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## From Taro Roots to Dental Roots

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### ABSTRACT

This project aims to examine the impact of dietary shifts and cultural changes on dental health disparities. Through a literature review and field surveys, it will explore historical and contemporary dietary patterns, cultural practices, and their effects on dental health.

### PROTOCOL REFERENCES

[https://docs.google.com/document/d/1UJiB\\_L1RMCK-XWSs\\_JQRWFp98bguppE51XNtwJhr5c/edit?usp=sharing](https://docs.google.com/document/d/1UJiB_L1RMCK-XWSs_JQRWFp98bguppE51XNtwJhr5c/edit?usp=sharing)

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We use this protocol and it's working

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## GUIDELINES

### 1. Ethical Considerations:

- Obtain informed consent from participants before conducting surveys, interviews, or dental examinations.
- Ensure confidentiality of participant information and data.
- Respect cultural norms and practices when interacting with communities.

### 2. Research Team:

- Train research team members, including local dentists and surveyors, on research protocols and ethical guidelines.
- Assign roles and responsibilities clearly within the team.

### 3. Data Collection:

- Use standardized survey questionnaires and interview guides to ensure consistency in data collection.

### 4. Community Engagement:

- Engage with community leaders and members to gain their trust and support for the research project.
- Communicate clearly about the purpose and goals of the research to the community.
- Involve community members in the research process where possible.

### 5. Sustainability:

- Consider the long-term impact of the research and how it can contribute to sustainable improvements in dental health in the Pacific Island region.
- Identify opportunities for further research or interventions based on the findings of the study.

### 6. Collaboration:

- Collaborate with local healthcare providers, researchers, and policymakers to ensure that the research is relevant and impactful.
- Share knowledge and best practices with other researchers and organizations working in the field of dental health disparities.

## MATERIALS

- Survey Questionnaires
- Dental Examination Tools
- Interview Guides
- Data Collection Forms
- Brochures, posters, and pamphlets on maintaining healthy Oral Health
- Computers/ Laptops
- Consent Forms
- Permission Letters
- Digital Cameras
- Personal Protective Equipment (PPE)
- First Aid Kit
- Storage Containers

## SAFETY WARNINGS



**Health and Safety:** Take necessary precautions to ensure the health and safety of the research team and participants, especially when conducting dental examinations.

## BEFORE START INSTRUCTIONS

Make sure all proper permits are obtained.

### Literature Review

- 1 Identify relevant literature on historical dietary patterns, cultural practices, oral health knowledge, and the impact of colonialism on the South Pacific Islands' populations.
- 2 Compile and review the literature to gain insights into the historical context and factors influencing dental health disparities in the region.

### Data Collection

- 3 Pre-Colonial Era:

**3.1** Gather historical data through archaeological findings, anthropological studies, and documented accounts.

**3.2** Use this data to reconstruct dietary habits and oral health practices of pre-colonial Pacific Island communities.

#### **4** Contemporary Era:

**4.1** Conduct field surveys and interviews within selected populations.

**4.2** Assess current dietary patterns, oral hygiene practices, and the prevalence of dental diseases.

**4.3** Utilize dental examinations, surveys, and interviews to collect quantitative and qualitative data.

### **Field Study**

**5** Obtain necessary permissions from local authorities, schools, and parents to conduct the survey.

- 6 Prepare survey questionnaires with questions related to oral hygiene practices, dietary habits, and dental health knowledge.
- 7 Assemble a team of local dentists and trained surveyors to conduct the field survey. Ensure that the survey team is familiar with the survey questionnaire and protocols.
  - 7.1 Examining each individual's teeth.
- 8 Select a representative sample of grade schools from different regions or communities within the Pacific Island region.
- 9 Divide the students into groups based on grade level or age for ease of survey administration.
- 10 Distribute the survey questionnaires to the students and provide instructions for completing them.
- 11 Include questions such as:
  - How many times a day do you brush your teeth?
  - What is your typical diet like? How often do you consume sugary foods and drinks?
  - Have you ever had a toothache or dental problems? Have you visited a dentist before?
  - Do you have access to dental care in your community? If yes, how often do you get checked?

## Data Analysis

- 12 Quantitative Data:

**12.1** Analyze dental examination results and survey responses using statistical techniques.

**12.2** Identify patterns and associations between dietary habits, oral hygiene practices, and dental health outcomes.

**13** Qualitative Data:

**13.1** Analyze interview transcripts thematically to extract key insights and narratives.

**13.2** Explore the cultural and social factors influencing dental health in the region.

## Follow-Up Research

**14** Conduct follow-up research to assess the effectiveness of proposed solutions and interventions.

**15** Continue to monitor dental health trends in the region and advocate for policies that promote improved dental health outcomes.

