

Oral Health News

Keeping you up to date with oral health matters



Time to change!

Our borough officially now has the worst tooth decay rate for 5 year old children.

In the most recent dental survey, **47% of the 5 year olds** screened within our borough showed evidence of **decayed, missing or filled teeth**. Measures have been taken to try to reduce the tooth decay rate in the borough, but support is needed from families and all staff who work with children. Tooth decay has a massive impact on a child's ability to develop and thrive properly. We need you to protect children's oral health, to give them a brighter future!

Top tips for teeth

1

BRUSH TWICE A DAY

Remember to brush teeth last thing at night and a one other time during the day using a family fluoride toothpaste

2

KEEP SUGAR TO MEALTIMES

Keep all sugary foods and drinks to mealtimes to protect teeth

3

VISIT YOUR DENTIST

Visit your dentist for regular check ups and to have fluoride applied to teeth



Are you sugar smart?

Have you ever considered how much sugar you consume? The fact is we are consuming more sugar than ever. For the first time in human history, the world has more people who are overweight than underweight. Sugar not only has an impact on our general health but also leads to tooth decay. The largest cause of hospital admission for children aged 5-9 years old is due to tooth extraction. Sugar Smart is a campaign that has great tips on reducing sugar intake, smart swaps and how to enjoy treats in a healthier way. Sign up to the **Sugar Smart campaign**, *little changes can make big differences.*

Current oral health schemes

There are many oral health initiatives happening in the borough. Here's a quick overview of what's available:

Bump to baby: An antenatal scheme that offers parents to be a tube of family fluoride toothpaste, and a toothbrush along with oral health and breast feeding information. The scheme introduces good dental health habits for the family at the earliest opportunity.

Brushing for life: Dental packs containing a tube of family fluoride toothpaste, a toothbrush and oral health information are offered to children during their milestone assessments with the Health Visiting team.

Toothtime: Dental packs containing a tube of family fluoride toothpaste, a toothbrush and oral health information are given to children attending early years settings. The resources are designed to go home with the children to promote good dental health habits at home.

Supervised tooth brushing scheme: Children in nursery and reception classes are offered the opportunity to brush their teeth during the nursery/school day using a family fluoride toothpaste. The scheme is designed to build on dental health at home and reduce the prevalence of tooth decay.

Fluoride varnish scheme: Children in early years settings and reception classes are offered the opportunity to have fluoride varnish painted on to their teeth twice yearly. The scheme aims to make children's teeth more resistant to tooth decay.

Golden Grin: A healthy eating award that aims to restrict sugary foods and drinks in between meals. It is designed to work hand in hand with the fluoride schemes to help reduce and prevent tooth decay. The scheme is offered to schools, nurseries, child minders and children's centres.



National Smile Month is set to run from May 13th - June 13th 2019. It is the largest and longest running campaign to promote good oral health. The Living Well Oral Health team and Pennine Care fluoride varnish team are working in partnership to promote the campaign to 0-5 year olds at children's centres and childminder groups across the borough. Join in the Smile Month fun and let us know what activities you have planned:



#smilemonth



@smilemonth

HOME VISIT SERVICE

Did you know the Living Well Oral Health team provide a one to one home visit service for families? The service is designed to help families engage with dental services and to improve their oral health. The visits are tailored around the family's needs to give support around how to brush teeth effectively, safe snacks and drinks for teeth, how to prevent dental decay and support with accessing dental appointments. **This year the team have completed 52 home visits for families in the borough.** Any team can refer any member of the family for a home visit. Please contact the Living Well team on 01706 751190 for more details.

