

**DMFT index among 12  
years-old children from  
primary schools in  
Republic of North  
Macedonia (RNM)  
participating in a national  
oral health preventive  
program**

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# Disclosures

I, Biljana Getova, have no financial relationships to disclose concerning the content of this presentation or session.

I, Sevdalina Janevska, have no financial relationships to disclose concerning the content of this presentation or session.

I, Meri Pavlevska, have no financial relationships to disclose concerning the content of this presentation or session.

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# Background

- **Decayed, Missing and Filled Teeth (DMFT) index**
  - a cumulative caries measure indicating past and present dental caries occurrence.
- DMFT index value widely applied to
  - assess dental caries status for public health planning and policy making purposes

- **Used to assess:**
  - 12 years-old children's oral health in the Republic of North Macedonia
  - The National Strategy's effectiveness of preventive measures

# Methods

## Epidemiological study

- Part of the activities in the scope of the **National Strategy for prevention of oral health in children of 0-14 age**, adopted by the Government of North Macedonia for the period 2018-2028

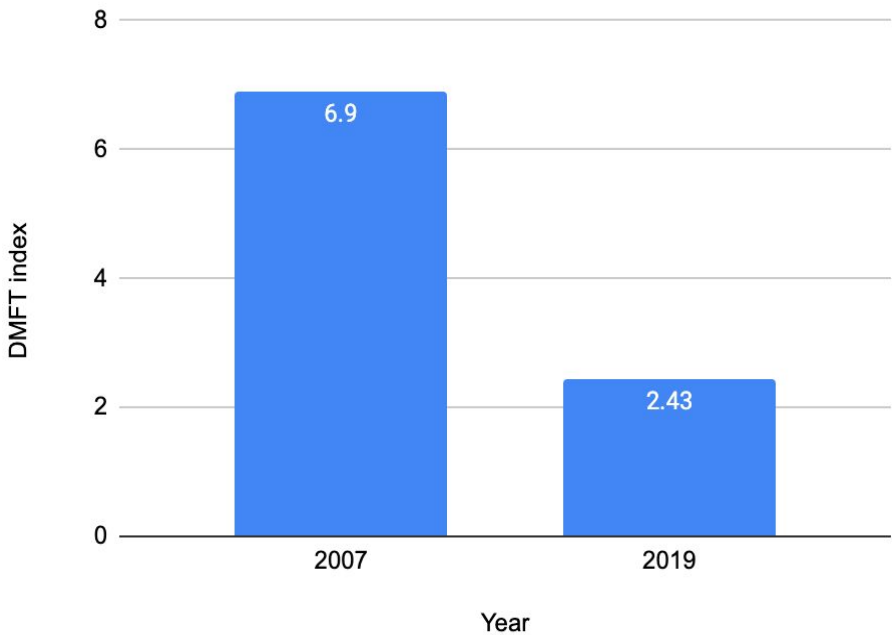
- A cross-sectional study undertaken in the period of Sept-Oct 2019 among 7169 12-year olds
- Random selection from all 8 regions, urban and rural areas and all ethnicities
- Calibrated examiners
- WHO criteria
- Clinical examinations performed within regular preventive examinations

## Data analysis

- DMFT index used
- Data recorded in Oral Health Assessment Form for Children

# Results

## DMFT index decrease



- Comparison against year of 2007, prior to the implementation of the National Strategy for prevention of caries
- Results in year 2019
  - Regional variance in index value between 1.58 - 2.95

# Conclusions

Even though the DMFT value in 12 year old children in RNM is on the upper limit of a **low level of caries** (1.2-2.6, WHO):

- It is necessary to **expand the focus** of preventive activities provided with the National Strategy **especially in young and preschool children by sealing primary molars and promoting a well-balanced diet**

**Most effective preventive measures to be continuously applied:**

- reducing consumption of sugars and carbohydrates
- brushing teeth twice a day with fluoride toothpaste