

Potential Uses of Songs in the Prevention of Oral Health Diseases

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INTRODUCTION

Oral health disease burden is enormous worldwide (Bernabe et al., 2020). Poor Oral hygiene is the cause of most prevalent oral health diseases (caries and periodontal) (Akpata, 2004). These oral diseases affect both children and adults in no small way especially in low to medium resource countries. Most oral diseases are caused or influenced by poor oral hygiene. Simple prevention strategies are best known to control these diseases in form of simple grooming practices such as adequate tooth brushing and good nutrition (Petersen et al., 2005). NOMA, a disease that start from poor oral hygiene practices and poor nutrition is not left out. In early prevention strategy, teeth cleaning and adequate nutrition are important in the control of NOMA as well as most oral diseases. Many approaches are in place to correct oral health diseases but the cheapest of them is through Primordial prevention at the grass root level (Primary Health Care). Mothers and children are best target population for the control of oral diseases including NOMA. Mothers especially attend the Ante-Natal Clinics where they are given health education and their children targeted at various schools' health campaigns. Early Childhood, is the

best time when adequate health-promoting behaviours are being developed, which will be carried to later life in prevention of dental caries and periodontal diseases (Ohamaeme et al., 2017). Health education (including Oral) requires attention of the audience, catchy messages, internalization of various health messages and eventual change in behavior expected (Sofola, 2010). Oral health messages are most of the times must be properly packaged and disseminated. Given oral health messages to a population of which majority are not formally literate may be challenging without backup messages inform of flyers and leaflets. Song, is a means of creating attention in the audience, help to iron out important health messages delivered orally, serves as reminders, help to disseminate health message to immediate and distant audience and even to the incoming generation. This means of passing across messages are very cheap and go all the noose and crannies of the communities (unreached) by health care workers (Biyem et al., 2022). Song has been noted to be of utmost importance in many of our daily life. It's useful in remembering events, cultural practices, prevention of avarice in the

community, health related issues and especially hygiene matters among other things (Titus & Oyetola, 2019). This paper focuses on the translation and use of music as an important tool in passing health educational messages to the population.

MATERIALS AND METHODS

The project embarked on translation of popular dental and orally related music from Yoruba to native Hausa language. The songs were translated literally to Hausa language and back translation to original Yoruba songs to ensure no loss of meaning and content by an expert in both Yoruba and Hausa languages. The appropriate words were chosen for message, melody and easy to sing along which was further verified from native speakers of the languages.

These songs were pretested for melody, acceptability, content and health messages they carry among school children and Antenatal clinic in Keffi and its environs. These songs are now available for use in public health and oral health preventive campaigns in relevant Hausa communities.

Song 01:

Buka na, hakora na, harsher na dasahen buka na (3x)
Tsabtacce su gure mu dole be.

English version

This is the way we brush our teeth, brush our teeth, brush our teeth, this is the way we brush our teeth morning and night.

How to brush our teeth and the acceptable times of doing of doing that- morning and night

Song 02:

Gayando ne ke buroshe hakora na (3x)
Da sanyin safiya, da sanyin dare.

English version

My mouth, My teeth, My tongue, My palate (3x)
I must keep them clean.

This talks about the gross anatomy of Oral cavity. This is important for kids and parents to know the various anatomical parts of the mouth. And must all be cleaned.

Song 3:

Kayan Zaki Dan kadan(na da kyau)
Yawan, yawan kayan Zaki (Babu kyau)
Ya.....wan ya.....wan kayan Zaki (Babu kyau,
Babu kyau)

English version

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Tiny, tiny, tiny sweet it's okay it's okay
Big, big..... big sweet it's not good it's not good
Bigbigbigbigbigbigbigbig it's not good it's not good.
This song is all about eating of sweet/refined sugary food/snacks/beverages etc. The song emphasizes eating of less of these varieties.

Song 04:

Yara gaya ma ni me ku ke da shi
Mu na da hakora
Hakora don taunawa
Hakora cheye cheye
Hakora don karnma na kyau
Tsabtacce su do le me hard mu

English version

Children tell me what you have, I have teeth, teeth for chewing, teeth for eating, teeth for beauty I must keep them clean.

Tell the audience (Parents and Children) about functions of teeth, the reasons to keep and clean them.

Song 5:

Wa yake so, you zama Mai shen taba?
Bu kowa.
Kai fa? Sam, Sam, Sam, Sam.
Ke fa? Sam, Sam, Sam, Sam.

English version

Who is a smoker?

Nobody

Do you want to be one?

No no no no

This song discourages smoking among children. We discourage early onset of smoking among young people.

CONCLUSION

Songs if adapted and properly chosen are useful in the prevention and control of health (oral) related matters. It is generally acceptable and proofed to work better than the Bio-Medical model of health. Simple reminder of health message is cost effective and can be borne to where medical/dental practitioner will not readily get to.

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