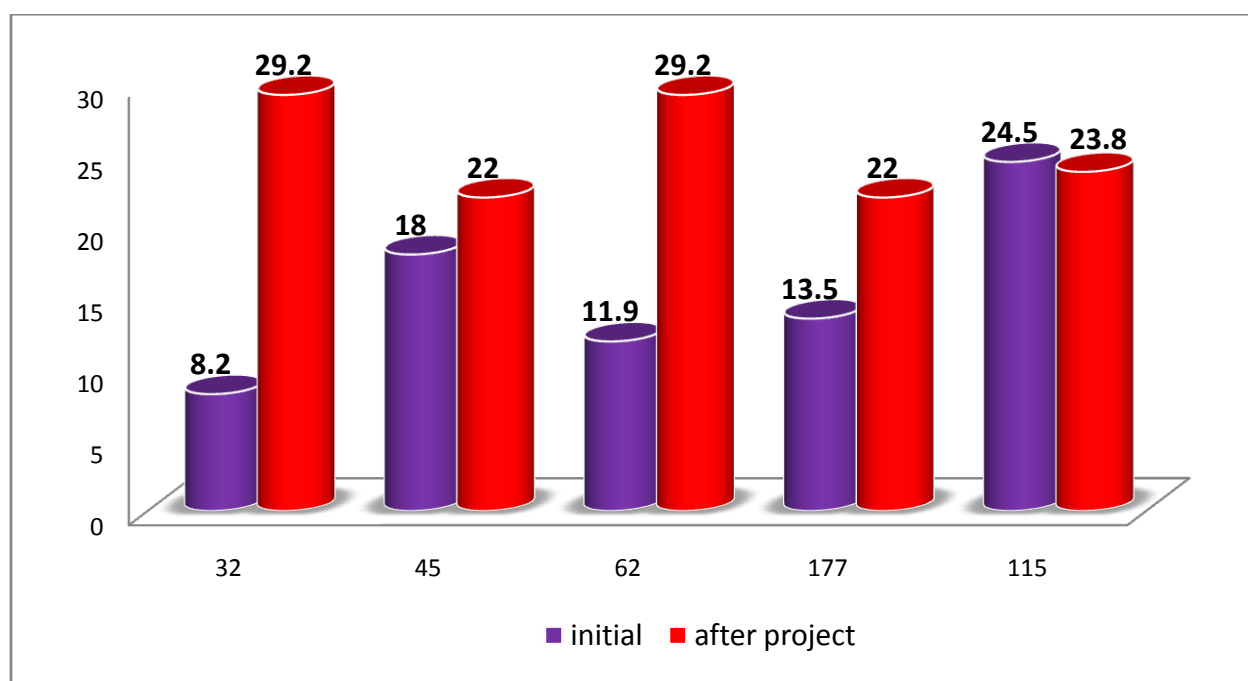


Photo 4 and 5. Assessment of oral hygiene by using special coloring solution



OBJECTIVE 2. TO CREATE SUPPORTIVE ENVIRONMENT FOR PRE-SCHOOL CHILDREN TO BRUSH TEETH

To create a supportive environment for kindergarten children to brush their teeth, each child received rinsing cups, tooth brush, toothpaste and a teeth brushing record book to track their daily teeth brushing.

Photo 6 and 7. My teeth book and tooth brush/paste



Each kindergarten class has around 40 children. Per 15-20 children, only one sink was available which is well below the national standard. This makes it difficult for children to brush their teeth due to long lines to use the only sink. During this project a total of 22 sinks were provided and installed in the target five kindergartens.

Photo8 and 9. Bathroom in the kindergartens



OBJECTIVE 3. TO PROVIDE AN ORAL HEALTH EDUCATION TO CHILDREN, KINDERGARTEN TEACHERS AND PARENTS

A joint effort between teachers and parents is very important for improving the oral health of the children. With the purpose of capacity building on oral health education among the teachers and parents, trainings were organized at the selected kindergartens. A total of 68 teachers and 231 parents participated the trainings. The training topics included but were not limited to the children's teeth, their hygiene and the parents' and teachers' role on maintaining the children's good hygiene.

Photo10 and 11. Training for teachers and parents



The training materials and tools including a children's cartoon, video and interactive teaching aprons were designed and prepared for this target group's interest and learning characteristics. These training materials were distributed to the kindergartens with the written guidelines and teachers were trained on the effective use of the tools.

A total of 500 children aged 4-6 attended the training sessions about how to brush their teeth and healthy eating.

Photo12 and 13. Training session for children



PROJECT CLOSING CEREMONY

The project closing ceremony was held on May 26, 2015 at the kindergarten #117 with representatives from the Government agencies of the District, Rotarians, FIRE NGO, company representatives who donated the tooth brushes and tooth paste, teachers and parents.

Photo 14 and 15. Project closing event



CONCLUSION

- Oral hygiene indicator showed an increase of 10 percent for health teeth among the children through the duration of this project. The full participation of parents, teachers and children allowed this project to have a positive outcome on changing behavior of children's oral health.
- This project provided teaching tools and materials so teachers can continue to provide supportive encouragement and education sessions for kindergarten aged children.
- Provided sinks in the kindergarten that will provide a supportive environment and increased opportunity to brush teeth and wash hands properly and regularly.

LESSONS LEARNT

- When choosing the kindergartens, the cooperative and supportive attitudes of their directors and authorities to implement this project should be considered;
- To provide dental treatment service when conducting oral examination;
- To implement the project for a longer term to see the more positive results;
- To scale up the project and cover more kindergartens in other districts in Ulaanbaatar and the countryside.