

Oral Health

Oral health is an integral part of general health and good oral health is important to the well being of any individual at all stages of life. Like most countries, dental disease is a common health problem in Hong Kong.

The two most common dental diseases affecting our population are tooth decay (dental caries) and gum disease (periodontal disease).

Compared with times before the fluoridation of community drinking water, tooth decay is a lesser problem now among the child population. However, there is still room for further improvement among pre-school and primary school children. Around two thirds of the six year old children experienced tooth decay and each child had an average of three teeth with history of tooth decay. The situation is better among the 12 year old adolescents, attributable to the School Dental Care Service. About half of them were affected by tooth decay and each child had less than one tooth with history of tooth decay. About 98% of the 35 to 44 year old adults had been affected by tooth decay and each adult had an average of more than eight teeth with history of decay. Complete loss of teeth was found to be rare before the age of 65.

口腔健康

口腔健康與整體健康息息相關。口腔狀況良好對人生各個階段的健康非常重要。香港跟大多數國家一樣，患上牙患是常見的健康問題。

香港市民最常見的兩種牙患是蛀牙（齲蛀）和牙肉病（牙周病）。

雖然與公共食水未添加氟的年代比較，現時兒童人口患上蛀牙的情況已經減少，但是學前兒童和小學生的牙齒健康狀況仍可進一步改善。六歲的兒童中，曾患蛀牙者約佔三分之二，平均每人有三顆牙齒有蛀牙記錄。年屆12歲的青少年由於可享用學童牙科保健服務，因此牙齒健康狀況較佳，只有大約半數曾患蛀牙，每人平均有少於一顆牙齒有蛀牙記錄。35至44歲的成年人中，曾患蛀牙者約佔98%，每人有超過八顆牙齒有蛀牙記錄。在65歲前喪失所有牙齒的情況並不常見。

Gum disease mainly affects the adult and the elderly population, which may be the main reason for the majority of tooth loss in adulthood and old age. Almost three quarters of the middle aged adult population showed signs of gum disease.

It is the Government's policy to improve the oral health of the community by oral health promotion and education. However, it was found that the use of regular preventive dental services was low in the community. Only 21% of the local population reported a habit of regular dental check up, and the use of dental services was especially low among pre-school children, young adults and the elderly. More effort will be required to promote the use of preventive and maintenance dental care services.

The Department will conduct a territory-wide Oral Health Survey in 2001. Besides providing updated information of oral health status in various age groups, the survey will provide information on the oral health awareness in the community. It is envisaged that this will lead insight into the direction of future oral health promotion and education.

受牙肉病困擾的以成年人和長者居多，這可能是大部分人在成人和老年失掉牙齒的主因。幾乎有四分之三的中年人有牙肉毛病的徵狀。

政府的政策是透過口腔健康促進和教育工作，改善市民的口腔健康狀況。不過，我們發現，定期使用預防牙患服務的市民僅佔少數。據報只有21%的香港市民有定期檢查牙齒的習慣，使用牙科服務的學前兒童、年輕成年人和長者人數尤其偏低。我們必須加倍努力，鼓勵更多市民使用預防牙患和牙科保健服務。

衛生署會在二零零一年進行全港口腔健康調查。是項調查不但可提供有關不同年齡組別的口腔健康狀況的最新資料，而且可提供有關市民口腔健康知識水平的資料。預期是次調查有助我們更深入了解口腔健康促進和教育工作的未來路向。

