State/territory: Republic of Palau

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Activities originally proposed and how they relate to action plan

The original activities are as follows (cut and paste from original proposal):

This project is a “follow-up” to the Pacific Head Start Oral Health Forum, “Working together to Improve Children’s Smiles”, that was held in Pohnpei in November of 2002. This forum resulted in a strategic plan to improve collaboration with MCH and Head Start in Palau. The proposed activities for this mini-grant are to start training both Head Start teachers and Head Start parents/families on new preventive activities in Head Start and their collective responsibilities to improve oral health for Head Start children and their younger siblings.

Activity #1: Partnering with the Palau Ministry of Health, Division of Oral Health, Head Start will conduct oral health training and educational sessions for all Head Start teachers in Palau during in-service training in December 2004. Training topics will include tooth brushing training, fluoride varnish, oral health and nutrition, oral health curriculum, training for parents and xylitol use. The training will include follow-up visits/training to each Head Start center to evaluate effectiveness of training through observation of tooth brushing in Head Start and through interview. Follow-up training will be held on-site to re-enforce initial training.

Activity #2: Partnering with the Palau Ministry of Health, Division of Oral Health, Head Start will conduct oral health training for Head Start parents in March 2005. This training will include topics such as brushing at home with fluoridated toothpaste, fluoride varnish, diet as related to oral health and xylitol. Training will also focusing on improving the oral health of younger siblings of Head Start children.

These activities implement components of the Palau Head Start Oral Health Forum strategic plan that was developed in the regional HS Oral Health Forum.

Activities Accomplished

Activity #1 Accomplishments: Delay in the mini-grant funding past the date of proposed training resulted in a delay of this proposed activity. However, this activity is still planned - See “follow-up activities planned” section. The Palau Head Start requests extension of project period (carry-over of funds) to the next school year to accomplish this activity/objective.
Activity #2 Accomplishments: This activity was accomplished by the co-sponsorship of the Head Start Parent’s Training, which was held on March 22, 23, 24 2005. Instead of having one large training session, it was decided to break the training into 3 identical training sessions to be held in the community centers near the surrounding Head Start Centers. The theme for training was “Parent Involvement in Head Start” with the overall goal being to promote parent involvement in education and developmental growth of their children. This training included oral health presentations and was conducted at 3 training sites with HS teachers, parents and guardians in attendance. Training was held at night to accommodate those parents who work during the day. Attached training handout in Palauan language.

The training was done in partnership with the Ministry of Health, Division of Oral Health.

Training at Ngaraard State was held on March 22 from 6-9 PM. Present at this training were HS parents/guardians and staff from Ngaraard, Ngechelong, Melekeok and Ngiwal Head Start Centers (61 parents/guardians).

Training at Koror State was held on March 23 from 6-9 PM. Present at this training were HS parents/guardians and staff from Airai State, Madalaii Center, Meyuns Center, Ngerbeche Center, Dngerong Center and Ngermid Center (157 parents/guardians).

Training at Ngeremlengui State was held on March 24 from 6-9 PM. Present at this training were HS parents/guardians and staff from Ngeremlengui, Ngchesar and Aimeliik States (42 parents/guardians).

Additional follow-up activities planned:

As noted above, the proposed activity #1 to conduct teachers training has been delayed because the funding (check) did not arrive in Palau until after teachers training sessions occurred.

So, follow-up activities planned include the conducting of oral healthcare training for teachers and staff (in-service training) for the new school year. This would be collaboration between Head Start and the Division of Oral Health and is exactly in line with the original objectives in the mini-grant proposal. This training will be held in Nov/Dec, 2005. And follow-up training and evaluation will be conducted at each Head Start center in the weeks following the training.

Additionally, if funds permit, the Palau Head Start would like to collaborate with the Ministry of Health to conduct an additional pre-service training for teachers, parents and guardians, as there will be a new set of Head Start parents who require oral health care training and information.

Budget Explanation

<table>
<thead>
<tr>
<th>How ASTDD Funds were used</th>
<th>Other funds expended</th>
<th>In-kind support</th>
</tr>
</thead>
<tbody>
<tr>
<td>As funding was not received in time, only activity 2 was implemented and required funds. Funds were used for handout copies, floppy disks</td>
<td>Head Start expended a total of $4,235 for all 3 training sessions (supplies, snacks, drinks, gas, vehicle and cost of venues).</td>
<td>In-kind support from one dentist from the Ministry of Health to provide presentations at the training sites.</td>
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</tbody>
</table>
of presentation for teachers, pencils, folders, envelopes and presentation posters. The total amount expended was $500.

There remains a balance of $2000 that is reserved to implement activity #1 (w/ evaluation) of the proposal for the coming year.

Head Start requests carryover of these unobligated funds to be used in the coming school year.

A final report of activities relating to the mini-grant will be completed and submitted upon completion of the project.
Omengetmeklel a Unelel a Edil:  
(Dental Health of the Mother)

- Tokubets el klou a ultutelel, a omengetmeklel a Uingel era taem ra kldiull er a Edil. Ng betok el telmellel a Uingel a sebechel duubech era taem ra kldiull.

- Bleketakl el kmo, a Edil el kerkikl era omengetmeklel a ungelel, a dirrek el kerkikl era omengetmeklel a ungelel a ngelkel.

- A beches malchub eng ketengel el mo oungalk el Edil, a kirel el remuul a ungelel el mo ungil el diak a Musiba ma ngidil telmall er ngii.

Tial teletael a kosadel a techellel a baiking el sebechel el imuul era Edil el mora ngalk.

**Temel a Kldiull:**

**DIET:**

- A kelel a Edil era chelsel etiu (9mos.) el buil era kldiull er ngii a ngar ngii al temellii malchub eng rulii era ungelel a ngalk el ngara diil.

- A blebelel a ungelel a ngalk a omuchel era mong meng cheual sandei (4wks.) era kldiull era Edil.

- Ng klou a ultutelel a ungil e tabesul blengur luldimukl era Vitamin A,C,D, Protein , Calcium ma Phosphorous.

- A Calcium el louspech er ngii a tolchoi a mengai era kall el longang er ngii a Edil.
Llemechel a ngalk el mo elolm el bilel:
(Birth to 6 Months)

DIET:

• A tul a Edil a cherungel e tabesul el kall el kelir ar tolchoi el betok aikel kakerous el louspech el kirel a cherungel e mesisiich el uingel.

• A ngalk el tilut a tul a Edil, a diak dil kesai a Musiba er ngii, ng dirrek el kesai a di ngodech el rektel a bedengel, ra ngalk el dimlak el tut a tul a Edil.

• A ungil e tabesul el blengur a klou a ultutelel era Edil el lomtut.

HYGIENE:

• A ngerel a tolchoi a kirel el tmaut a omengetmeklel sel kot el lomuchel a ngalk el tmut.

• A kekerei el taor malchub eng kaze a sebechem el louspech er ngii el mesuld ra chelsel a ngerel a tolchoi.

• Tial teletael a sebechel choroids a techelel a baiking e dirrek el meksongii a ngalk meng mo smau el de “clean” era chelsel a ngerel.
**Diet:**

- Molmolm el lomtut ra tul a Edil el mo Erung (2 yrs. Old) a rekil a ngalk.
- A butiliang el tut (bottle feeding) a kmal klou a sukal er ngii meng mekngit ra ungelel a ngalk.
- Tiang a sebechel el lorchidii a telmellel a Uingel (musiba).

**Alsekum komtut lobang a butiliang (bottle feeding) e:**

- Momtut sel temel a ngalk el tmut (mengang). Lak mouspech era tut el mengelaod era ngalk.
- Kele becherei a ngalk mel ngar ngii a tut era ngerel el bolbechiiuaiu.
- Kele mosuk a ngidil merkos el ilumel(soda,juice, kool-aid,ralm ma sukal) era tul a ngalk.
- Molsisechakl era ngelkem el melim ra kob sel bochal elolm el buil (6months).
- Mchibngii a ngalk era tut sel bochal tang a rekil (1yr.old).
Pre-School (age 3-5yrs.):

DIET:

- A Uingel ma chiuesel, ma techel a ungeled a di uaia bekl klekedellel a bedenged el louspech ra tabesul el rolel a blengur lulumukl er ngii a:
- Rodech (Fruits)
- Yasai (Vegetables)
- Odoim (Fish, Poultry, Meat, Beans, Peas, Eggs, Nuts, Tofu, etc.)
- Ongraol, Blauang (Breads, Cereals, Grain Products)

Molngeask a omengang (candy, chocolate, ice candy, cookies, etc.) era delongeell a blengur ra tutau ma suelb ma belsoil ra klebesei.

Bom kerikkl era klungel omengeel a sukal el ngara kall.
Obdois el kall a kmal klou a sukal el ngar ngii el diak lemuess.

HYGIENE:

- A Edil mar meklou el chad (adults) a ngerchelir lolngeseu el haburas, floss, e mengetmokl era ungelel/ngerel a ngalk.
- A di ralm el lobang el mengerumet ra ngerel a ngalk ra uriul ra lomngur a dirrek el kmal klou a rrellii el kosadel a sukal el mo bereked era Uingel.
- Tia el teletael a dirrek el kosadel a telmellel a baiking (acid), ma musiba ra Uingel.

FLOURIDES:

- A Flouride a dochchererii a ikrel a Uingel (Enamel) el mo mesisiich meng diak el metemall malchub eng obsibs (tooth decay or Musiba).
- A Flouride a orchedii, e dochchererii a kekerei el telmellel a Uingel meng mereched el mo ungil ra uchei ra lobsibs era musiba.
- A Flouride a dirrek el kosadel a telmellel a baiking (acid) ra Uingel el ngara dechil a ungeled (dental plaque).
- Ng klou a ultutelel el lolai/apply a Flouride era ungelel a ngalk el melisiich aikel lungelel ra diil (baby teeth).
- Ng dirrek el klou a ultutelel a Flouride el kirel aikel lolduubech el meral lungelel a ngalk (permanent teeth).