



The Gudfala Tut Skul Stori

(Healthy Tooth School Story)

“Gudfala Tut Skul” is a supervised brushing-of-teeth-in-schools program that is helping to change lives by...



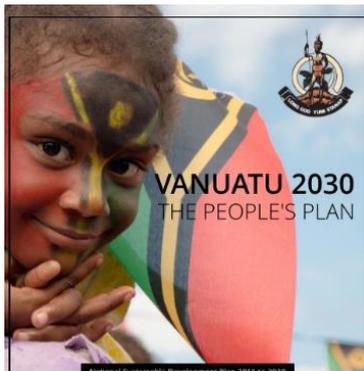
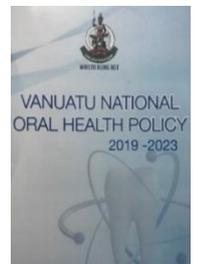
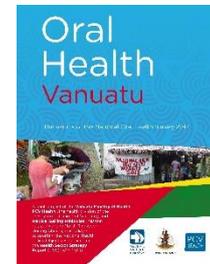
The vision is to reach every child, in every class, in every school.

BACKGROUND & FRAMEWORK

The recently completed **National Oral Health Survey of Vanuatu (2017)** revealed that around 70% of children in Vanuatu have tooth decay and close to 80% have bleeding gums. One-in-ten children have suffered tooth ache in the last 30 days and nearly two in ten require urgent dental treatment right now. It also showed that the urban centres of Port Vila and Luganville, where access to sweets, lollies and fizzy drinks is greater, are more than twice as bad as the national average.

The National Survey gave a scientific, research-based foundation to the development of the very first **National Oral Health Policy (2019-2023)**, with the **Gudfala Tut Skul Projek** being a key action-strategy, adopted by the Health Executive, to improve oral health habits of children; and through them, as a gateway their family and wider community.

Early access to oral health **EDUCATION** and **PREVENTION** strategies – alongside necessary **TREATMENT** services – are critical to meeting the **National Sustainable Development Plan (NSDP) goals**, specifically – **Society Goal 3 Quality Health Care** – as summarised below:



SOC 3 Quality Health Care

A healthy population that enjoys a high quality of physical, mental, spiritual and social well-being

- Policy objectives:**
- SOC 3.1** Ensure that the population of Vanuatu has equitable access to affordable, quality health care through the fair distribution of facilities that are suitably resourced and equipped
 - SOC 3.2** Reduce the incidence of communicable and non-communicable diseases
 - SOC 3.3** Promote healthy lifestyle choices and health seeking behaviour to improve population health and well-being
 - SOC 3.4** Build health sector management capacity and systems to ensure the effective and efficient delivery of quality services that are aligned with national directives

PROGRAM OPERATION & COMPONENTS

The **Integrated Oral Health, Eyecare & ENT Unit**, within the Vanuatu Ministry of Health, is overseeing the roll-out of the Gudfala Tut Skul program; with assistance from PCV Health, Medical Sailing Ministries Inc. plus other groups and individuals.

The shared vision of all, is to improve oral health across the country and in the process reduce the long-term burden of Non Communicable Diseases (NCDs). Because, according to the **FDI World Dental Federation ...** “oral diseases are among the most common and preventable NCDs worldwide, and they are generally related to the same risk factors associated with over 100 NCDs.”

Progressing from one [trial] school in 2018 to six schools in 2019, the plan for 2020 is to introduce Gudfala Tut Skul program into 30-40 schools spread across seven separate islands.

In 2019 the **Ministry of Health Executive Committee** adopted the Gudfala Tut Skul Projek **POLICY** and **NATIONAL STANDARDS**.

The Gudfala Tut Skul Projek currently focuses on kindy and grade-one children with an average school assumed to comprise 150 children in this age cohort.

Each participating school is provided with an initial **Starter Kit**, (the “hardware”) followed by ongoing **School Term Materials Kits**, (the “software”) as described below:

CLASS STARTER KIT

The “hardware” ... Containing:

- Toothbrush storage container
- Toothpaste bottles 500ml
- Poster – Class room brushing instructions
- Poster – Safe Tooth Brush Storage
- National Standards (Abbreviated)
- Teacher Instruction Manual
- Teacher Gudfala Paste Bottle container
- Reward Star Stamp – self inking
- Mirror for child plaque feedback
- Pen – Permanent Marker
- Spare Brushing Record Books
- Cleaning brush for container



SCHOOL TERM MATERIALS KIT

The “software” ... Containing:

- Toothbrushes, for school AND home use
- Toothpaste, in bulk 500ml
- Daily Class Brushing Record Poster (A3 size)
- Class Daily Brushing Stickers
- Daily Child Home Brushing Record Booklet
- Plaque Disclosing Gel



GUDFALA TUT PIKININI PACK

In addition, individual brushing “kits” are available for parents and carers to buy, incorporating most of the key components of the school-based program ... Containing:

- Toothbrush
- Toothpaste, 125ml
- Plaque disclosing tablets
- Daily Child Home Brushing Record Booklet
- Marker pen
- The Gudfala Tut Stori
- Oral Health Information



GUDFALA TUT PASTE

In support of the Gudfala Tut Skul Projek, toothpaste is now being made in Vanuatu, using coconut oil supplied by the women of the ACTIV Association www.activassociation.org in Port Vila.

The manufacturing process is managed under an agreement between Medical Sailing Ministries Inc. (www.msm.org.au) and Dentalife Aust P/L (www.dentalife.com.au) in association with PCV Health (www.pcvhealth.org); the healthcare arm of the Presbyterian Church of Vanuatu.

The toothpaste is supplied to the schools in bulk, 500ml, refillable containers, thereby significantly reducing waste; along with creating local employment.

As an aside ... the children just LOVE the [sugar-free] pink, Bubblegum flavour! Mint and Tropical flavours are also available ... for the grown-ups of course! And the fluoride helps strengthen developing teeth, according to W.H.O. studies and recommendations.



Every aspect of the Gudfala Tut supervised brushing program is documented and repeatable.



FIND OUT MORE

Thank you for your interest in the Gudfala Tut Skul Projek and improving oral health **education** and **prevention** strategies in Vanuatu. To find out more visit www.msm.org.au

We look forward to hearing from you and staying in touch. Email Rob or Mike at:

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<https://www.facebook.com/Gudfala-Tut-112351113588259/>



Gudfala Tut Paste is made in Vanuatu using locally produced, cold-pressed coconut oil