



*O*ral health  
*for*  
*O*verall health

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# What is oral health?

Health of the teeth and other oral structures which allows individuals to:

- \* Be free of pain and discomfort
- \* Eat efficiently
- \* Speak clearly
- \* Socialise without embarrassment
- \* Be free of life threatening disease

and contributes to individual  
**general well-being**



# What are the main causes of poor oral health?



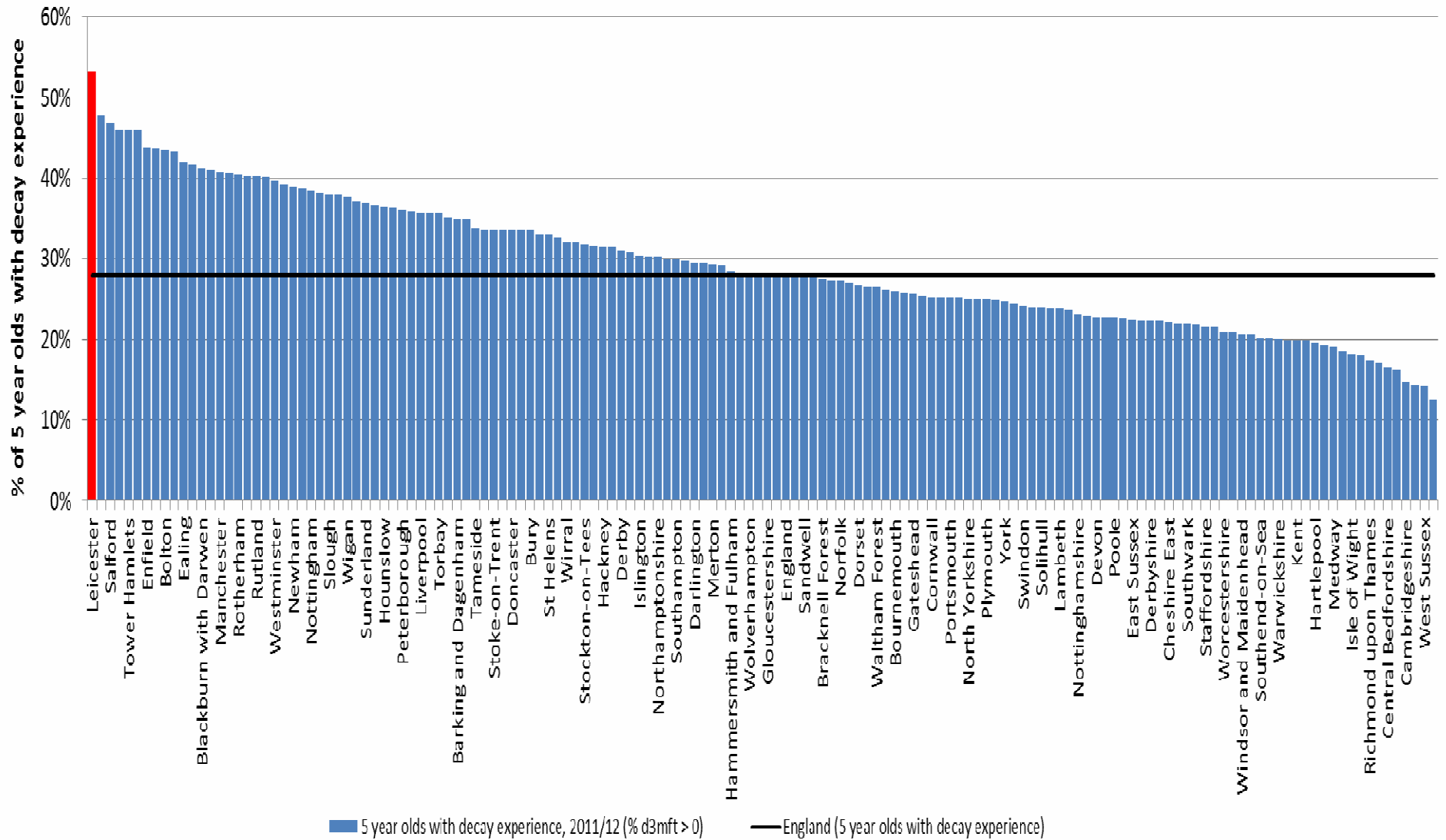
- **Poor diet and nutrition:** High intake of sugar, fizzy and acidic drinks
- **Poor oral hygiene:** Failure of self-care e.g. regular tooth brushing and flossing
- **Fluoride:** The lack of exposure to fluoride
- **Tobacco and alcohol:** Smoking increases the risk of periodontal disease and is one of the main causes of oral cancer. Smoking combined with alcohol can lead to a 30 times greater risk of oral cancer. Smokeless tobacco also increases the risk of oral cancer
- **Injury:** The health of teeth can be compromised by traumatic injury. Those who play contact sport are at particular risk

## What is the situation in Leicester?

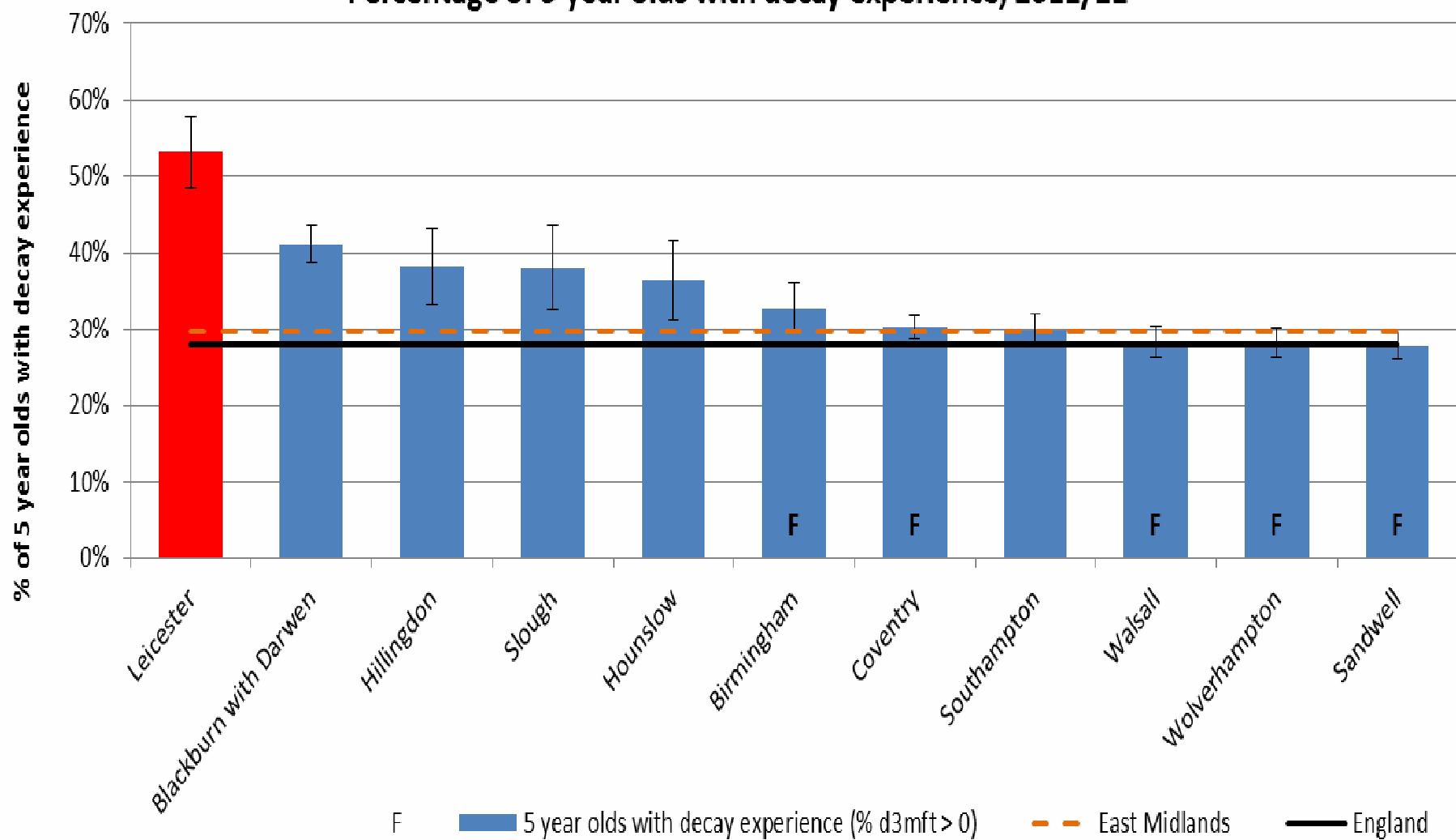


- 5 year old children living in Leicester have the **highest experience** of dental decay observed in England
- The average number of decayed, missing or filled teeth for a five year old in Leicester is 2.06 which is **more than double the national rate** of 0.94

### 5 year olds with decay experience, 2011/12 (% d3mft > 0)



### Percentage of 5 year olds with decay experience, 2011/12

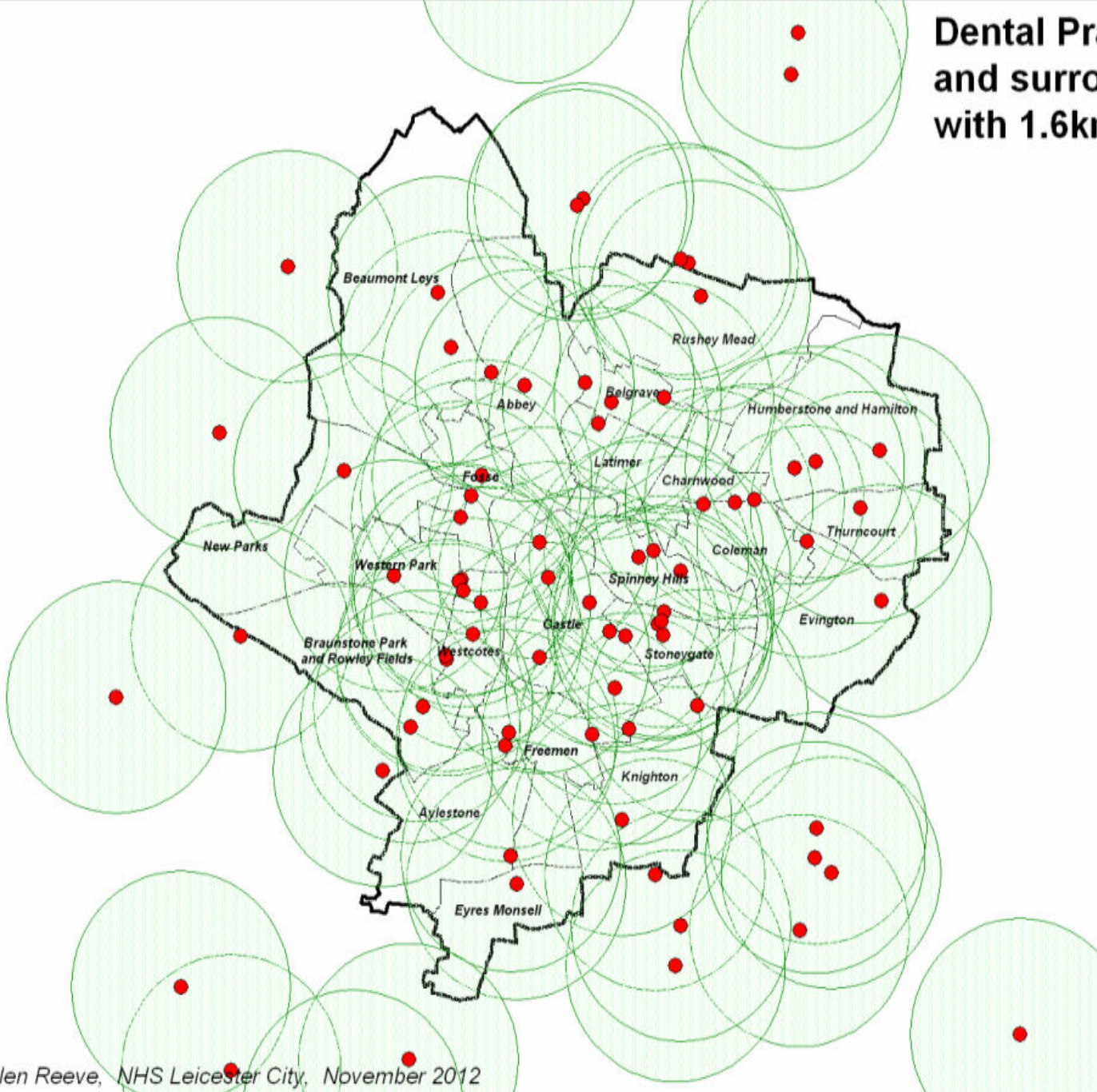


# Why is there a problem?

1. Most of the decay is mainly caused by children having unhealthy diets that are too high in sugary food and drinks.
2. Children need to clean their teeth; and parents need to help them gain these skills.
3. It's important that a child regularly visits the dentist.



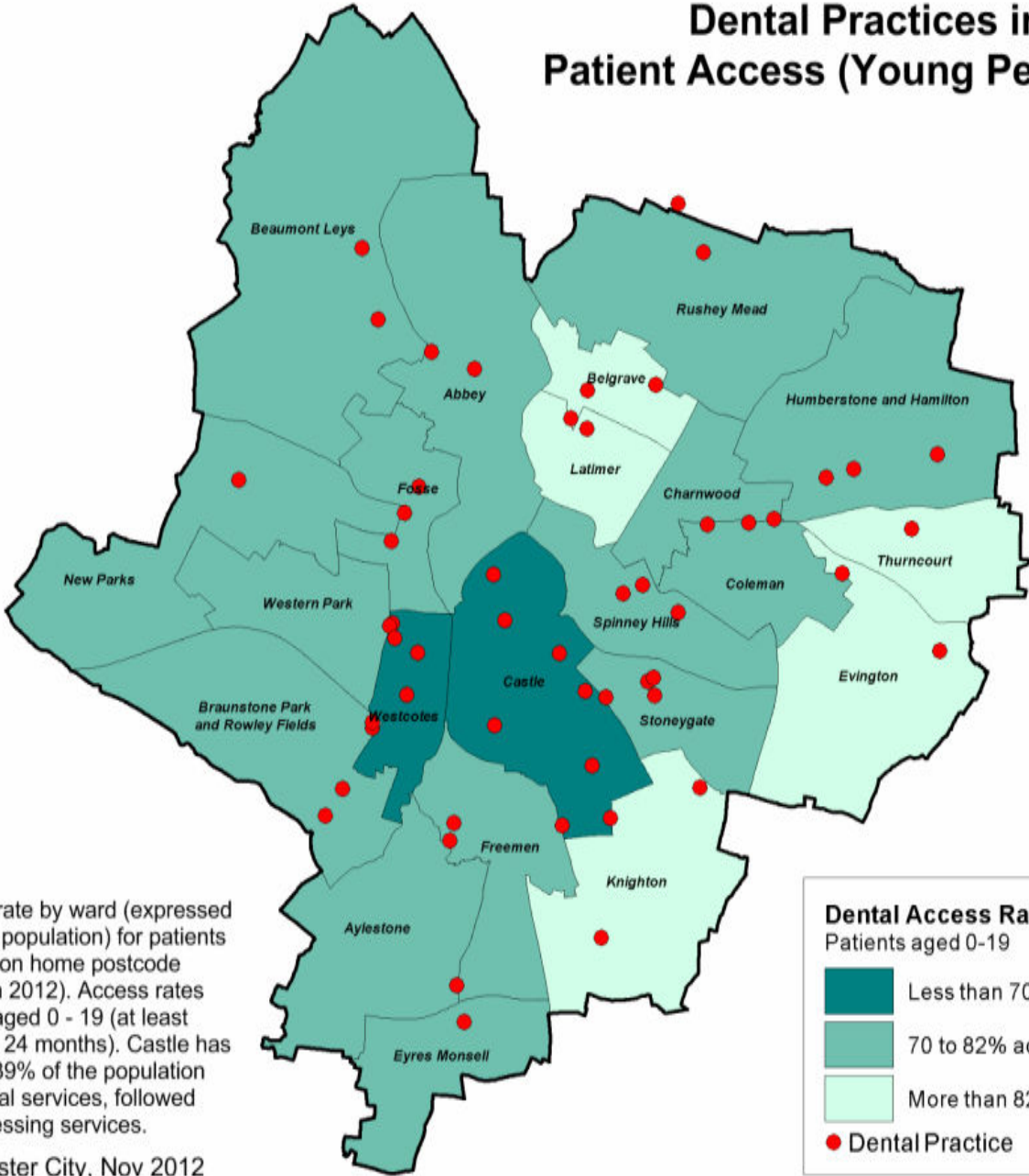
# Dental Practices in Leicester and surrounding area with 1.6km buffer



- Dental Practice
- 1.6 km buffer



# Dental Practices in Leicester and Patient Access (Young People aged 0-19)



The map shows the access rate by ward (expressed as a percentage of the ward population) for patients resident in Leicester (based on home postcode between April 2010 to March 2012). Access rates are also shown for patients aged 0 - 19 (at least one visit to the dentist within 24 months). Castle has the lowest access rate with 39% of the population aged 15-19 accessing dental services, followed by Westcotes with 52% accessing services.

Rowan Smith, NHS Leicester City, Nov 2012

**Dental Access Rate (%)**  
Patients aged 0-19

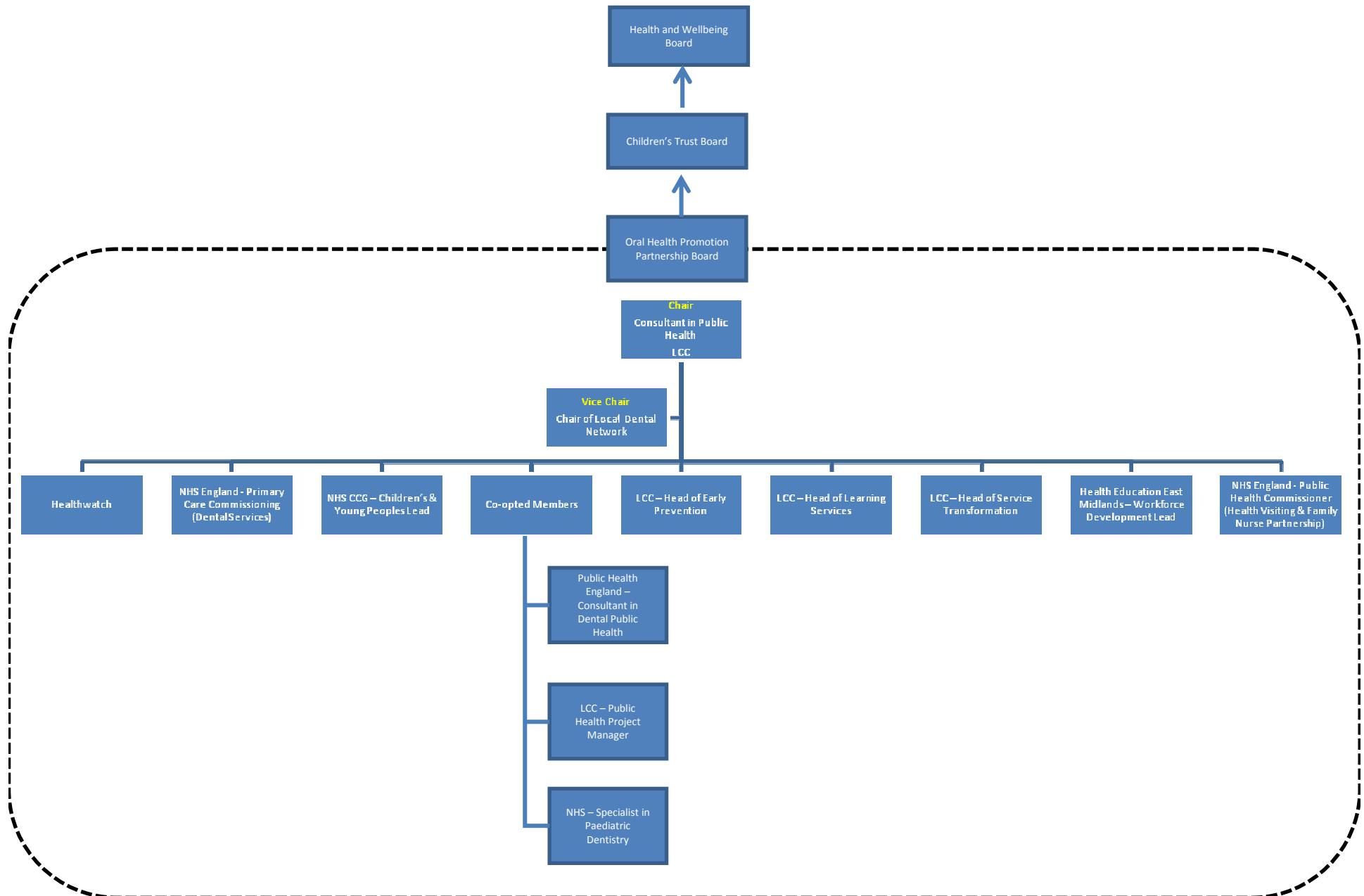
- Less than 70% accessing services (2)
- 70 to 82% accessing services (10)
- More than 82% accessing services (10)
- Dental Practice

# What are we doing about it?

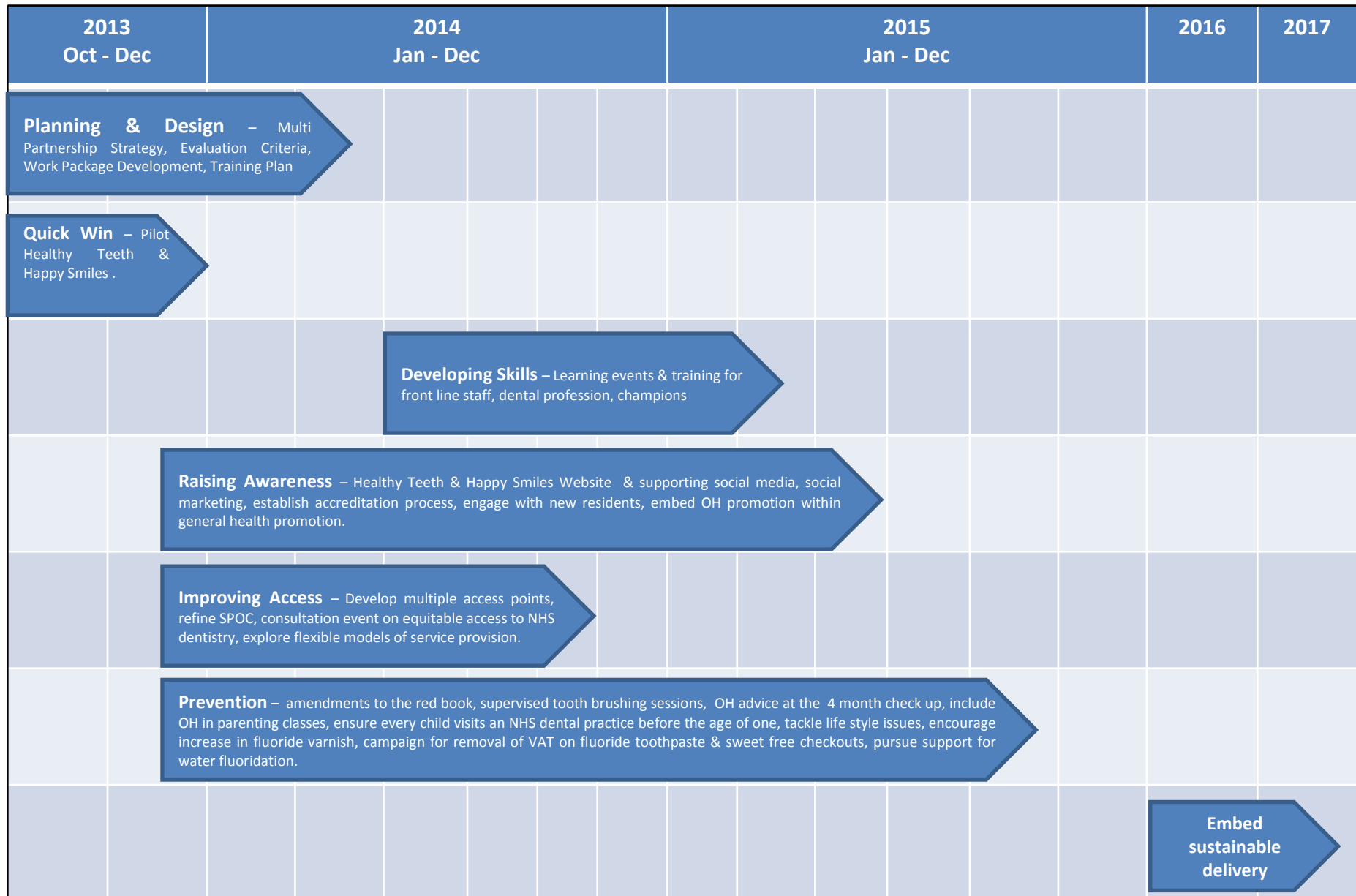


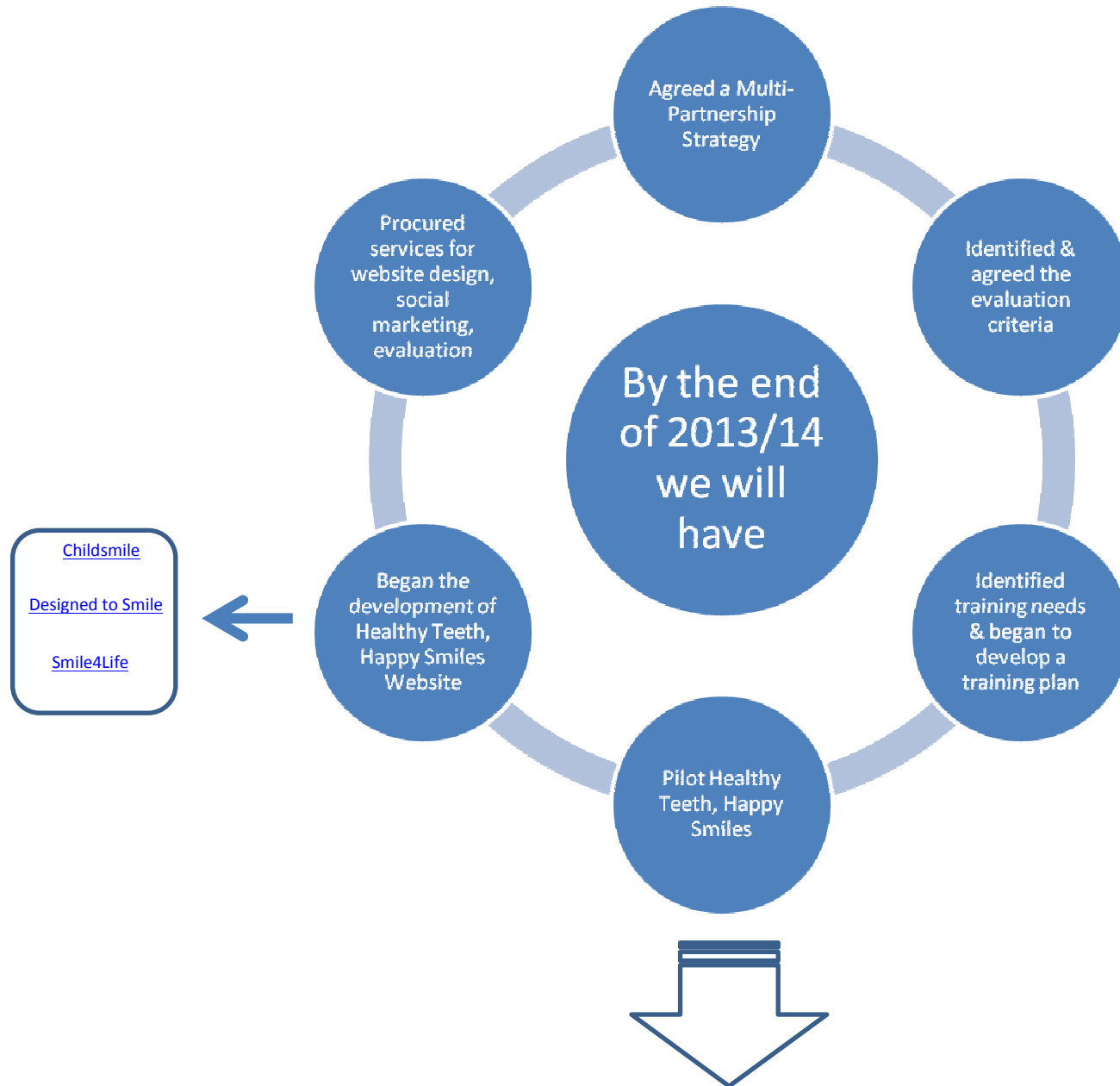
- Improving oral health: **new responsibility** for local government.
- Leicester City Council: **leading** on the development of some practical and sustainable solutions for the improvement of oral health in the city.
- Working in **partnership** across agencies to ensure that improving oral health is everyone's business.

# Oral Health Promotion Partnership Board - Governance



# Oral Health Promotion Strategy 2014-2017 – High Level Timeline





# Healthy Teeth, Happy Smiles !



- 3000 packs to be distributed by Health Visitors over 6 months at the universal 4 months check.
- 4300 packs to be distributed to every child in reception class in LCC maintained schools.
- 4000 packs to be distributed to every child in Year 3 in LCC maintained schools.