

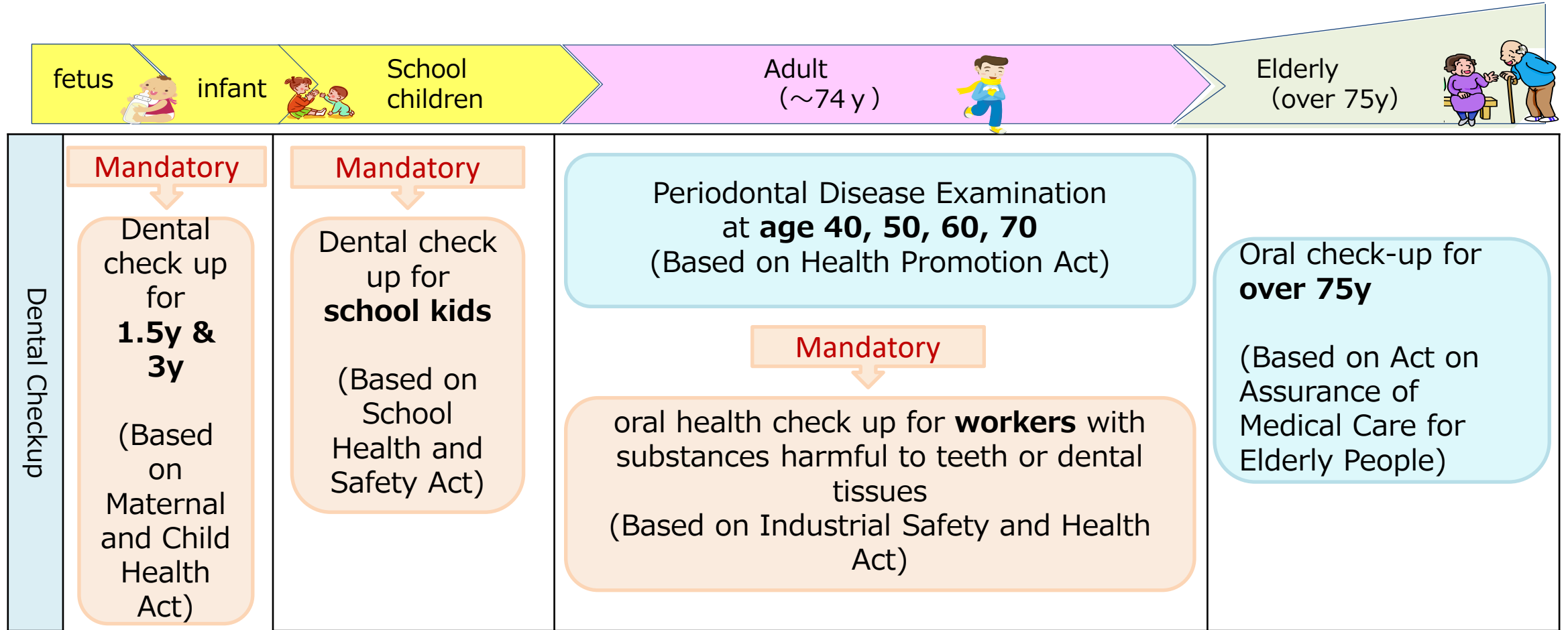
Oral health promotion and disease prevention for older people in Japan --toward healthy ageing--

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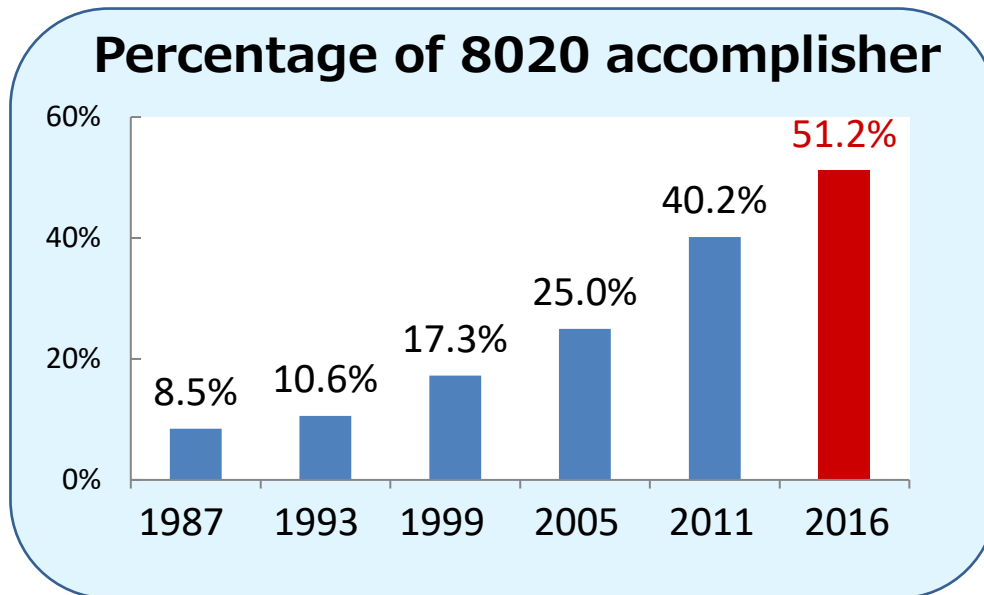
This presentation material was provided by Prof. Hiroshi OGAWA.

Public dental health service in Japan



What is "8020 Campaign"?

- It is a campaign to encourage people to keep 20 or more of their own teeth even until the age of 80, promoted by the then-Welfare Ministry and the Japan Dental Association since 1989.
- The "8020" goal is based on research which reported that it is possible to eat almost all kinds of food with 20 teeth.
- The government, Dental Associations, Dental Hygienists' Associations, and various other dental care-related groups and companies have cooperated to promote this campaign, and it was developed as a national campaign aiming at the realization of health and longevity.



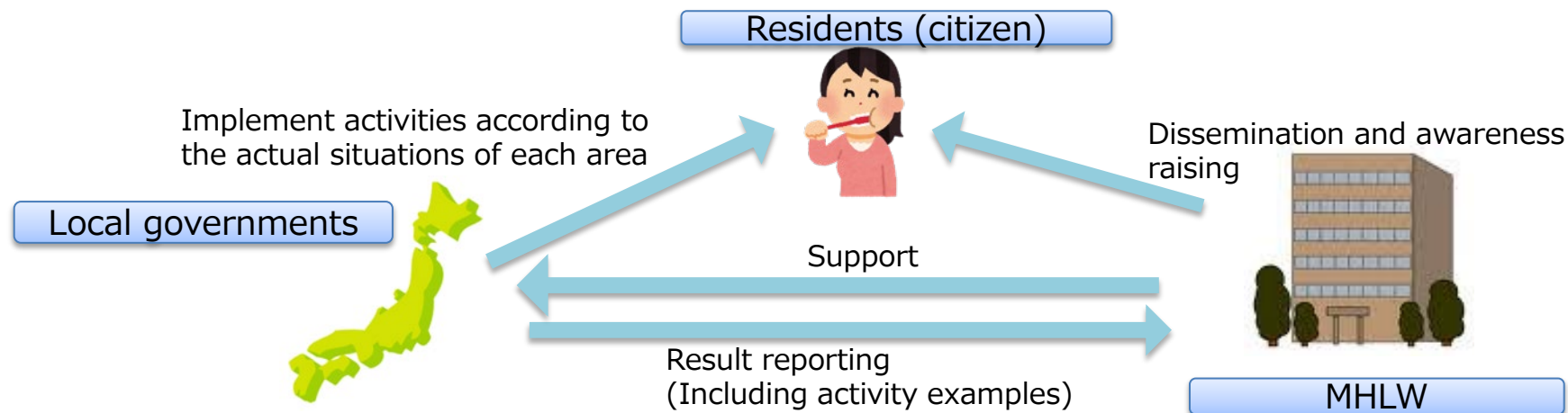
Keep **20** or more of
your teeth until you
are **80** years old

8020
Campaign



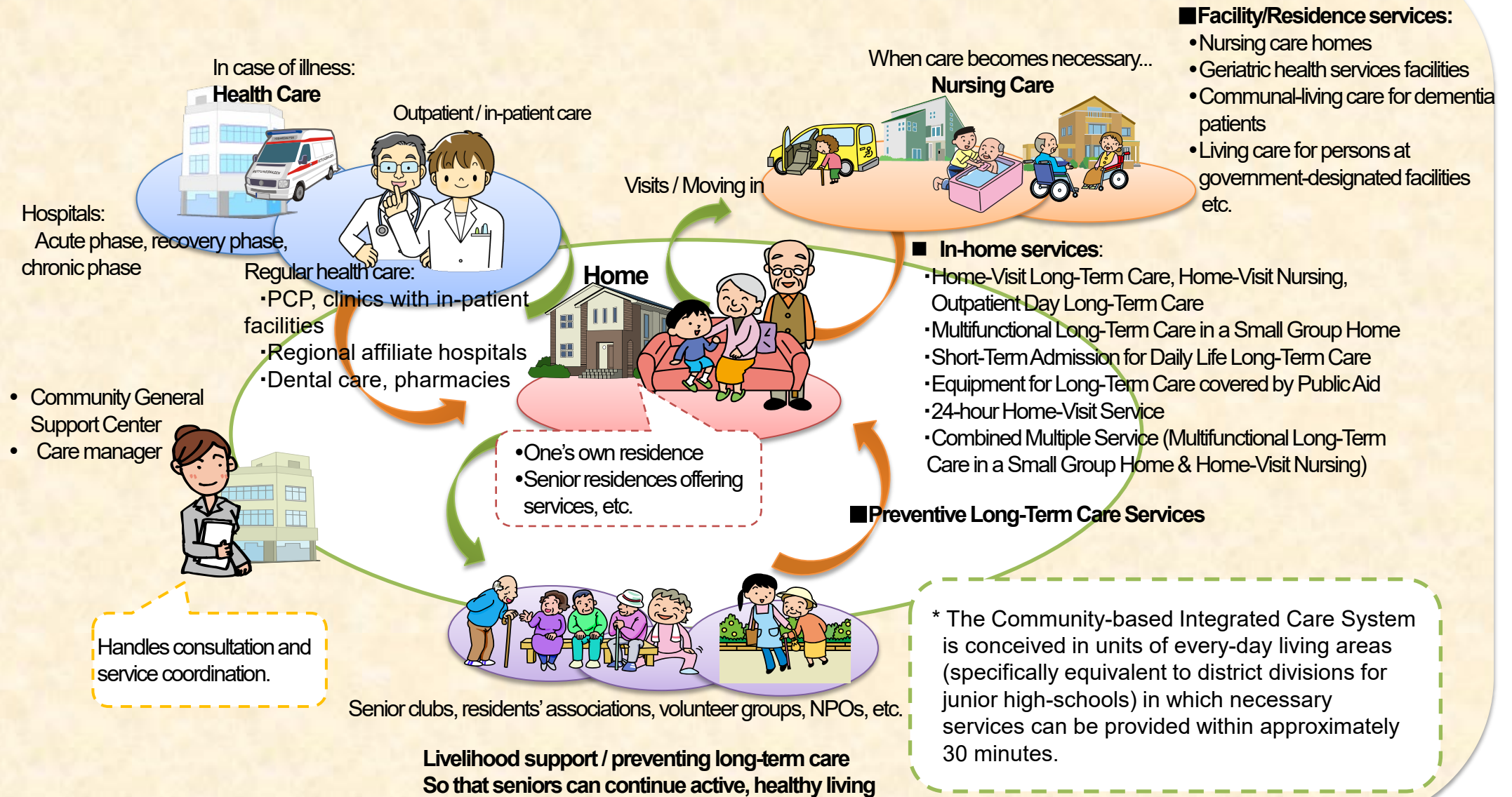
8020 Campaign/Oral Health Promotion Projects

- Special Project for the Promotion of 8020 Campaign
 - Establishment of a evaluation committee
 - Training project for human resources
 - Projects related to securing of human resources
- Dental disease prevention projects
 - Fluoride mouth wash to prevent tooth decay
 - Dental exams and oral health guidance to prevent dental diseases
- Oral health support center establishment promotion project
 - *Oral health support center: Provides information, training, etc., to those who engage in dental healthcare business.
- Projects to promote dental healthcare for those who have difficulty in receiving dental healthcare services and to train specialists
- Project to enhance dental and oral health promotion structures
 - To eliminate regional disparities, providing support related to development of structures for dental and oral health promotion in local governments where no dental professionals are assigned.
- Research and study projects



Establishing 'the Community-based Integrated Care System'

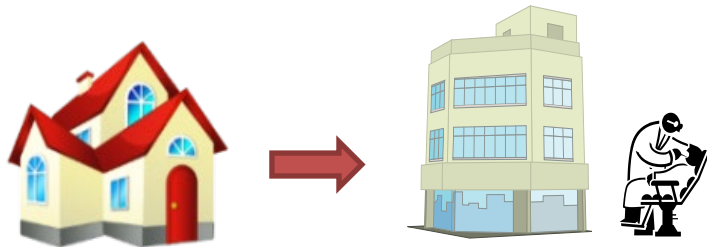
the Community-based Integrated Care System Model



Oral health services in the Community-based Integrated Care System

Changes in the provision system for oral health services

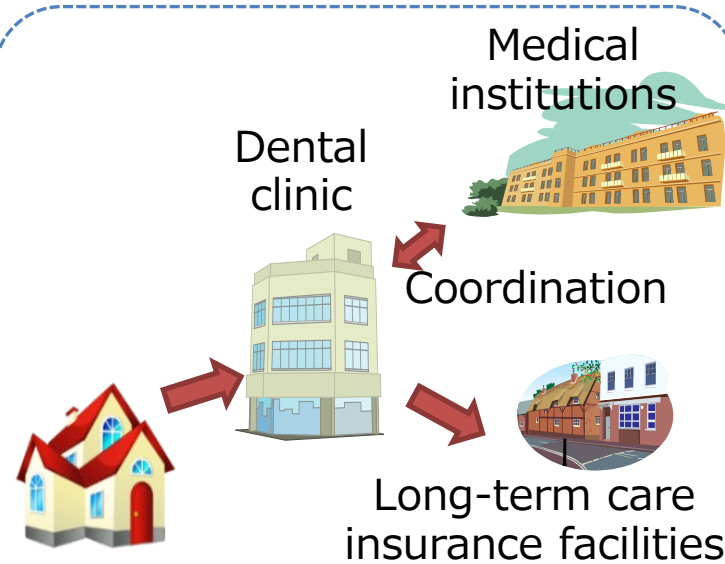
1980



Dental clinic

- Mainly for morphological recovery of teeth, such as caries treatments, tooth extraction, and prosthesis treatments.

2010



- Changes in the population structure including the advancement of an aging society.
- Changes in the structure of dental diseases.

2025 (image)

Coordination among related institutions



- Further progression of aging society
- Community-based medical care including coordination with medical institutions or regional comprehensive support centers is necessary.

Article 7 of the Health Promotion Act

The Minister of Health, Labour and Welfare shall formulate basic policies for comprehensively promoting the public health promotion.



A Basic Direction for Comprehensive Implementation of National Health Promotion (Health Japan 21 (the second term))

Ministerial Notification No. 430
of the Ministry of Health, Labour
and Welfare

Basic Direction of Health Promotion

- (1) Extension of healthy life expectancy and reduction of health disparities
- (2) Prevention of onset and progression of life-style related diseases (prevention of non-communicable diseases (NCD))
- (3) Maintenance and improvement of functions necessary for engaging in social life
- (4) Establishment of a social environment to support and protect health
- (5) Improvement of everyday habits and social environment relating to nutrition and dietary habits, physical activity and exercise, rest, alcohol, smoking, and dental and oral health



- **Each prefecture** shall take into consideration the country's basic policy and established its own Prefectural Health Promotion Plan. (Article 8 of the Health Promotion Act)
- **Each municipality** shall take into consideration the country's basic policy and the prefectural health promotion plan and established its own Municipal Health Promotion Plan. (Article 8 of the Health Promotion Act)
- **Each prefecture** and **each municipality** shall select critical challenges in its own right, set the targets, and perform routine evaluation and revision. (A Basic Direction for Comprehensive Implementation of National Health Promotion)

List of the targets of Health Japan 21 (the second term)

5. Improvement of everyday habits and social environment relating to nutrition and dietary habits, physical activity and exercise, rest, alcohol, smoking, and dental and oral health

(6) Dental and Oral Health

【 a: Improved 】

•Prevention of tooth loss

- Increase in number of infants and schoolchildren without dental caries
- Increase in percentage of individuals who participated in dental examination during the past year

【 b: Unchanged 】

- Maintenance and improvement of **oral function**

【 c: Worsened 】

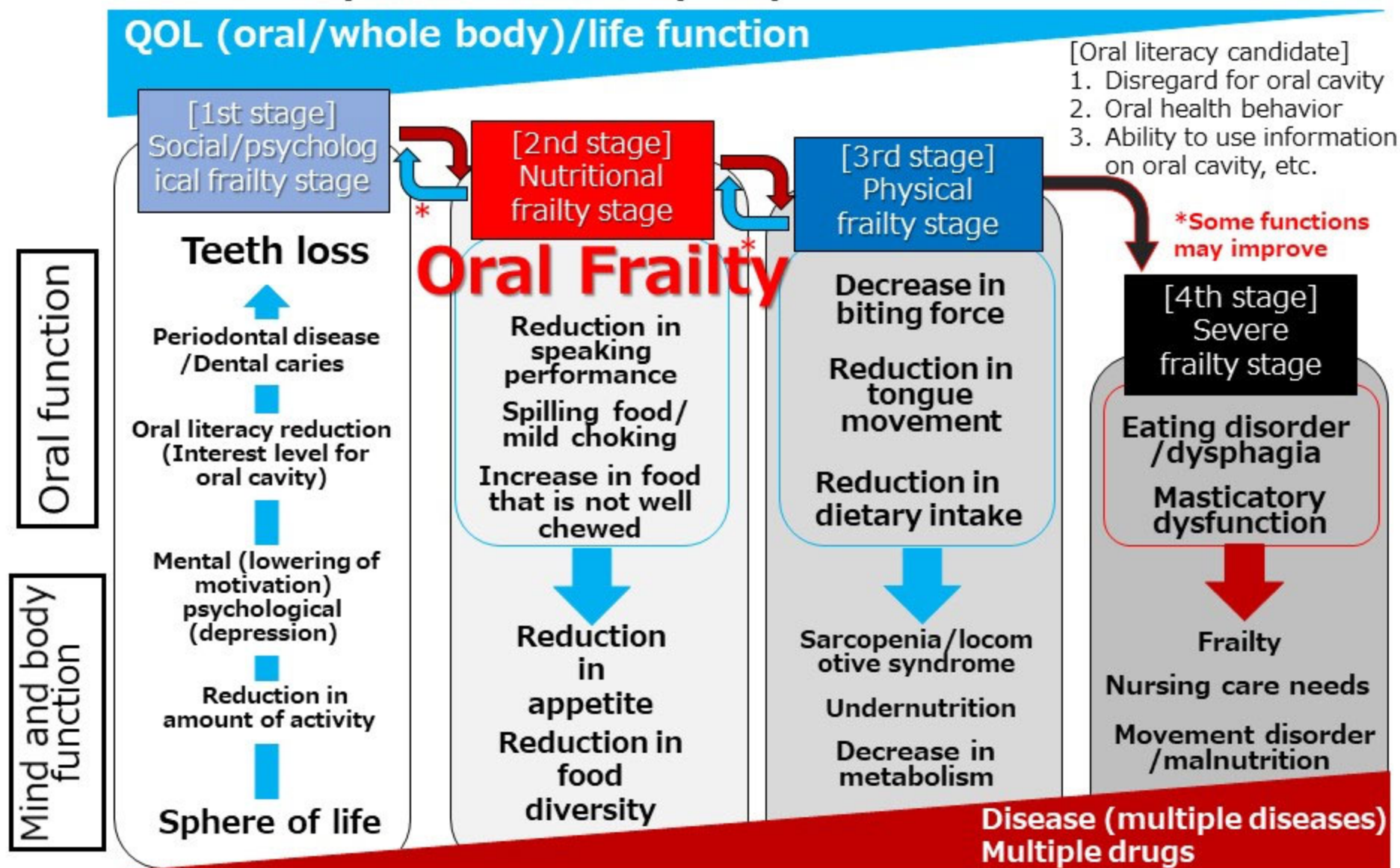
- Decrease in percentage of individuals with **periodontal disease**

Challenges

- Along with the 8020 Campaign's focus on tooth retention, **maintaining and improving oral function are the new goals** to be adopted
- The concept of “**oral frailty**” was initially advocated in Japan.

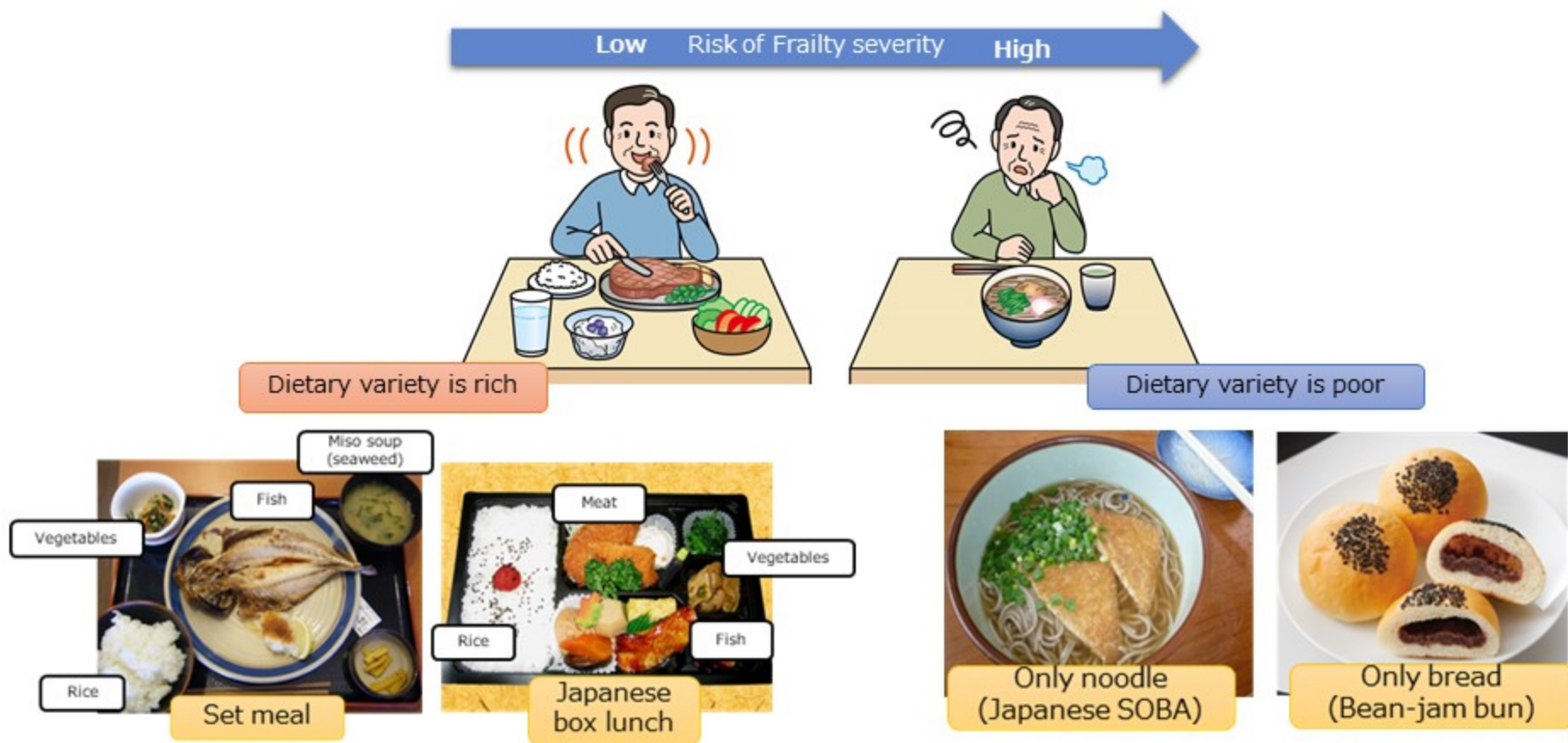
Oral Frailty

Frailty flow from the perspective of nutrition



Takao Suzuki, Katsuya Iijima, et al.: 2013 Health for the Elderly and Health Promotion, Cited from the Report on "Research on establishment of concept of aging syndrome focusing on diet (nutrition) and oral function and development of comprehensive measures for oral care from prevention of nursing care (frailty prevention) to dependence on nursing care."

Relationship between frailty and dietary variety among older adults



The DVS may be effective as an index of frailty onset. Therefore, additional studies that include quantitative evaluation of food or nutrient intakes are needed. The DVS is intended to improve food intakes of the 10 food groups and is easy to understand by older adults and their families. Thus, public awareness activities aimed at spreading the use of the DVS may be easy to implement. Longitudinal and interventional studies are required to quantitatively evaluate food intakes and to clarify the causal relationship in the future.

Case study in Japan: Oral health care is part of a community-based integrated care

STEP 1. Oral function questions in frailty screening¹

Do you have difficulty in chewing? (Yes/No)

Have you choked on tea or soup? (Yes/No)

Do you experience dry mouth? (Yes/No)

STEP 2. If two/three "Yes", older adults receive community-based services²

Maintain oral hygiene



Sign, talk, tongue twister



Chew many times



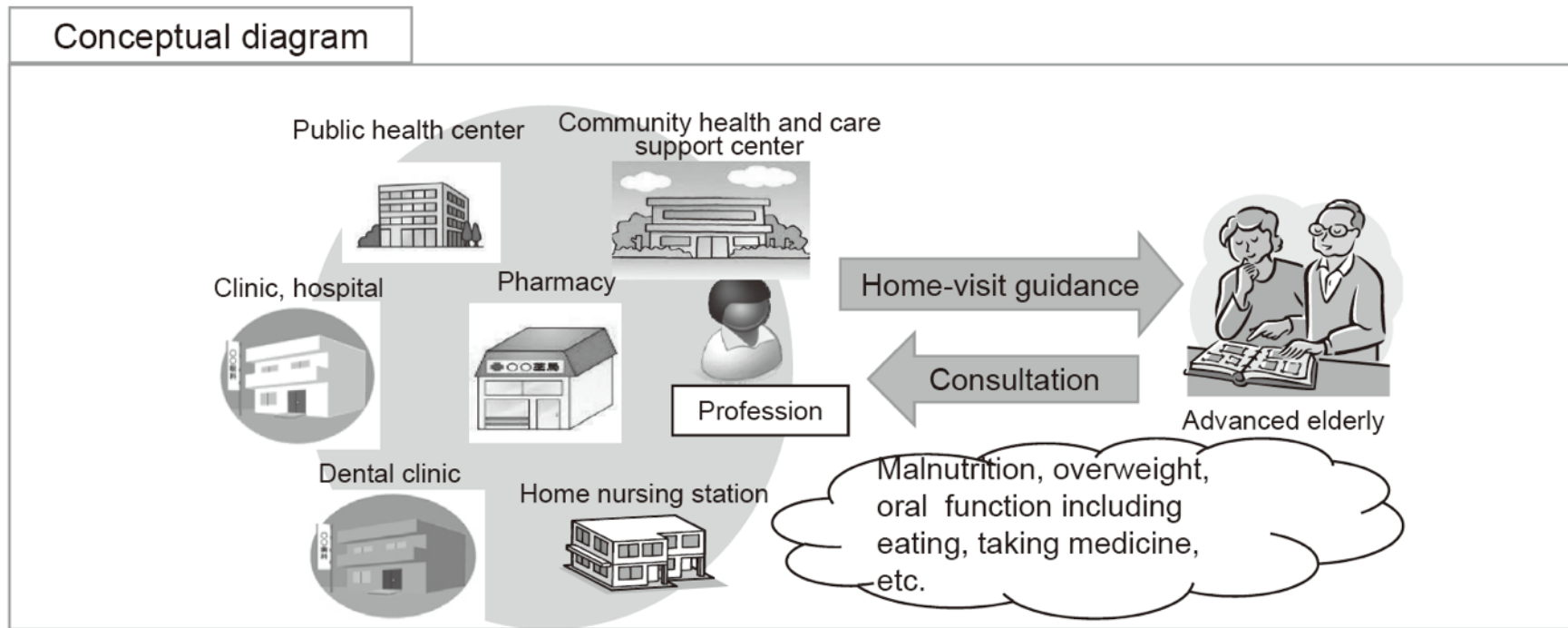
Salivary gland massage



<Examples of activities to maintain oral function²>

1. Satake, Shosuke, et al. "Validity of the Kihon Checklist for assessing frailty status." *Geriatrics & gerontology international* 16.6 (2016): 709-715

2. Japanese Society of Gerodontology. *Kokukinou teikasyo to shindansareta katae*. (Those who are diagnosed as deterioration of oral function). 2019.



(Source: MHLW)

Countermeasures **against malnutrition** are closely related to the **prevention of frailty**.

Well-balanced coordination among multiple stakeholders, including dental professionals, has been warranted **to avoid malnutrition** among older adults.

Nutritional guidance, oral health guidance, and guidance for taking medications, have **been suggested by different professionals to prevent malnutrition**.



Case study 1. Promoting oral health as essential to healthy ageing (Japan)

In 1987, a survey in Japan found that people at age 80 had only about five natural teeth on average, causing malnutrition and poor health in the elderly. Two years later, based on new data on oral functionality, Japan's Ministry of Health and Welfare and Japan Dental Association launched the 8020 Campaign (39). The goal was to ensure that people still had 20 of their teeth at age of 80 so that they could maintain nutritional and social well-being. The campaign adopted a lifelong approach to preventing tooth loss by engaging multiple sectors and carrying out initiatives that targeted all generations.

At 93 years old, Sakuji Yanadori from Niigata City, Japan, still has 30 natural teeth, dispelling the myth that "losing teeth is a normal part of getting older." His explanation for his healthy mouth does not reveal any secrets. He practices good oral hygiene, does not miss his regular dental visits and avoids sugar.

Maintaining natural teeth with adequate functionality allows Yanadori to enjoy well-balanced meals that he shares with his family. His diet consists of a variety of meat, fish and vegetables that helps him keep his body in optimum condition, allowing him to remain socially connected as well. Today, Yanadori can still



be found playing piano or the game Go at the local community club.

A national survey in 2016 showed that the 8020 Campaign had been successful in reaching its goals, with half of the 80-year-old population maintaining more than 20 of their natural teeth. The campaign continues to adopt a holistic approach to oral health, ensuring that the future elderly population has sufficient teeth and oral function to maintain good health and quality of life (40).



*This PPT will be mp4 to present the demonstration VIDEO for 2 mins, if time allows.

Thank you for your attention

Oral health is an essential factor in general health and quality of life through an individual's course of life



My sons, Eiki and Yuki. Big supporters for future oral health.