

**2015 - ORAL HEALTH WEEK AND WORLD ORAL HEALTH DAY (WOHD)  
COMMEMORATIONS, 15TH -20TH MARCH - TANZANIA**

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**OVERVIEW:**

During the Oral health week in Tanzania, various oral health community activities were conducted in three different regions in Tanzania; Morogoro (Mkundi and Kingolwira) , Shinyanga (Buhangija), amongst the visited schools this was the only privileged centre where children and staff members received dental treatment. In Dar es Salaam (Uhuru Mchanganyiko, Tandale Maalum, Sinza Maalum and Salvation Army Mgulani). The official commemoration was done in Dar es Salaam, at the Mnazi Mmoja Grounds on the 20<sup>th</sup> March, 2015.

Thus, In this week oral health professionals assessed and demonstrated tooth brushing to a total of **705** children with various special needs e.g. *People with Albinism (PWA), Children with blindness or sight problems, Children with deafness and mentally / physically handicapped children* from the above named special schools. At these schools oral health education not only to the children but also guardians and teachers, to help them assist the oral hygiene conditions of these children.

**The activities conducted included:**

1. Launching of the oral health week in Tanzania on the 15<sup>th</sup> March 2015 TDA in Dar es Salaam was through an awareness creation walk that was officiated by the Hon. Fennella Mukangara, The Minister for Information, Youth, Culture and Sports.

About **450** people that included members of the Tanzania Dental Association, students, special population groups, general public and media carrying banners with different oral health awareness messages participated in the 5km walk. After the walk, speeches, awareness programs and exhibition on scientific output of Tanzanian oral health professionals were performed at the Salander Bridge Club Grounds.

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*Fig. 1: Hon. Fennella Mukangara, The Minister for Information, Youth, Culture and Sports, shaking hands with the TDA president on the official opening of the Oral health week*



*Fig. 2: Different awareness messages shared with the public on the awareness walk day*

<http://www.tanzaniatoday.co.tz/news/waziri-fenella-azindua-wiki-ya-afya-ya-kinywa-na-meno>

<http://presstz.net/details/waziri-fenella-azindua-wiki-ya-afya-ya-kinywa-na-meno-162144.html>

<http://amsuni.blogspot.com/2015/03/uangalifu-wabitajika-katika-dawa-za-meno.html>

<https://bivisasa.co.tz/afya-health/jamii-yaimizwa-kuzingatia-afya-ya-kinywa-na-meno>

## **2. Oral Health checkups, oral health education and oral hygiene instruction sessions in various special needs schools in the Country from 16<sup>th</sup> to 19<sup>th</sup> March 2015:**

### **2.1 The Buhangija Centre in Shinyanga Region from 16<sup>th</sup> to 18<sup>th</sup> March 2015.**

The centre has 236 children with albinism, 39 children with blindness and 62 children with hearing impairment. Oral health checkups were conducted to all children and staff, oral health education, oral hygiene instructions, emergency dental treatment, distribution of tooth brushes, tooth pastes and t-shirts were provided to the targeted population in the centre. Tooth brushing demonstration was done to all children, care givers and teachers at the centre

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A total of **317** were screened at the centre. Among screened Children and staff at the Buhangija Centre; **119 (37%)** had at least one carious tooth, **130 people (41%)** had periodontal/ gum diseases/ conditions, **3 children (1%)** had dental trauma, **22 children (7%)** had different forms malocclusion/ bad teeth arrangement and **46 children (14%)** had dental fluorosis. **96 (30.3%)** of all the children received treatment, either through restoration of the cavities using Glass Ionomer Cement (ART approach), and /or by extraction(s) of the grossly carious teeth, under local anesthesia

De-worming tablets obtained for the children living at the centre.

TDA team that visited the centre managed to solicit for a nurse and a clinical officer to be stationed at the Buhangija centre with an immediate effect from the **19<sup>th</sup> of March, 2015.**

<http://ujjirabaa.blogspot.com/2015/03/madaktari-kutoka-katika-chama-cha.html>

<http://www.tanzaniatoday.co.tz/news/chama-cha-madaktari-wa-kinywa-na-meno-waendelea-kutoa-huduma-ya-bure-katika-kituo-cha-watoto-wenye-ulemavu-wa-ngozi-albinorlm>

<http://bashir-nkoromo.blogspot.com/2015/03/chama-cha-madaktari-toka-mikoa.html>

<http://www.tanzaniatoday.co.tz/news/chama-cha-madaktari-wa-kinywa-na-meno-chatoa-huduma-ya-bure-katika-kituo-cha-watoto-wenye-albinism>



**Fig. 3:** The Regional Medical Officer and the team that offered services at the Buhangija Primary School/centre -SHINYANGA



**Fig. 4:** Oral health education session to children-BUHLANGIJA SHINYANGA

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*Fig.5: Students reading oral health information – DA ES SALAAM*



*Fig.6: Doctors performing treatment at the Buhangija Centre- SHINYANGA*



*Fig. 7: Tooth brushing demonstration session- BUHANGIJA SHINYANGA*



*Fig.8: Children receiving incentives after oral education, tooth brushing practicing and dental check up/ treatment- BUHANGIJA SHINYANGA*

2.2 *The Special Schools in Dar es Salaam Region from 16<sup>th</sup> to 18<sup>th</sup> March 2015.*

At total of **355** students were seen at the Special schools in **Dar Es Salaam**, at the Uhuru Mchanganyiko (128), and Tandale Magharibi (16), Sinza Maalum (25) and Salvation Army Mgulani (186). Oral health professionals assessed and demonstrated tooth brushing to all children with varieties of special needs from the above named special schools

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### 2.3 *Centre for Marginalized elders, mentally handicapped children and Primary Schools visited in Morogoro region from 16<sup>th</sup> to 18<sup>th</sup> March 2015.*

In Morogoro region; a total of **307** people were screened. Screening involved two primary schools (Mkundi and Kingolwira) and two other centers (MEHAYO centre for mentally handicapped children and FUNGAFUNGA for marginalized elders). Those diagnosed with oral diseases were referred to Morogoro regional referral hospital dental clinic **for free dental treatment.**

About 10% (30/307) were mentally handicapped children, 6.5% (20/307) were marginalized elders, and 83.5% (257/307) were standard four children from the two primary schools.

Common dental conditions encountered during the screening activity were dental caries, periodontal diseases (calculus, plaque), mobility of deciduous teeth due to physiological shedding and malocclusion. Dental caries were predominantly common to all screen groups while periodontal diseases dominate to the mentally handicapped children and marginalized elders. Physiological shedding of deciduous teeth was more commonly among primary school children. Among screened population; 78 people (25.4%) had dental caries, 26 people (8.5%) had periodontal diseases, 9 people (2.9%) had malocclusion and 29 children (10.1%) had tooth mobility due to physiological shedding.

Incentives: Toothpastes and toothbrushes were distributed to only a few children and elders due to the lack of enough funds to purchase more toothpastes and toothbrushes.



*Fig.9: Oral diseases screening at MEHAYO center -MOROGORO*



*Fig.10: Tooth brushes and Toothpastes distribution at FUNGAFUNGA center- MOROGORO*



*Fig.11: Oral health education session with standard four children at KINGOLWIRA primary school -MOROGORO*

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**2.4 World Oral Health Day (WOHD) commemoration on 20<sup>th</sup> March 2015**

Official commemoration was in Dar es Salaam. The commemoration included official speeches by the Regional Commissioner for Dar es Salaam, President of the Tanzania Dental Association, Chairman of the TDA Board of Trustees and representative of the Ministry of Health and Social Welfare. After the speeches, free oral health checkups, oral health education, oral hygiene instructions and distribution of tooth brushes and pastes to members of public who attended the climax of the commemoration were conducted.

A total of **425 people** participated in the event with **85%** of the attendees being given referrals for treatment in their closest dental facility.



**Fig.12:** Oral education at the Mnazi Mmoja Grounds during commemorations of the WOHD – DAR ES SALAAM



**Fig.13:** People attentively listening during the Oral education session at the Mnazi Mmoja Grounds prior dental check up, during commemorations of the WOHD –DAR ES SALAAM

<http://www.sufianimafoto.com/2015/03/maadhimisho-ya-siku-ya-afya-ya-kinywa.html>

NB: A PRESS CONFERENCE WAS HELD PRIOR TO ALL ORAL HEALTH WEEK COMMUNITY ACTIVITIES ON THE 13<sup>TH</sup> OF MARCH, 2015

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