

トンガ王国から学んだ、途上国における歯科保健の方向性

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小学生、就学前幼児のう蝕予防を対象に、進めてきた歯科保健活動を更に中高生、成人へと広げたマリマリプログラム（歯科保健活動の愛称）の現況から得た知見を共有しましょう。「2～3本むし歯が有るみたいだけこの程度なら、痛くないし、歯医者に行くのは面倒」「歯肉が腫れた、歯みがきすると血が出るし、触れなければ痛くないから様子を見よう」等々日本でも経験する患者心理。ましてこの状況を不健康とは考えないでしょう。これがトンガ王国だと、「やっかいな歯は抜いてもらおう」「患者の選択なので、抜きましょう」歯科診療費は無料な上、当日で問題解決！と歯科スタッフも患者も考える。

トンガ王国は経済的には中進国に位置づけられているが、成長率は0%、物価上昇率は0.6%と裕福とはいえない。少ない予算でより良い医療を提供するには、国民の健康度を上げる必要がある。トンガ王国は世界有数の肥満大国であり、糖尿病罹患率も高く、ひいては心循環器系疾患に移行する非感染性疾患（NCD）が高い死亡原因となっている。炭水化物や高脂肪食品に偏った食習慣や運動不足といった生活習慣に一因有ると考える。2013年より開始した活動では、中高生、成人の歯科検診に加え、BMI測定、血圧、血糖値など、医科スタッフと協働し、現況を知ると同時に、疾病の早期発見、早期治療に道を開いた。口腔機能を維持するために、う蝕処置のみならず歯周病予防、改善が大切であることを啓発している。学童のう蝕予防から「口腔保健のアプローチから生活習慣病改善するプロジェクト」に至った活動の今を語ります。

Directionality of oral health in developing country learnt from Kingdom of Tonga

South Pacific Medical Team (SPMT) has been continued of the oral health activity (Mali Mali program) for school-children and infant. SPMT expanded oral health activity to the high school students and the adults too. Let's share the finding that we obtained.

“I do not visit the dentist because I am not painful though am dental caries of 2-3 teeth.”

“The appearance is seen though my gingiva is swollen, and there is a hemorrhage, too.”

It is an event also in Japan that is often. The mentality of patient.

A lot of people don't think their dental caries or periodontal diseases to be unhealthy.

There are a little different situation in Kingdom of Tonga.

“The patient wants to pull out his painful teeth.” “Dental staffs accept the patient's hope.” Because the treatment fee is free, and is solved the problem on that day, the extraction becomes the best choices. An economical rank of Kingdom of Tonga is a semi-advanced country. The economic growth rate is 0%, the inflation rate is 0.6%, and the people are poor. The budget of Ministry of Health of Kingdom of Tonga is few. Cost

performance of the preventive activity is good in the medical treatment. It is necessary to raise the health degree of Tongan. Tongans are world-top-class obesity. Noninfectious diseases (NCD) are in the high rank of the cause of the death in Kingdom of Tonga. The diet habit is too an intake of the calorie-rich food. It is lack to take exercise too. SPMT thought that this lifestyle is a cause of obesity. In the activity that began in 2013, the BMI measurement, the blood pressure, and the blood sugar level, etc. in addition to the dental examination were added to the high school students and the adults. SPMT was screened in cooperation with the medical science staff. The way was opened in earlier detection and the early treatment of the disease. It has been enlightened that not only dental cavity treatment but also the prevention of periodontal diseases and the improvement are important because the oral function is maintained.

It talks about that arrives from school- children prevention activity at "The project for improving the lifestyle approach from oral health in Kingdom of Tonga".