

# Self-management of health based on the action mechanism of daily behaviors such as food, exercise and sleep

Masticatory function improves children's health and development

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## Summary :

Various efforts have been implemented in healthcare and education for acquisition of adequate masticatory function in children since masticatory function has been believed to be beneficial to children's health and development. However, the effects of masticatory functions have not been demonstrated and the outcomes of implementations are difficult to evaluate quantitatively.

In this study, we establish the database of masticatory function along with craniofacial morphology and brain functions in developing children for elucidating metrics of masticatory functions. Then, we elucidate a physiological roles of masticatory function on children's health and development and find out the objective outcomes. Based on them, we develop a new management strategy for promoting dietary/chewing education.

