

# Oral and Dental Health in Indonesia

## ANALYSIS OF THE SITUATION AND ISSUES

Oral and dental health is the condition in which the mouth, teeth, and related structures within the oral cavity are in a healthy state, allowing individuals to perform essential functions such as eating, breathing, speaking, and being in social interaction. Oral and dental health also encompasses psychosocial dimensions such as self-confidence, well-being, and the ability to socialize and work without pain and discomfort.

According to the WHO Report on the Status of Oral and Dental Health in 2022, approximately 3.5 billion people worldwide, or nearly half the global population, suffer from oral and dental diseases.

The WHO's Oral Health Country Profile states that Indonesia is the second-highest spender on dental

healthcare in Southeast Asia, after Singapore (US\$ 1160). The financial burden on the country is expected to increase annually due not only to the high cost of dental care but also because of the expenses incurred from loss of work productivity. It can be estimated that the economic losses to the country would be enormous if not addressed promptly.

In Indonesia, several oral health issues include a high prevalence of dental caries, low accessibility to dental care, and a lack of education about the importance of oral health care. The Basic Health Research 2018 (Riskesdas 2018) also indicates that the prevalence of dental caries reaches 88.80%.

## THE RESULTS OF THE INDONESIA HEALTH SURVEY 2023



Based on the interview results from the Indonesian Health Survey (SKI) 2023, the oral health issues among people aged ≥ 3 years are **56.9%** (Figure 1).

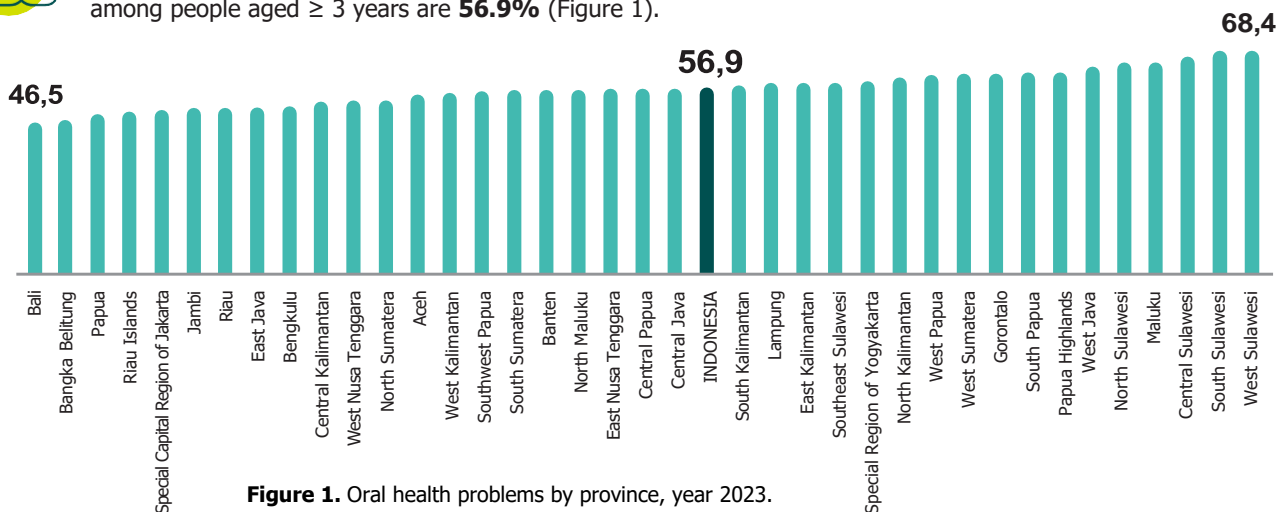


Figure 1. Oral health problems by province, year 2023.



The results of the 2023 Indonesian Health Survey (SKI) for dental examinations show a decrease in the DMFT-T index for all age groups compared to the results of the 2018 Basic Health Research (Riskesdas) (Figure 2).

Nevertheless, dental and oral health in Indonesia still needs more serious attention, as for the age groups of **3-4 years, 5 years, and >35 years**, they still fall into the category of high and very high DMF-T index.

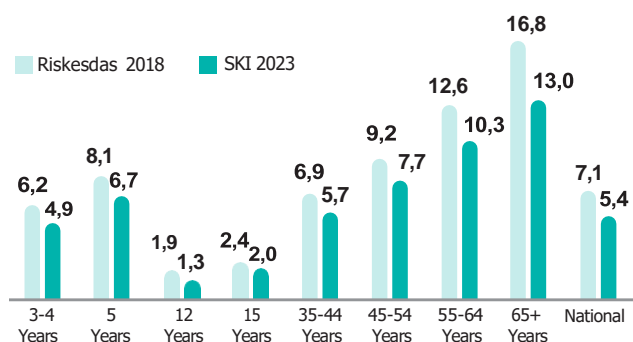
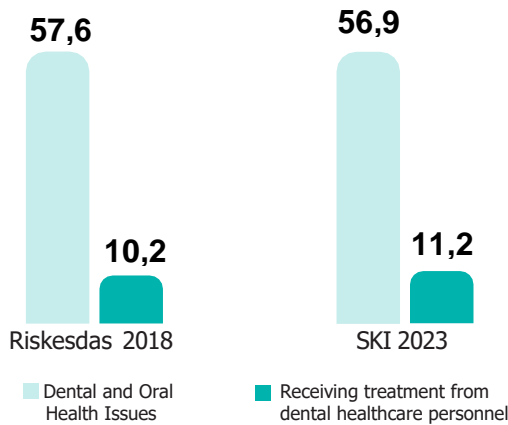


Figure 2. Dental and oral health issues by age group



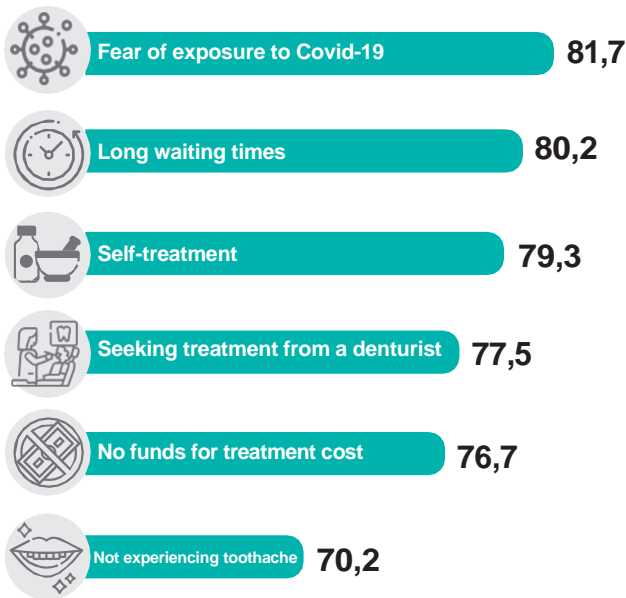
Ironically, out of the many people experiencing dental and oral health issues, only 11.2% seek medical treatment to address these problems (Figure 3).



**Figure 3.** The proportion of people complaining of dental and oral problems compared to those receiving treatment from dental healthcare personnel



Various reasons why people do not immediately seek treatment to address dental and oral health problems (Figure 4).

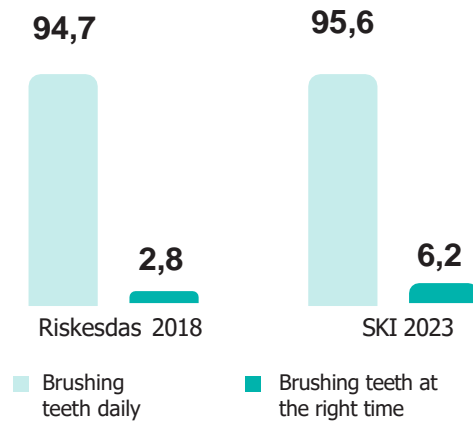


**Figure 4.** Reasons why people do not seek treatment



Based on the interviews with respondents aged 3 years and above regarding the habit of brushing (2018) teeth daily, there is **an increase** from **94.7%** (Riskesdas 2018) to **95.6%** (SKI 2023).

Meanwhile, the habit of brushing teeth correctly, which involves brushing teeth twice a day in the morning after breakfast and at night before bed, shows a significant **increase** from **2,8%** to **6,2%** (Figure 5), which is quite encouraging.



**Figure 5.** Maintaining dental hygiene and brushing teeth at the right time

## CONCLUSION



The trend of dental and oral health issues in SKI 2023 shows a decrease compared to Riskesdas 2018, although not significantly.



Efforts to improve optimal dental and oral health should be emphasized at every life stage according to its lifecycle. There are differences in treatment for each life stage. Dental and oral care differs for infants, toddlers, pregnant women, adults, and the elderly.



Therefore, improving dental and oral health status in Indonesia requires appropriate measures, such as enhancing equal access to dental and oral health services and promoting oral health literacy in the community.

\*Materials can be viewed at [www.badankebijakan.kemkes.go.id](http://www.badankebijakan.kemkes.go.id)