



# Uganda Dental Association

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## **Uganda Dental Association: Promoting Oral Health in Uganda**

The Uganda Dental Association (UDA) will undertake several activities to mark the World Oral Health Day, which is celebrated annually on March 20<sup>th</sup>. This year's theme is "Be Proud of Your Mouth."

The activities will include:

1. Conducting oral health education sessions in schools under the UDA Schools project from 22nd to 24th March, 2023. This is important because dental problems in children can affect their overall health and wellbeing, and can lead to difficulties in school. The schools to be visited are St. Savio Junior School located along Entebbe road, Ntinda School for the Deaf located in Ntinda opposite Ntinda Complex, Clever's Origin Junior School in Kitintale and Mpoma School in Mukono along Kayunga road. We will be teaching children about the importance of brushing their teeth twice a day, flossing, and maintaining a healthy diet. We believe that education is key to preventing dental problems and promoting good oral health.
2. Makerere University Dental School and Hospital will provide free dental treatment to people in the communities of Katanga, Kikoni, Makerere and Wandegeya on 25<sup>th</sup> March 2023. This activity will be conducted in partnership with Colgate, National Drug Authority, Dentek, Crown health, Abacus, Triokaa, and Makerere University Hospital.

Oral health is an essential part of overall health, yet it is often neglected. Dental problems can cause significant pain, discomfort, and embarrassment, and can affect a person's ability to eat, speak, and socialize. In severe cases, dental problems can even lead to life-threatening conditions. In Uganda, access to dental care services is limited, especially in rural areas, and many people do not have the knowledge or resources to maintain good oral health.

UDA is a non-profit organization that was established to promote oral health in Uganda. Our mission is to create awareness about oral health and provide dental care services to the people of Uganda.

Our goals include improving access to dental care services, promoting oral health education, and advocating for policies that support oral health. We believe that everyone deserves access to quality dental care, regardless of their background or economic status.

We continue to advocate for policies that support oral health such as deployment of dental surgeons at Health Centre IV levels, increasing government funding for oral health services and promoting the integration of oral health into primary health care services, streamlined regulation of the practice of dentistry under a single body and waiving taxes on dental materials to bring down the overall cost of dental treatment in the country. We lobby these various causes through our partnership with the Ministry of Health.

In conclusion, the Uganda Dental Association is committed to promoting oral health in Uganda. We believe that everyone deserves access to quality dental care services and education, and we will continue to work towards achieving this goal.

Join us in celebrating World Oral Health Day by taking care of your mouth and spreading awareness about oral health!