

トンガ王国における生活習慣改善への取り組み

— MaliMali Program —

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Location of TONGA in

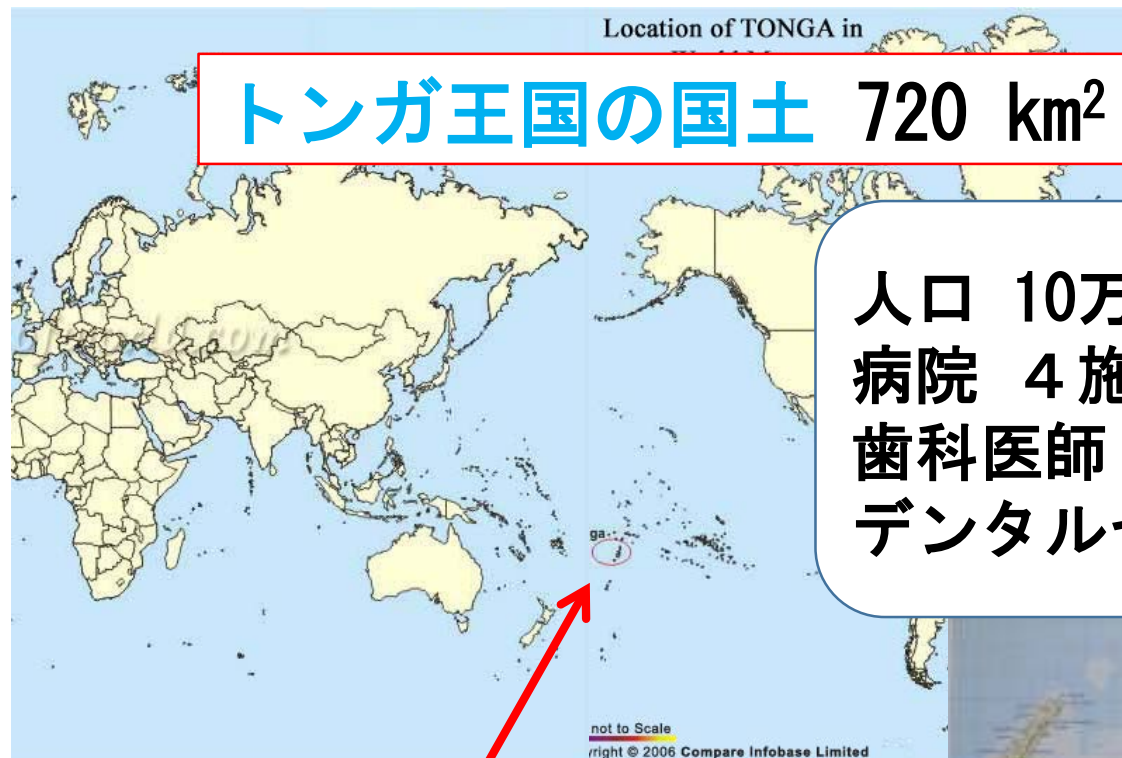
トンガ王国の国土 720 km² (東京23区 621 km²)

人口 10万 5 千人 (14歳以下の子供 38%)
病院 4 施設
歯科医師 9 名
デンタルセラピスト 20名

Tonga Islands
約170の島々

トンガタプ本島
259 km² 人口 7 万人

首都ヌクアロファ





MaliMali Program



フッ化物洗口



歯磨き指導





MaliMali Program

歯科検診



教育



TONGA GOVERNMENT PORTAL

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Malimali program continues to improve school-based oral health in Tonga

Sunday, 21 August 2011 00:00 [NEWS TODAY - Community-based](#)

19 August 2011 In coinciding with the launch and hand-over of five hundred copies of five illustrated children's books on oral health care and nutrition, a team of dental experts and hygienists are currently in Tonga to conduct school visits under the 'Malimali Program', to promote the importance of oral health care.

The Malimali Program movement was first initiated by the Mr. and Mrs. Kawamura in 1998.

In 2005, the program then became known as the Malimali Program.

For over 13 years now, the program has achieved significant improvement of oral health among active participants of the program from May 2006 to March 2009 under JICA's support.

In November 2009, the Ministry of Health together with the Ministry of Education, Women Affairs and Culture and in collaboration with SPMT under JICA Partnership Program signed the Minutes of Meeting to continue the strengthening the school-based oral health in the Kingdom of Tonga.

This year, on 4 August, WHO Director and University Professor Murray Thompson and Dr Sayun Kawamura, Dr Seigo Kobayashi (Professor of public and dental Health in Nihon University); Dr Ken Takasuchi (Dentist Pharmacology); Dr Mami Endo; Dr Nobuko Nihei and a Medical Dr Kanunon Uchino arrived in Tonga to hold a workshop at Vaea Hospital as well as making kindergarten and primary school visits.



Founder of Malimali, Dr. Mrs. Kawamura



The Malimali team also visited the Alonga Center, health centers in Ha'apai and primary schools in 'Atata.

The program also involved much-needed parents and teachers' consultations, who both plays a major role in encouraging young children to brush teeth regularly, reduce sweets food and drink intake and the teaching of proper brushing habits and dental treatments.

Health and Education are main priority areas in Japan's Official Development Assistance programs in Tonga.

The Government of Japan, through JICA, approved to continue assistance in promoting Oral Health Activity programs for school children and lower age groups around four islands groups.

The Malimali Program is to promote oral health care throughout kindergartens and primary schools in Tongatapu, Vavau, Ha'apai and 'Eua until March 2012.

ENDS

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iti ke fakahoko atu 'emau ta'efiemalie ki he polokalama 'a e 'Ofisi Palemia he efiai

Foki e Timi Nifo 'a'ahi mei Siapani



Na'e mavahe atu 'i 'Akosi 18 e Timi Ngäue Fakafaito'o ki he Pasifiki Tonga mei Siapani, hili ia ha'anau 'a'ahi mai ki Tonga ni talu mei 'Akosi 6.

Ko e Timi ni, na'e Taki mai ai 'a Toketä Kawamura pea mo Palöfesa Kobayashi pea mo ha kau Toketä Nifo

foki, ko e konga ia 'enau fakakakato 'a 'enau polokalama 'a'ahi fakata'u mai ki Tonga ni..

Na'e lava mai foki e timi ni ia, mo ha ngaahi polosi fulunifo, kilimi fulunifo, ngaahi folölaite ki he nifo pea mo e ngaahi naunau nifo kehekehe pē, 'a ia na'e

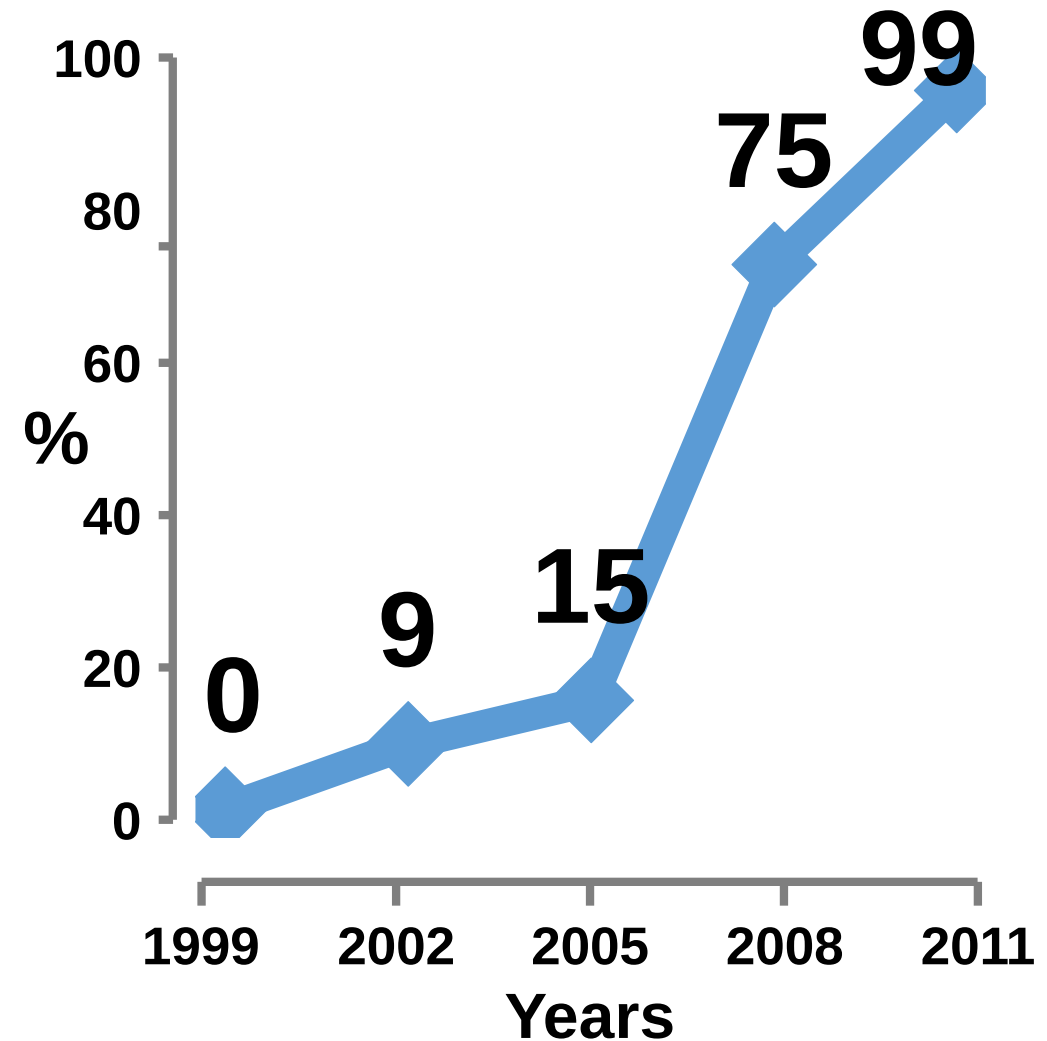
Sililo Tomiki.

Ko e ta'u hokohoko'aki eni 'e 6 e kamata 'a e Polokalama ni, ka ko e ta'u'aki pē 'e fa e toki kau atu 'a Tonga ni ki ai, 'o makatu'unga mei ai 'a e folau hokohoko mai ko eni e Timi ni ke fengau'e'aki pea mo e Va'a nifo 'a e Potungau'e Mo'ui.

12歳児の検診結果

	Sex	Years	
		2001	2011
DMF person rate (%)	Boys	89	65
	Girls	91	73
Mean DMFT	Boys	4.40	2.08
	Girls	5.81	2.38

MaliMali Program 実施小学校数の推移



中高生の健診



MaliMali Program



成人健診

□ 健診の対象者

- 政府機関、銀行、TV放送局などの勤務者
- 健康維持に関心ありと推定される地域住民

□ 内科健診項目

- 身長 (Height)
- 体重 (Weight)
- BMI (W/H^2)
- 腹囲
- 血圧 収縮期、拡張期
- 脈拍

結 果

性別	N	平均 身長 (cm)	平均 体重 (kg)	平均 BMI	BMI ≥30 (%)	高血壓 (≥140/90 mmHg) (%)
男性	24	175.0	108.9	36.6	85.2	58.3
女性	50	163.6	95.7	36.4	77.1	36.0

考 察

トンガ成人の約80%がBMI30以上の「肥満」であった。

トンガ人の基準に、 $BMI \geq 30$ は適切か？

Age	Sex	N	BMI ≥ 30	Blood pressure ≥ 140 and/or 90 mmHg
20 - 29	Total	18	66.7	27.8
	Male	5	80.0	40.0
	Female	13	61.5	23.1
30 - 39	Total	20	85.0	45.0
	Male	6	83.3	66.7
	Female	14	85.7	35.7
40 - 49	Total	26	76.9	53.8
	Male	9	88.9	66.7
	Female	17	70.6	47.1
50 - 59	Total	9	88.9	44.4
	Male	4	75.0	50.0
	Female	5	100.0	40.0

- 太っていることが美しい条件だと考えられている。
- トンガでは高血圧が多いのではないかと推定。
- トンガの死亡原因の約半数以上は心血管疾患と糖尿病である。
- 糖尿病は歯周病と密接に関連がある。
- 脳卒中の原因の一つとして歯周病の細菌が脳血管の障害を起こしているとの説がある。
- 血圧、血糖を測定する機会がほとんどない。
- 生活習慣病に対する啓発活動はおこなわれていない。