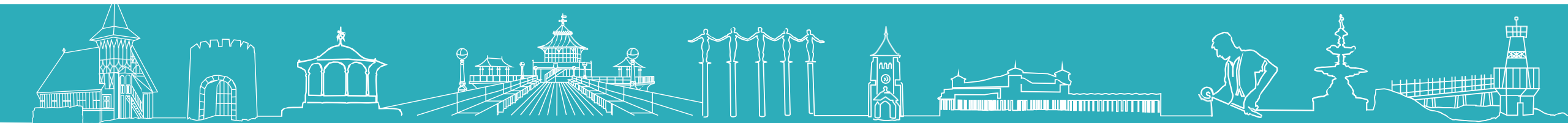




Public Health Oral Health Promotion Overview

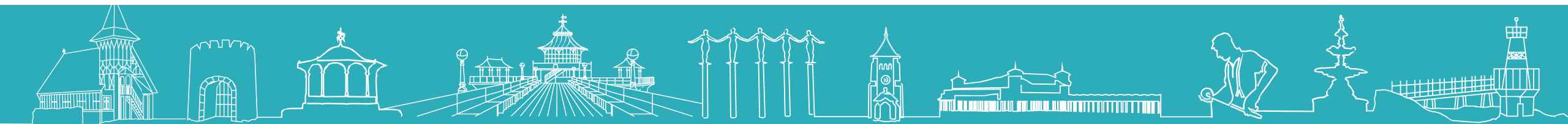
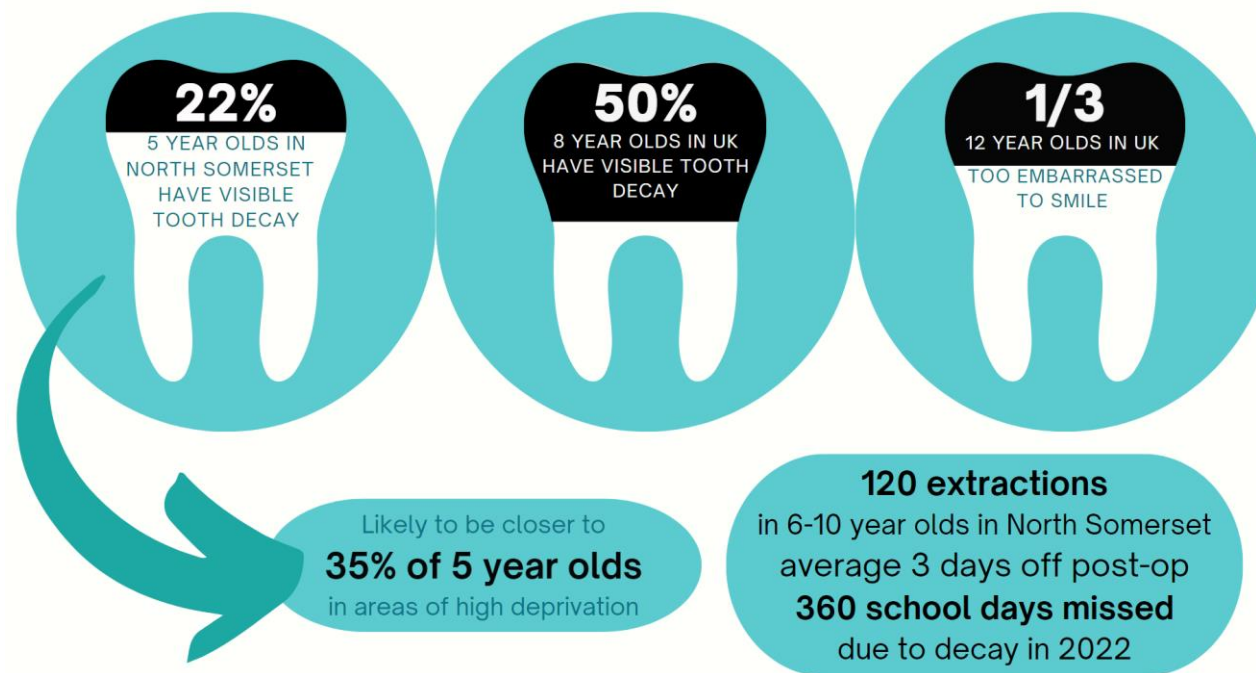
Health Overview & Scrutiny Panel
14 March 2024

catherine.wheatley@n-somerset.gov.uk
liz.green@n-somerset.gov.uk



Toothbrush Revolution

Equipping children with toothbrushing support, resources and knowledge



How to take care of your teeth



Brush your teeth
with fluoride, two
minutes, twice a day



Reduce frequency of sugar
to limit the number of acid
attacks on your teeth

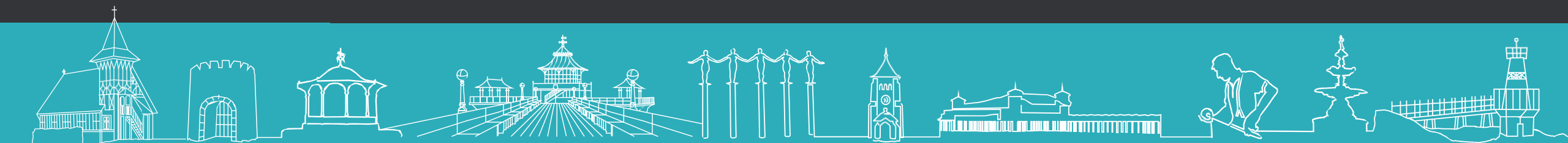


If you can
see a dentist regularly

**Better
Health** North
Somerset

Take care of your teeth

reduce alcohol, tobacco use and carbonated drinks



How to brush teeth using PASTE



P is for...

Pea size blob of toothpaste

A is for...

Around all surfaces



S is for...

Spit don't rinse



T is for...

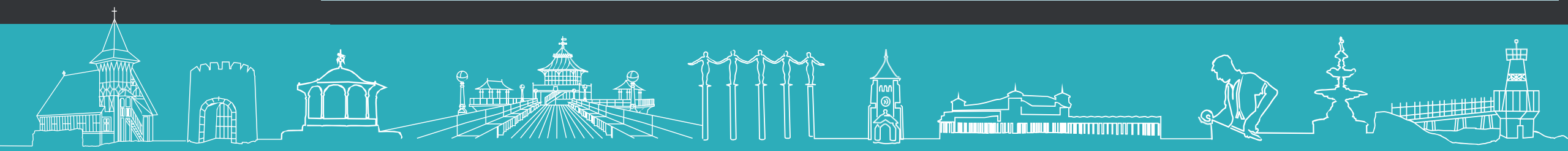
Two minutes

E is for...

Every day, twice!

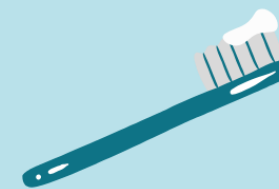


Better Health North Somerset
Take care of your teeth





Promoting Oral Health Workshop



Cause of
tooth decay

Toothbrushing:
importance and
technique

Dental
erosion

Useful links

Bottles and
Dummies

Policy implications

Safe snacks

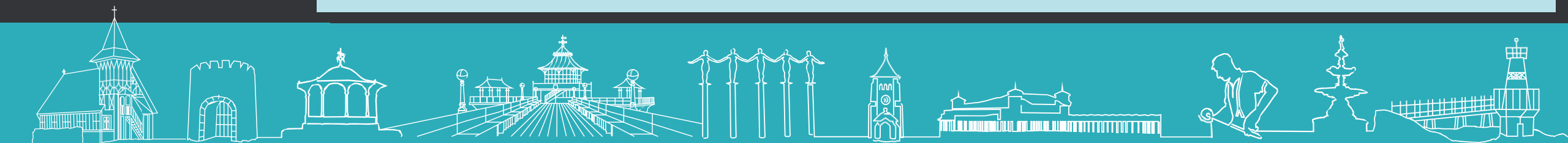
Children with
additional needs

Sharing ideas
for practice

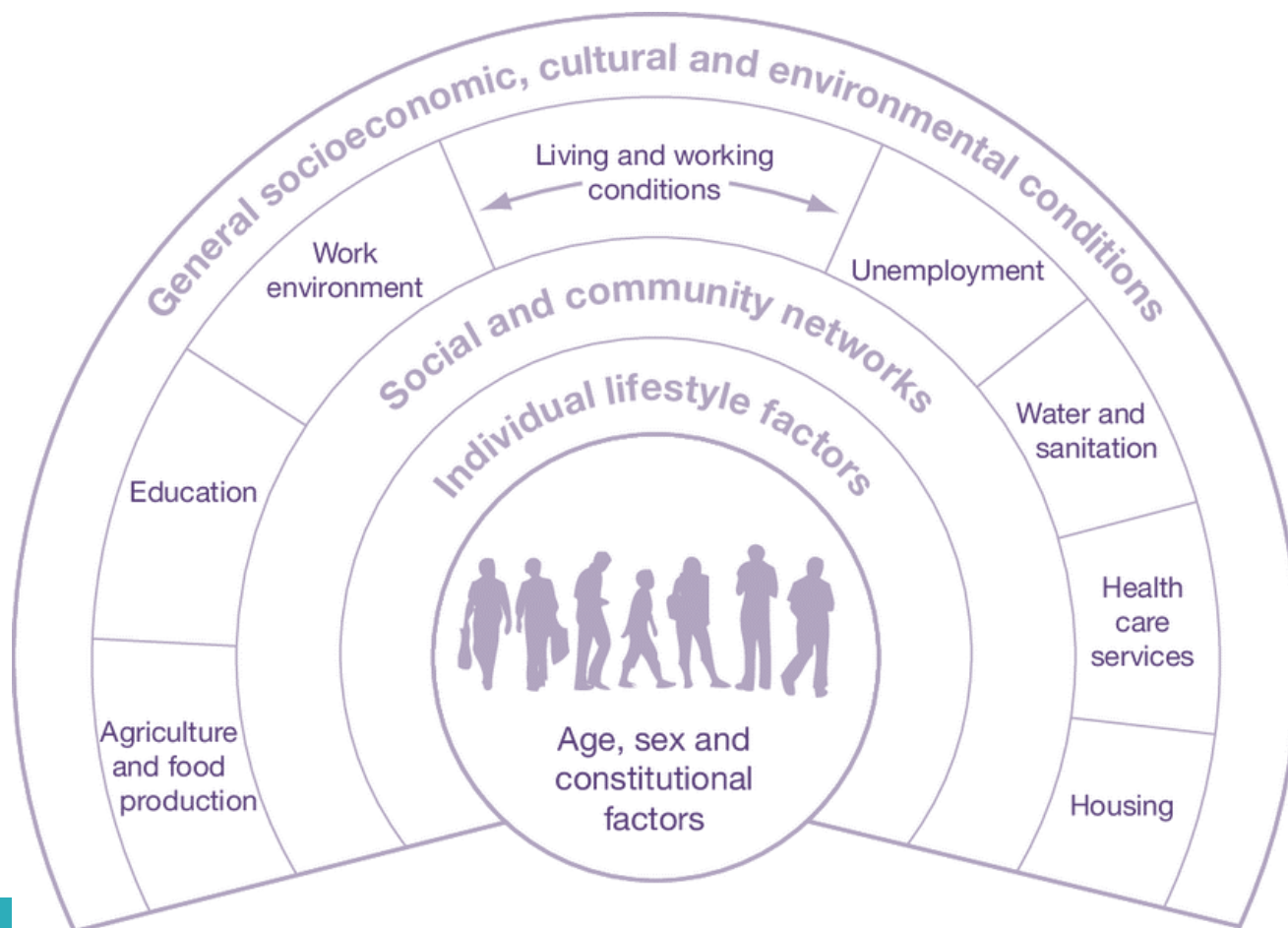
Dentists: when and
how to see one

Parents: promotion ideas
and barriers to change

Children
& Young
People
Workforce



Social Determinants of Health



COM-B Model of behaviour change

Capability:

Physical – are they able to?

Psychological – do they know how?

Opportunity:

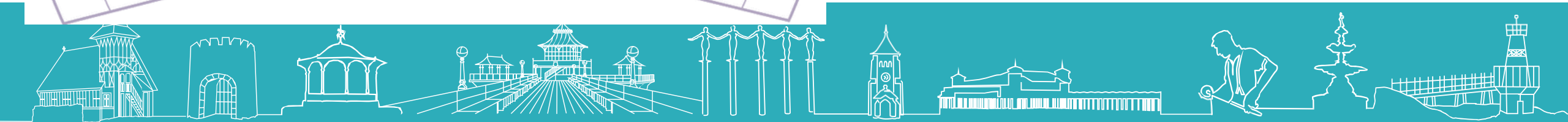
Physical – do they have the tools?

Social – do their family/peers value it?

Motivation:

Automatic – is it part of their routine?

Reflective – do they intend to do it?





Promoting Oral Health Workshop



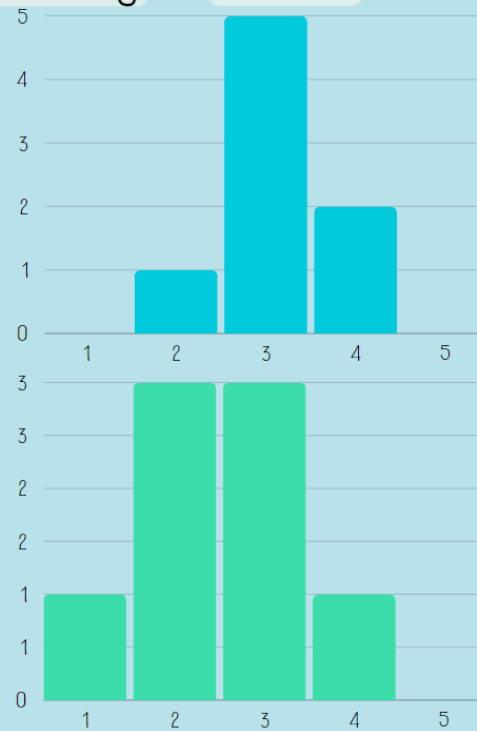
Confidence promoting oral health

to children

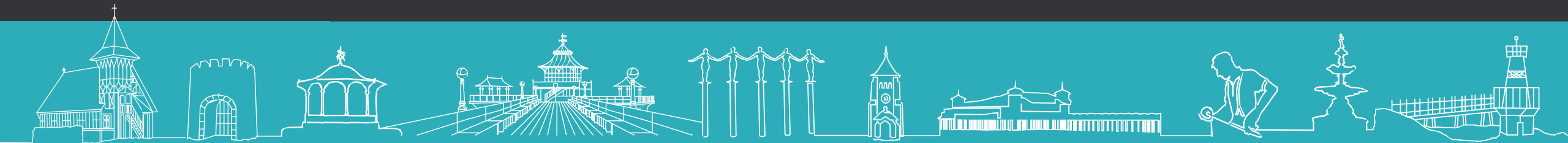
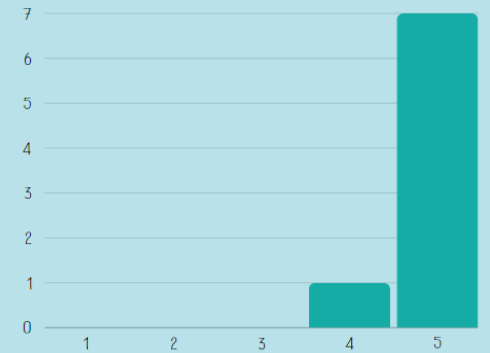
to parents

before

after



Overall, how useful did you find the workshop?





Elements of First Dental Steps



Train Health Visitors

Routinely ask about oral health

Promote oral health messages to parents

Hand out toothbrushes, toothpaste and open top cups

Refer high risk, eligible children to community dental service

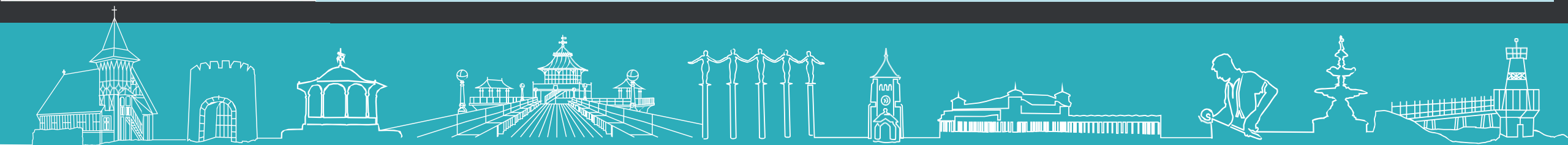
Ages 9-12
months

Working as part of

Public Health South West

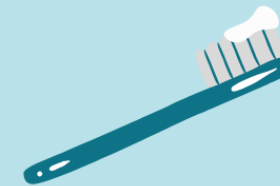
Office for Health
Improvement
& Disparities

NHS
England





Elements of Supervised Toothbrushing



Reaching 3-5 year olds across 19 schools in IMDs 1-6

Train and Support Staff

Provide Resources

Provide toothbrush packs for home

Promote oral health messages to parents



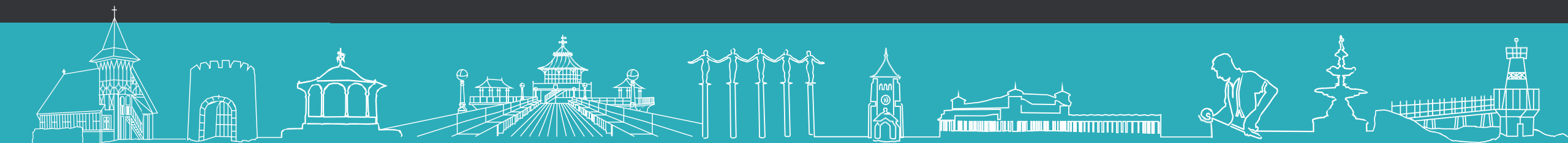
Ages 3-5
years

Working as part of

Public Health South West



NHS
England





Elements of the Toothbrush Pack Scheme



reaching around 1200 children

Train staff

Lessons and assemblies

Get messages into homes

Hand out toothbrush packs

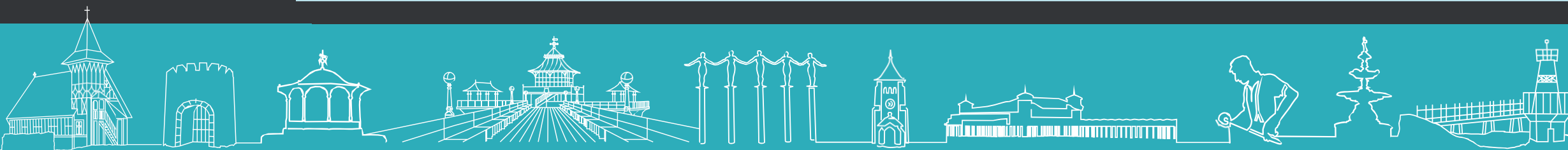
Survey parents, children and staff

43% of caregivers said children brushed
their teeth less than twice a day

58% of under 7s said they never have
an adult help them to brush their teeth
(70% of all ages)

57% caregivers said toothbrushing
has improved somehow since the
scheme began

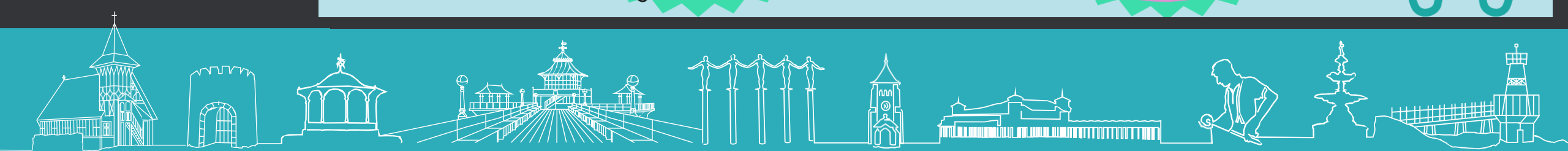
Ages 5-11
years





The Oral Health Action Plan

All Ages





Faster, Simpler, Fairer what it means to us

National Oral Health Promotion Measures

All Ages

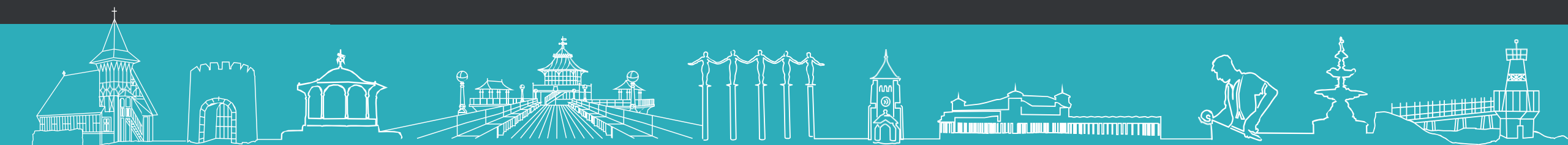
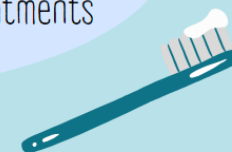
“everyone who
needs NHS
dentistry to be
able to access it”

“embed good oral
health habits
across all parts
of society”

Family Hubs to promote good oral health in **pregnant mums** and the very **youngest children**

Early years settings to implement **supervised toothbrushing**

Schools in under-served areas to receive mobile **dental teams** to provide advice and fluoride varnish treatments



Links

- [Mouth Cancer Awareness Resources](#)
- [Mini / Mouth Care Matters: Resources & Training](#)
- [North Somerset CPD: Oral Health Promotion Training](#)
- [Better Health North Somerset, Take Care of Your Teeth: Public , Practitioners , HEY](#)
- [Dept for Education; Help for Early Years Professionals](#)
- [School resources: Teeth Team, Toothbrushing Videos, Activities,](#)
- [Teenager pages: Colgate ,](#)
- [Safe Smiles](#)
- [HEE Children's Oral Health pages](#)
- [Faster, simpler and fairer: our plan to recover and reform NHS dentistry - GOV.UK \(www.gov.uk\)](#)
- [Delivering better oral health: an evidence-based toolkit for prevention - GOV.UK \(www.gov.uk\)](#)
- [Chapter 6: social determinants of health - GOV.UK \(www.gov.uk\)](#)

