

Re-Inventing Japan Project  
大学の世界展開力強化事業

Inter-university Exchange Program toward Medical and Dental Networking  
in Southeast Asia

東南アジア医療・歯科医療ネットワークの構築を目指した大学間交流プログラム

## 国際セミナーⅣ

# 日本のオーラルヘルスプロモーションプログラム

～インドネシアと比較して～

International Seminar IV

## Oral Health Promotion Programs in Japan

— Compared with Situation in Indonesia —

2013 年 9 月 6 日



東京医科歯科大学  
TOKYO MEDICAL AND DENTAL UNIVERSITY

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## 1. セミナー概要

日 時：2013 年 9 月 6 日（金） 9：00 ～ 10：30

Date: September 6, 2013 (Fri), 9:00～10:30

会 場：インドネシア大学歯学部講義室

Venue: Lecture room, Faculty of Dentistry, Universitas Indonesia

講 師：東京医科歯科大学大学院健康推進歯学分野

教授 川口陽子

Lecturer: Department of Oral Health Promotion,

Tokyo Medical and Dental University

Professor Yoko Kawaguchi

講演タイトル：日本のオーラルヘルスプロモーションプログラム

～インドネシアと比較して～

Title “Oral Health Promoting Programs in Japan”

－ Compared with Situation in Indonesia －

座長：メリッサ・アディアットマン先生

Chairperson: Dr. Melissa Adiatman

## 2. セミナー写真 Pictures during seminar



熱心に講義を聴く学生 Students enthusiastically listening to the lecture



インドネシア語による健口体操の説明

Explanation of Oral Function Promotion Exercise in Indonesian language



健口体操を行う学生

Students doing Oral Function Promotion Exercise





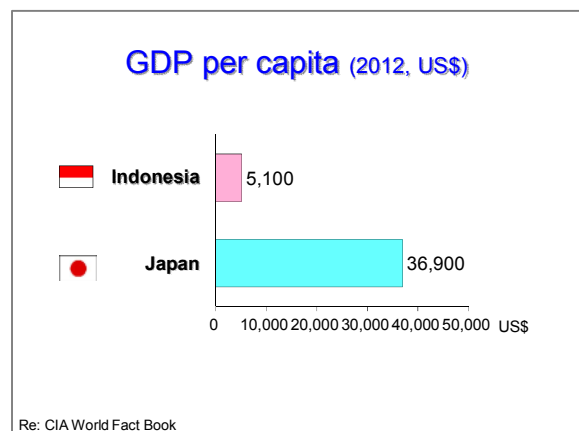
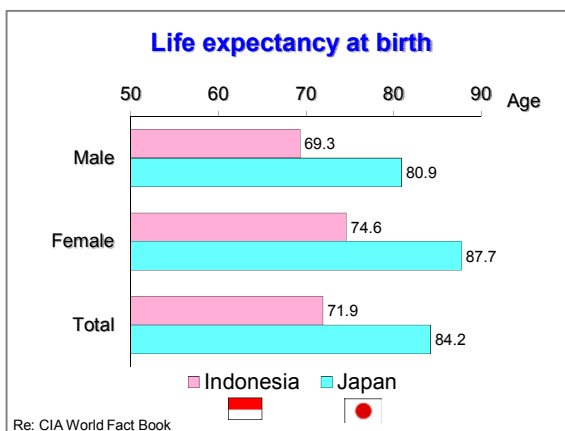
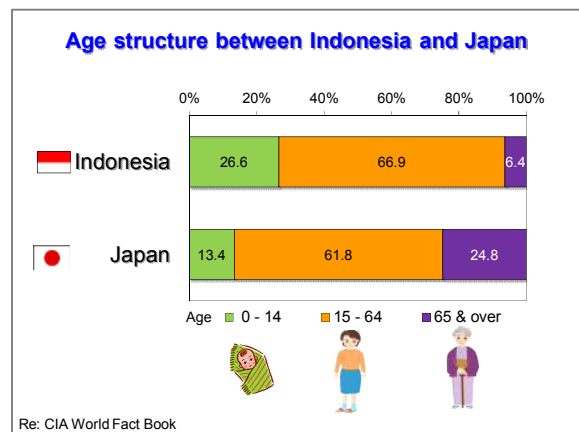
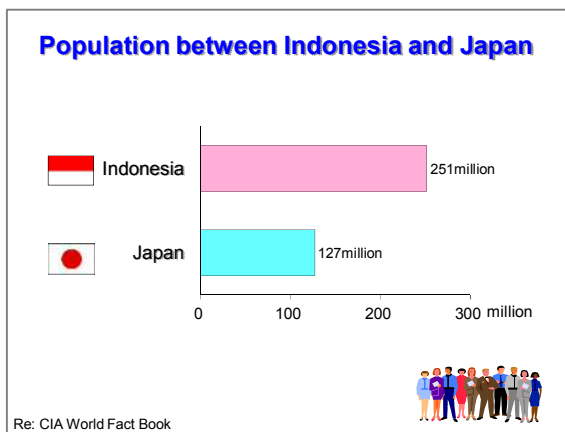
活発な質疑応答 Active question-and-answer session

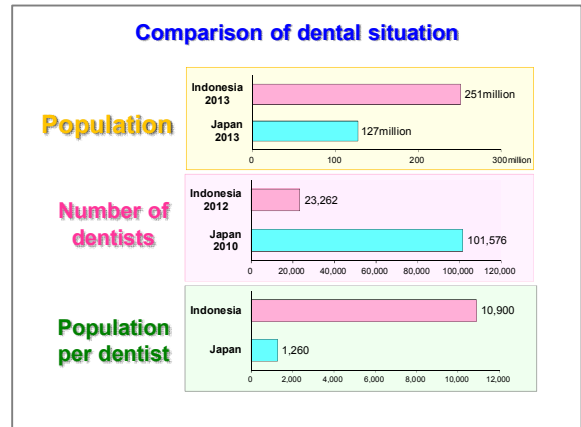
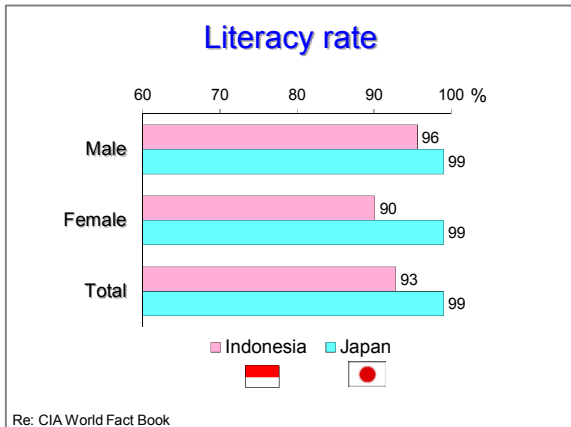


### 3. セミナースライド Slides

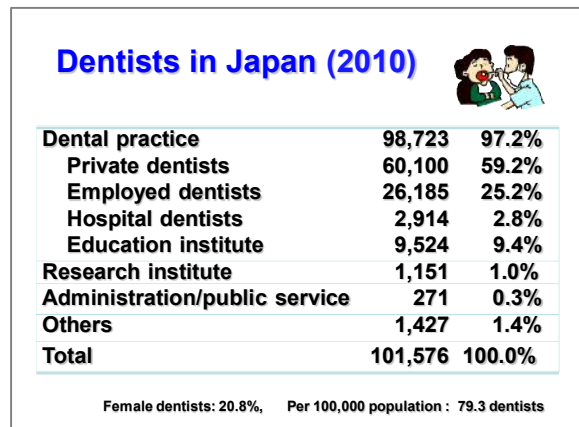


#### 1) インドネシアと日本の比較 Comparison between Indonesia and Japan





## 2) 日本の歯科保険医療システム Japanese Oral Health Care System



### The duty of the dentist by Japanese Dentist Law

**Dentists shall take charge of dental treatment, provide oral health guidance, and contribute to the improvement and the promotion of public health in order to secure a healthy life for the people.**

### Dental education

- 29 dental schools  
(national:11, public:1, private:17)
- 6-year-course
- Admission fee and tuition for education
  - \$ 30,000: national & public school
  - \$300,000: private school

\$1=¥100



## Oral health personnel (Japan, 2010)

**Dentist** 101,576  
**Dental hygienist** 103,180  
**Dental technician** 35,413

### Roles of dental hygienist:

- Oral health education
- Prevention of dental diseases
- Treatment assistance



## Health Insurance Schemes in Japan

- Japan has public health insurance system with universal coverage and compulsory subscription. It covers almost all the medical and dental treatment and pharmacy care.
- Fee-for-service system
- Almost all the practicing dentists are registered as insured doctors and provide dental care according to insurance schemes.



## Health Insurance Scheme in Japan

- **Employee's Health Insurance**  
financed by contributions from insured persons and employers
- **National Health Insurance**  
financed through both insured persons' contributions and the National Treasury

**Patient's direct payment: 30% of total fee**  
**Elderly persons :** 10-20%  
**Low income earners:** 0%  
**High cost treatment:** reimbursement

## Health Insurance



The services of health insurance are available for the most of restorative and prosthetic treatment and surgical care, such as **filling, endodontic treatment, crown & bridges, dentures and extraction.**

However higher cost items (gold crown & bridges, metal plate dentures and orthodontic treatment) are excluded. Preventive services are also excluded, as current system only covers treatments for existing diseases.

## Health related laws in Japan

Law	Target	Activities
<b>Maternal and Child Health Law</b>	<b>Pregnant women</b> <b>Preschool children</b>	Health examination for 18-month-old & 3-year-old children
<b>School Health and Safety Law</b>	<b>School children</b>	Health examination and health education at school
<b>Labor and Safety Health Law</b>	<b>Adults</b> <b>Employees</b>	Worksite health examination and total health promotion activities Periodontal disease examination
<b>Health Promotion Law</b>	<b>All population</b>	Stop passive smoking Nutrition and Health Survey
<b>Oral Health Law</b>	<b>All population</b>	Prevention of oral diseases

## Health center activities for preschool children

### Preventive services at health centers

Tooth brushing instruction by dental hygienist  
 Polishing teeth before topical fluoride application

### Advice for eating behavior

Bottle caries

### Thumb sucking

Malocclusion

### 3) フッ化物の応用 Application of Fluoride



#### Diammine Silver Fluoride $\text{Ag}(\text{NH}_3)_2\text{F}$ (Saforide™)



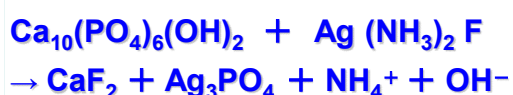
Arrestment of incipient caries



#### Mode of action

Hydroxyapatite

Saforide™



Calcium and phosphate are combined into calcium fluoride and silver phosphate, respectively, which combine with the structural tooth proteins and consequently strengthen the tooth.

#### Indications of Diammine Silver Fluoride $\text{Ag}(\text{NH}_3)_2\text{F}$ (Saforide™)

1. Prevention and arrestment of incipient caries of deciduous teeth
2. Prevention of recurrent caries following restoration
3. Desensitization of hypersensitive dentin

### 4) 日本の口腔保健状況の推移 Trends of Oral Health Status in Japan

#### Follow-up of deciduous teeth to permanent teeth after application of diammine silver fluoride



5 years old



7 years old

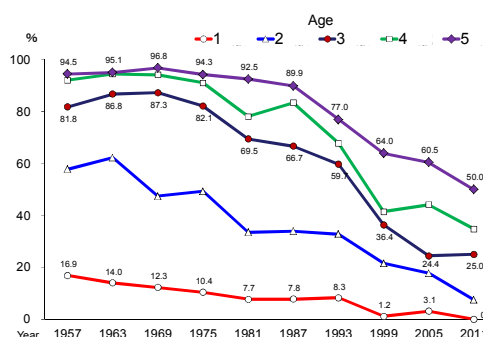


9 years old



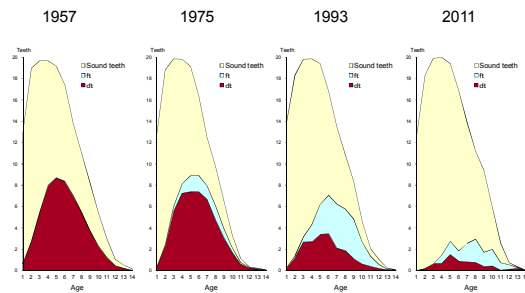
11 years old

#### Caries prevalence of deciduous teeth (1957-2011)



Re: National oral Health Survey in Japan

### Changing pattern of deciduous teeth



Re: National oral Health Survey in Japan

### School dental health programs

**Number of school dentists (2011):**  
**45,540**

**Kindergarten,  
Primary school,  
Junior & senior high school**

**Treatment is not provided in school  
dental health programs in Japan**

## 5) 学校での歯科保健活動 Oral Health Promotion Programs at School

### Roles of school dentists

The school dentist is the adjunct dentist appointed by local government and is responsible for the performance of school oral health activities, usually in a part-time capacity, because s/he works also as a dental practitioner in the area. The roles of school dentists are described in the “**School Health and Safety Law**” and include the conducting of an oral health examination at least once a year on each child at school and contributing to implementing the school's dental health education.



If oral health problems are detected in schoolchildren, the school dentist will recommend to the children and parent that they seek dental treatment under the **National Health Insurance Scheme**. In general, school dentists do not provide dental treatment at school. In Japan, there is a universal public health insurance system which covers almost all dental treatment required. Therefore children can receive comprehensive dental care at any public or private dental office.



### Oral health education at school

In addition to the oral examination, the school dentist, the dental hygienist, the nursing teacher and the classroom teacher are involved in conducting oral health education within the school.



### Oral health education methods



Lectures  
Seminar  
Symposia  
Mass media

Experience  
Practical exercises  
Interactive learning  
Group work, Games



## To know the oral health problems

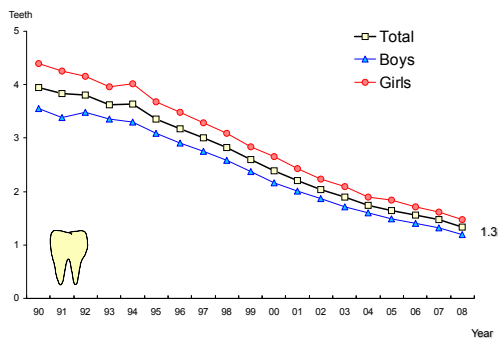
Plaque disclosing tablets

Tooth-brushing with mirror

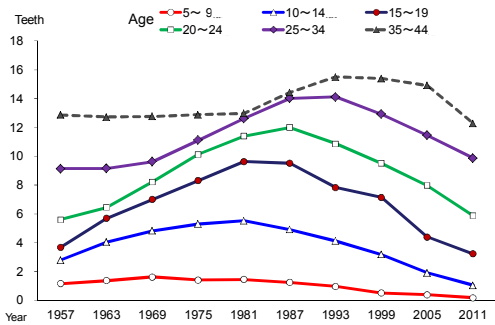
## Self check-up ability is necessary for school children to enhance oral health awareness

- Improve health literacy
- Empower the children

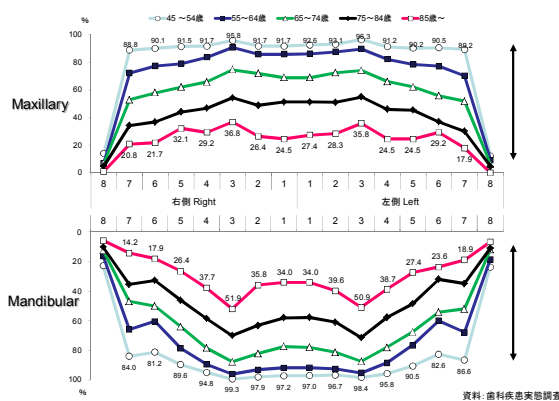
## DMFT of 12-year-old children



## Changing pattern of DMFT (1957~2011)



## Proportion of persons with present permanent teeth by tooth type (2011)



## Programs for Adult population

Worksite oral health promotion programs

Prevention of periodontal disease

Community-based oral health programs



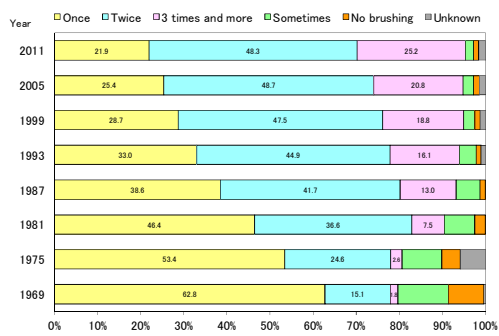
## 6) 成人の口腔保健状況 Oral Health Status among Adults



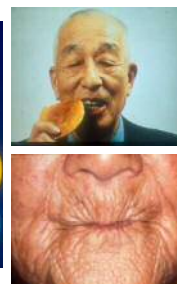
Self check-ups and selfcare

Professional care

Changing pattern of tooth brushing behavior(1969~2011)

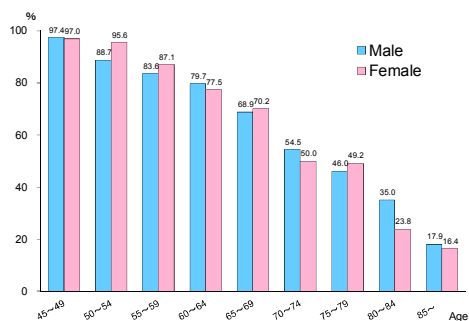


Keep your 20 teeth till the age of 80

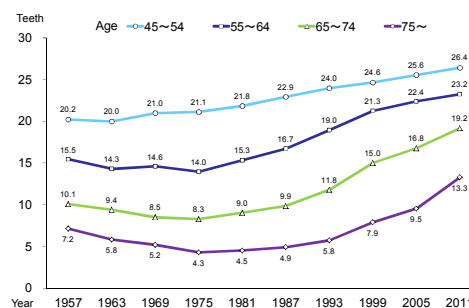


8020 campaign (1989~)

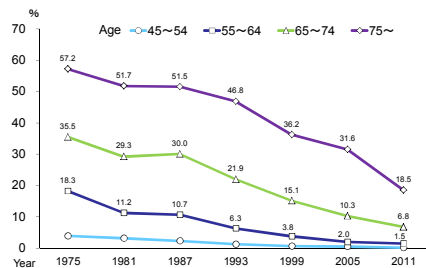
Persons with 20 teeth and over (2011)



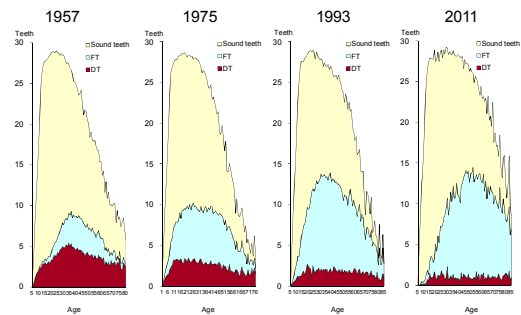
Changing pattern of mean number of present teeth (1957~2011)



### Changing pattern of edentulous persons rate (1975~2011)



### Changing pattern of permanent teeth



### Long-Term Care Insurance System (2000~)

Home visiting oral health care program for elderly

It has been reported that oral functional enhancement along with dental prostheses and better oral hygiene is effective in preventing swallowing difficulties on the dependent elderly.

Face massages

Tongue exercises

### Oral function promotion exercise

Face muscle exercises



Tongue exercises



Salivary glands massages



### QOL: Quality of life

Oral health is a basic element for enjoying happy life. Therefore to keep natural teeth for life long is important.

- Eating
- Speaking
- Smiling



## 7) 地域住民による小学生対象のオーラルヘルスプロモーションプログラム

### Oral Health Promotion Programs by Community People at Primary School

#### Oral health promotion programs by community people at primary school



Study about the  
roles of teeth

#### Schoolchildren learn from this program

1. cooking procedures of healthy snacks
2. washing hands before cooking and eating
3. eating food with friends/ people is pleasant
4. “teeth” is important for chewing
5. “muscle” is moving when eating
6. “saliva” is necessary for tasting

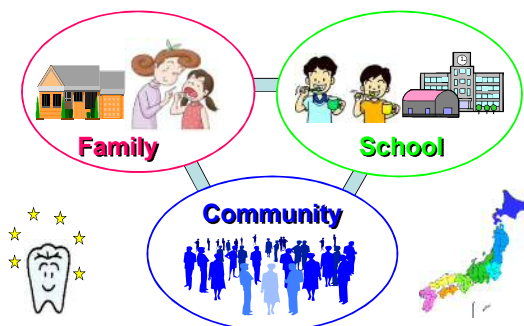
#### Mothers learn from this program

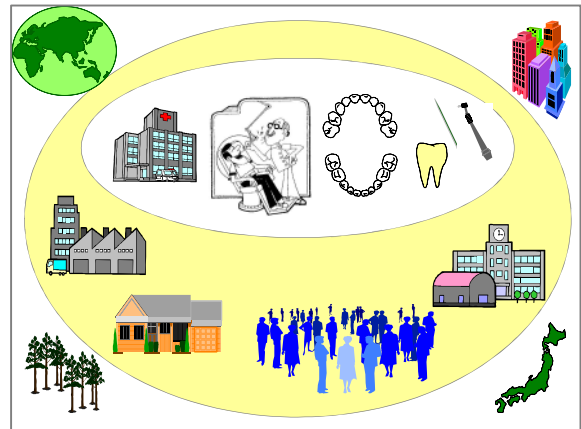
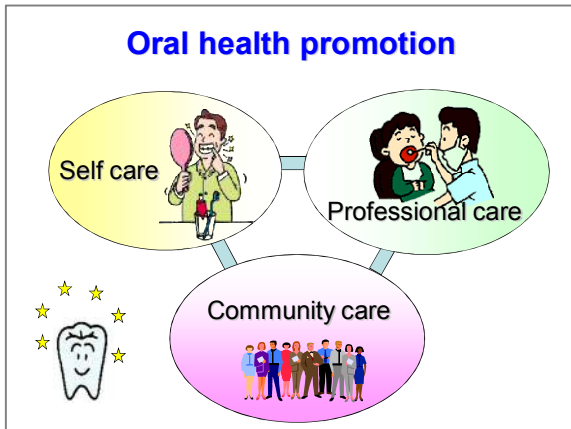
1. the recipe of making healthy snacks
2. leftover rice can be used for snacks
3. children can cook food and enjoy it
4. it is necessary to ask them to help cooking
5. elderly people's experience and knowledge is valuable

#### The elderly people

1. They are also excited to share the time with young children and their mothers
2. They are proud of introducing their original recipe
3. They think that “We still have important roles in the community”
4. They want to learn more for effective and attractive education methods to schoolchildren
5. They have to take care of their oral health, because they are the role models for schoolchildren

#### Collaboration of Family, School and Community





## 8) TMDU Dental Training Program 2013 in March





### Visiting dental companies in Japan (New technology)



Patient robot

### 東京歯科大学 International Symposium “Quality Assurance of Dental Education in Japan”



Dental skill competitions  
Tooth carving and wire bending



Workshop  
The “Ideal Dentist” This is what I want to be



Discussion





#### 4. 学生の感想 Comments from UI Students

Getting to know something new is always nice. Especially when there's a lot! The most exciting part is to know how different the health care system in Japan compared to Indonesia. In my opinion, the dentistry and health system in Japan grow quickly and efficiently because of the role of the health care insurance which covers 70% or more of the total fee from any dental treatment. The insurance plays such a big-BIG-role! ~which is kind of impossible to be adopted in Indonesia to improve our dentistry and health system. In Indonesia, people feel so afraid to go to dental clinic or a hospital because of the fee they're going to pay. So that means, they won't go there unless their life is in danger because of that disease or if they can't hold on the pain caused by it any longer. These kinds of people is so hard to motivate. So how to improve health awareness in Indonesia? It's still a very big question in my mind. In Indonesia, everybody collect government fee. But sadly, the fee is used for other things and sadly corrupted by irresponsible people. That's why in Indonesia, it's too hard to employ insurance health system and people will still be afraid even if they know they have problems and won't go to any hospital unless their life is in danger. So how Indonesia will improve? Can you please give me some of your opinion?

It's so interesting! We can know how the Japan's oral health education. This gives us more knowledges how to educate, manage and also make some program about oral health promotion. And I've never thought that Japan really has good trick to educate the primary school's students. Because I think it's difficult to educate them. And besides that, the elderly community also can participate in this promotion. Because besides they can be pleasant that they can participate and still have a thinking that they still have an important role in their community, they also can contribute to the health in Japan. Good for this lecture and arigatou gozaimasu, Yoko sensei!

It's interesting. I learned many things about Japan Health System. And the improvement of Japan oral health is impressing, everything seems well-organized. Unfortunately, in Indonesia we still have to work hard to achieve improvements like yours, I hope someday, hopefully soon enough, we're gonna make it.

I think the 8020 program is awesome. And the elderly-school children program is very inspiring. Japan definitely has a good health system.

Thank you so much for the nice presentation.

This lesson is interesting and attractive. ありがとうございます

Dear Prof. Yoko, Welcome to Indonesia. I hope you'll have a good memory here.

Thank you so much for your interesting lecture. Nice to meet you.

I find the lecture very interesting & informative. We get to know Indonesia versus Japan oral health status comparison through the years. By knowing how Japan succeeded in applying the insurance system & activities in promoting oral health status which can consequently improve life quality. Hopefully it can compel Indonesian dentists & government to evaluate themselves and think of applying the methods Japanese dentists & government uses. This lecture also gave me motivation to promote oral health to children & oral function to the elderly.

Indonesia and Japan vary so much in population, 60p, system, and oral health status. After 30 years, Japanese have succeeded in improving oral health of the children, adults, and elderly. It took a lot of time and effort but they managed to reduce the incidence of oral health problems. So although Indonesia just began to use SDF, we can be confident that oral health of Indonesian kids will improve in the future.



Hello Professor Yoko. Thank you for coming to Indonesia and give us very useful knowledges. I really give my best attention while you were lecturing. I really enjoyed your explanation about dental health program in Japan and how Japanese people really care about their dental health. Your lecture really encourage myself to be a good dentist in the future so I can participate to make my country dental health program become better. Thank you so much. Stay health and have a good days here. Make sure to enjoy beautiful places here.

Your lecture was so interesting and I learn a lot of new things from public health system in Japan. Many aspects are better than Indonesia, wishing in the future many good programs from Japan can be implemented in Indonesia. Such as, silver diammine fluoride, one of my friend have in University of Indonesia, is making a program about it for her final paper. It the program about silver diammine is successful, hopefully better oral health for community will be achieved.

Thank you very much, Professor Yoko and TMDU team for coming to Indonesia.

I am very impressed about how systematic Japan`s health program is. Every Japanese has been aware about dental health. Please come again regularly and help us to fix our system here.

And also, I put so much interest in silver diammine fluoride. I am wondering can it be applied permanently on permanent teeth, then restore the teeth esthetically using composite resin or ceramic crown or any other aesthetic material? Hope the silver diammine fluoride is continuing to improve.

In my opinion, the lectures are very informative & enlighten my knowledge about oral health in general. The slides & explanations are also so attractive & easy to understand. The oral health programs in Japan are so cool and seems so fun. I hope we can also implement those programs in Indonesia. Lastly the lectures are so cool, and looking forward to attend more lectures like this in the future.

- The lecture is very interesting, the information I got from your slide is so many.
- I think if the way to educate people in Japan about oral health can also be clone in Indonesian people, so Indonesian people can improve their oral health.
- Furthermore I hope dental problem in Indonesia can be decreased after Indonesian dentist do the same way Japanese dentist teach to their people.

In my opinion, Professor Yoko's presentation is very interesting. From that presentation, I know that prevention program especially in dental practice must be done from preschool children. In Indonesian children are afraid of being checked their teeth to the dentist. So I think if dental students or dentist have program that same with Japan, Indonesian health can increase.

Very good presentation, it contains lots of useful information. Your presentation was good too! Thank you for your time and efforts to travel on the way here from Japan (I know it took 8 hours Flight). I do hope this friendship will last and I have personal opinion that this program will encourage most of us (Indonesian) to open our eyes toward future challenges.

So excited, Japanese dental health is so far away between Indonesian dental health.

ありがとうございます。

After attending lecture of public health from Prof. Yoko, my mind is widely opened about how important public health is in a country. Too sad that Indonesia now is like Japan so many years ago and we both have different community condition, the proportion of society based on age, and how the program should be conducted based on the problem. And also the dental health insurance, when I rarely heard about dental insurance in Indonesia (well, the general insurance hasn't been developed nationally though), Japan has covered 70%! I learn so much from this lecture! Thanks Prof.

Thank you sensei for coming and giving a really interesting presentation. As a dentist-to-be, we are really inspired by the dental health service system in Japan. The system is well organized and the oral/dental health of Japanese citizen is really good. We hope that Indonesian's dental health can be better in time. We will use the knowledge we learn today in future. Thank you again sensei, and hope you have great time here!

The lecture is really good. Information related to the condition of dental health service abroad is very useful for my knowledge as a future dentist. It shows that Dental and oral health can be promoted by hard work and effort from the government and the dental personnels. I am so amazed by the process and the outcome of dental and oral health promotion in Japan and I hope that we Indonesian can do and achieve the same. Arigatou gozaimasu, Sensei!

After attending the lecture of Public Health Dentistry from Tokyo Medical and Dental University, my perspective of oral public health has changed. Many information and knowledge I received in this lecture are all new and valuable for me. This lecture also made me realize how different oral health needs and conditions between my country, Indonesia and Japan. I think this exchange program including this lecture is very important and necessary to open our mind, exchanging information so we can improve our oral health community. In this lecture, I also gain new ways how to promote oral health to community. I hope this exchange program is continued every year to improve global oral health community. I really grateful to attend this lecture, thank you!

ありがとうございます。 たのしいです。

The lecture really showed us the reality and the problem that is happening in the country. Great exploration from Kawaguchi sensei on the comparisons of the situation between the two countries , telling us we really need to keep up and help improve the oral health status of the country.

The presentation gave us a lot of insight, Kawaguchi sensei talked through it very clearly. I think one of the highlights was that we need to educate parents more on the importance of oral health, since they have critical role in decreasing the prevalence of dental caries in children. We also need to have better oral health care & education system. I think this presentation would be great to show to the policy makers. It's great how Japan utilizes all aspects of the people, how ever the elderly is so excited to contribute to the community. Indonesia should respect its people as much as Japan does, the whole country works together to keep improving the quality of life of the people. I am very thankful to be given the opportunity to learn from an amazing teacher.



The presentation was interesting. The lecture provided us a lot of information about dentistry in Japan, the comparison of statistical data and actual facts between Japan and Indonesia, and sharing some of the most effective way increasing the oral health care for every group of ages. Beside that, the lecture was so communicative it made us easy to understand the whole content of the presentation. As one of the students who will be going to Japan next month for exchange program, I've learned some things after listened to the lecture's explanation to get some preparations for the day. I will learn how to curve teeth, bend the wire, practicing English, etc. After all, it was a great time to attend the class and it makes me believe that being a dentist is where one great choice I've been made up to.

Thank you, Professor!

This lecture opened my mind about the dental health condition in Japan.

The slides was very interactive that shown us the data about oral health condition in Japan compared with Indonesian's. Even Indonesia has a worse condition, by this lecture we can apply some programs. So someday Indonesia will have the oral health condition as good as Japanese.ありがとう

Today's lecture was very interesting. We learned new things about the difference in oral health system between Japan and Indonesia. The system in Japan is much better than in Indonesia, with insurance, community case, dentist to population ratio, and many more. I think we can learn a lot to improve our people's and health and oral health promotion system from Japan. Thank you very much.

This oral health promotion program is very good to educate the dentistry student about how important oral health lesson. As the statistics shown, Indonesia and Japan have a very big difference about the ratio of the number of the dentist and the number of the population. In Japan there are lots of dentists while in Indonesia the ratio of the dentist and the population is 1:10,900. The presentation was very interesting, it made us realize that publication of oral health for every people especially for children is really important. Children are taught to brush their teeth rightly, for example they should use small mirrors while brushing their teeth to see whether there's caries in their mouth.

I think this activity is really interesting. Because it tells me so much different between Indonesia and Japan. And I just realize that Indonesia really need dentist. And I think Indonesia should make a program to tell every mother to keep their child teeth well. I wish Indonesian dentist can be better like Japan.

From this seminar, I can get more info about dental public health. Especially dental public health in Japan. And now I know the different of dental public health between Indonesia and Japan. From the data. We as an Indonesian dentist know our country situation. So that we want to be the real and the professional dentistry. To increase the quality of dental public health in Indonesia. And for make Indonesia like Japan in dental public health.

I think today lecture is very interesting. We knew the differences between oral health in Indonesia and Japan, Indonesian have to increase the awareness of oral health, improve the health insurance so there is no reason for citizen to afraid of the fee dental/medical treatment. And the prevention is the important one.

Japan has a campaign that called 8020 campaign which is very unique campaign.

Prof Yokoi! Your presentation so interesting, and I more know about program dental care in Japan. I wish I can be like a dentistry in Japan. Hope that your information will be useful for the next.

From this promotion, we could learn and get a lot of information that we never know before. This presentation has opened up our mind that many people around us have their own problem, and we (as a dentist) can't easily close our eyes and pretend not to care for them.

I want to increase the number of dentists in Indonesia, and I want to promote and teach as many people as possible to take care of their oral health. I wish we can get another kind of presentation from Tokyo Medical & Dental University. It's great to be learned and I felt lucky enough to hear and watch the presentation. I hope I can make a better oral life in Indonesia. I wish I can maybe once join the Tokyo Medical & Dental University as an exchange student or anything else. Good Luck and Take Care for the journey for the Tokyo Medical and Dental University.

This Oral Health promotion from Tokyo Medical & Dental University has given me more knowledge about Dental Health situation in Japan as well as in Indonesia. I am so inspired by the programs of prevention, treatment, and other healthcare system in Japan. I think Indonesia should learn a lot from Japan to improve our Dental Health. It has given me a different point of view as a future dentist after knowing deeper about my country and other country's oral health situation.

As it was said, the ratio between a dentist and the patients in Indonesia is 1:10,000 so that I know that dentists in Indonesia need to work hard to do preventions for oral & teeth health.

In my opinion, this lecture was very interesting. Professor Yoko explained all the material clearly. She also added some of graphics and pictures which made us more interest with the presentation. The topic was very useful, especially for us, the future dentist. The presentation also made me, as a dentistry student proud. Some of the lessons are about Japanese oral health care system, comparison between Indonesia and Japan, especially in dentistry, etc.

In my opinion about the lecture of Oral Health Promotion's today is very good. It gives me many information about the condition of dentist in Indonesia and Japan by statistics. The topic of oral health promotion is not about give presentation but also help the students in elementary school by teaching the good way to keep oral health. It gives me more motivation to develop the oral health in dentistry.

In my opinion, this program is very good. Prof Yoko deliver some speech with interactive also. In here, I know that the people of Japan is very concern of their health of teeth. And that's very important to open Indonesian eyes, to release that keeping our mouth health is very important. This seminar also showed me as a new student to get confidence to be a dentist by remembering the number of dentist in Japan is so high.

I'm so glad that I joined this Lecturer. This is a very wonderful class. It does really open my mind about the Dental Health Condition both in Japan and Indonesia. I learned so many things about it, and I have so many idea from Japanese programme that could be applied in Indonesia to improve the dental health in Indonesia as well. Please accept my gratitude for all of the staff and students from Tokyo Medical & Dental University especially for Professor Yoko for giving a brief and nice lecture. I'm hoping for another lecture class in the future. Hopefully I can also join the exchange program when I become a third grade students.

In my opinion, this lecture is very interesting. It can open my mind about oral health condition in Indonesia. It makes me realize that our country's oral health is not good enough. And then, form looking at Japan's oral health statistic and system, I can compare how good Indonesia's oral health. Then I can see many methods to develop public oral health. And maybe from this method, we can do it in Indonesia.

Thank you for presentation today. That is very very useful for us, as dentistry students. And this presentation also opens our knowledge and gives new inspiration to improve the oral health in Indonesia. This presentation is good enough.



This lecture has shown many very interesting facts from number of dentists, dentist-population ratio, and oral health program in Japan. I learned from this lecture the differences-and similarity in oral health promotion in Japan and Indonesia. The community education in Japan and Indonesia is mostly similar, but from the presentation I see that in Japan the program is more focused on Interactive Education, while in Indonesia it's mostly still focusing on mass education This lecture has broaden my view and gave some new ideas on promoting oral health in Indonesia. Arigatou gozaimasu.

In my humble opinion, Japanese oral health care system is clearly better than in Indonesia for this era. Theoritically in Indonesia also has good laws which regulate about oral health including treatment, preventive care and rehabilitative care. The difference is in Indonesia we have less resources in oral health care and also less advance technology in dentistry. Japan has more innovation in dentistry and also system works very well.

Today's lecture about oral health promotion in Japan is very interesting. I learned a lot of new information of how oral health promotion is done in such creative way, especially the one that is done by the elderly. It shows how much the community is involved in the oral health promotion program. Throughout the difference between Indonesia's and Japan's oral health condition and dental practitioners resource, I learn that actually Indonesia can improve their oral health promotion program by empowering the community and set them involved in the oral health promotion program more often, since Indonesia has a crowded population, we can use that large number of people to help dentists promote oral health.

The lecture gives a new perspective on how oral health should be done as effective as possible to promote people's awareness in oral health. I am personally amazed on how Japan has managed their health system and oral health promotion program so neatly and comprehensively. Thank you, sensei.

First of all, thank you for your very interesting presentation about Oral Health Promotion. I got so many information from it. Information about the differences between Indonesia and Japan. Also, about the dental condition. Now, as a future dentist, I hope that all the information will be very useful for the next. I love the oral health activities in japan. How Japanese Dentist giving education for the child till old people. Here, in Indonesia, we still need more dentist to make some improvements to help Indonesian citizen. I hope someday I will visit your university to learn more about dentistry.

The lecture was really good and showed the difference between Japanese's and Indonesian's oral health care clearly. It was full of knowledge and inspiring. It was a good motivation for Indonesian dental students to actually take actions for developing Indonesian oral health care. The insurance system in Japan is well developed so that treatment is granted for all so that it supports the oral health program. Japanese people are also encouraged to get dental treatment because of the insurance system. Here in Indonesia, dental treatment is still considered an expensive treatment for some people. Not to mention the scary images of dentists. That's why a lot of people are afraid or discouraged to get dental treatment. The lecture pointed a lot of important points on which Indonesian dental students and dentists need to improve in order to develop the oral health care.

The oral health program for primary school children is really good and very educational. It encourages the kids to use their five senses by doing everything by themselves. It helps them to understand. I think such program should be implemented here in Indonesian primary schools.



平成 25 年 9 月 20 日発行 東京医科歯科大学

大学の世界展開力強化事業運営委員会

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