

# 深井保健科学研究所 コロキウム2013提言

## 長寿社会と口腔保健

第12回コロキウム:超高齢社会における口腔保健

(2013年8月10日, 東京, 日本)

長寿社会において、より健康な生活を過ごす上で口腔保健の果たす役割は大きい。特に、歯および口腔機能の保持は、健康社会を実現するための不可欠な要素のひとつである。口腔保健にみられる健康格差是正と国民皆保険制度における歯科医療提供体制の充実という観点から、以下の提言を行う。

1. 医療と地域保健の双方向性の取り組みを通して、歯科疾患予防(う蝕と歯周病)、およびこれらに起因する歯の喪失防止を促進する。
2. 口腔疾患と生活習慣病(NCDs)における共通リスクファクターへの対応を促進し、成人から高齢者までの連続した保健システムを構築するための働きかけを行う。
3. 健康寿命の延伸および要介護状態を引き起こす原因疾患の口腔保健関連要因に関する科学的根拠の蓄積を図る。
4. 健康長寿に貢献する歯科医療の効果に関する研究を推進する。
5. 健康高齢者が健康な生活を保つために、他分野と連携して支援する口腔保健システムの構築に取り組む。

# Policy Statement of Fukai Institute of Health Science

## Oral health in an aging society

“Oral health in an aging society-collaboration and innovation”

Adopted at the 12<sup>th</sup> Fukai Institute of Health Science (FIHS) Colloquium,  
10 August 2013, Tokyo, Japan

In an aging society, oral health plays an increasingly important role in healthy living. In particular, tooth retention and maintenance of oral function are fundamental factors in achieving a healthy society. From the viewpoint of reducing oral health inequality and improving the provision of dental care under the universal health coverage system, we hereby propose the following goals for dental research, practice, and policy.

1. To promote effective prevention of dental caries, periodontal disease, and tooth loss through the integration of and interaction among dental care institutions and community health services.
2. To facilitate the establishment of a health care system which provides seamless assessment and service from the adult years through the elderly years by focusing our efforts particularly on reducing those risk factors which are common to both oral disease and non-communicable diseases.
3. To accumulate empirical evidence of oral health factors which may be related to prolonging life expectancy and the prevention of those diseases which most often result in dependency.
4. To advance research which investigates the effects of dental care on the process of healthy aging.
5. To work toward, in cooperation with various health professionals, the realization of an oral health care system which supports the elderly in living a healthy and independent life