



REPUBLIC OF KENYA
MINISTRY OF HEALTH

**PRESS RELEASE
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KENYA SET TO CELEBRATE WORLD ORAL HEALTH DAY 2025 WITH NATIONAL CAMPAIGN

The Ministry of Health, through the Oral Health Section, will join the global community in commemorating World Oral Health Day on March 20, 2025, at Nduluku Primary and Junior Secondary School in Makueni County. The theme for this year's World Oral Health Day is "A Happy Mouth is a Happy Mind." This event aims to raise awareness about the importance of oral health and its connection to mental health and overall well-being.

Oral health is a fundamental component of general health, contributing to a better quality of life and reducing the burden of oral diseases in our communities. Poor oral health has been linked to severe health conditions such as cardiovascular diseases, diabetes, and respiratory infections, underscoring the need for preventive care and early intervention.

The Kenya National Oral Health Policy (2022-2030) and the Kenya National Oral Health Strategic Plan (2022-2026) provide a framework for integrated preventive measures, early intervention strategies, and community-based initiatives. These efforts align with this year's World Oral Health Day theme and reinforce the Ministry's commitment to ensuring accessible and affordable oral healthcare for all Kenyans. The Ministry is further working to protect human health and the environment from the effects of Mercury through development of the Kenya National Dental Amalgam Phase Down Plan based on the country's Oral Health Policy and Strategic Plan Strategic objective 6. Through the oral health section and community health division, the Ministry has included an oral health module in the Community Health Promoters (CHPs) training curriculum to educate the CHPs on oral health. Oral health indicators are now integrated into the electronic Community Health Information System (eCHIS) to get household data on oral health. In addition, the Ministry of Health is in the process of integrating oral health indicators into the Kenya Health Information System-2 (KHIS-2) so as to get facility-based data to inform policy and oral health interventions.

The objectives of World Oral Health Day 2025 are to increase public awareness of oral health and its significance to general health, empower individuals with knowledge and tools to prevent oral diseases, promote positive oral health-seeking behaviors to reduce treatment costs and complexity, and highlight the connection between good oral health and mental well-being.

The Ministry, in collaboration with various stakeholders, has lined up a series of activities to mark this important day at both national and county levels. These include public awareness campaigns, collaborations with mental health professionals to conduct webinars and educational forums, oral disease screenings with free dental check-ups organized across various settings, including community health camps, schools, churches, and healthcare facilities, emergency dental treatment through mobile dental clinics and outreach initiatives providing curative services to individuals experiencing pain and life-threatening infections, and the distribution of oral health tools, including essential oral hygiene products such as toothbrushes, toothpaste, dental floss, and mouthwash, with support from corporate partners. These activities have taken place at the Ministry of Health and National Treasury and are ongoing at Defence Forces Memorial Hospital and Kyambeke Primary School and select subcounty hospitals in Makueni.

Oral health is essential for overall well-being. A healthy mouth enables individuals to eat, speak, and socialize without discomfort or embarrassment, ultimately improving confidence and quality of life. The Ministry of Health urges all Kenyans to take proactive steps in maintaining good oral hygiene, including regular brushing and flossing, reducing sugar intake, and seeking routine dental check-ups.

We encourage communities, healthcare providers, and stakeholders to support this initiative by participating in World Oral Health Day activities and spreading awareness about the importance of oral health. The Ministry of Health remains steadfast in its commitment to advancing oral health for all. Let us work towards creating a healthier future where every Kenyan enjoys a lifetime of good oral health.



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Director General for Health