

ORAL HEALTH IN BUCKINGHAMSHIRE

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Oral health in Buckinghamshire

- 1 in 4 5yr olds have 3-4 decayed teeth in Bucks
- About 29% of adults have 2-3 teeth with decay experience
- Bucks compares well to England but only if we look at averages
- Some people have no disease, others have a substantial amount
- Those who have it, have more of it, and it is more severe

Those who have oral diseases are usually:

Socioeconomically deprived

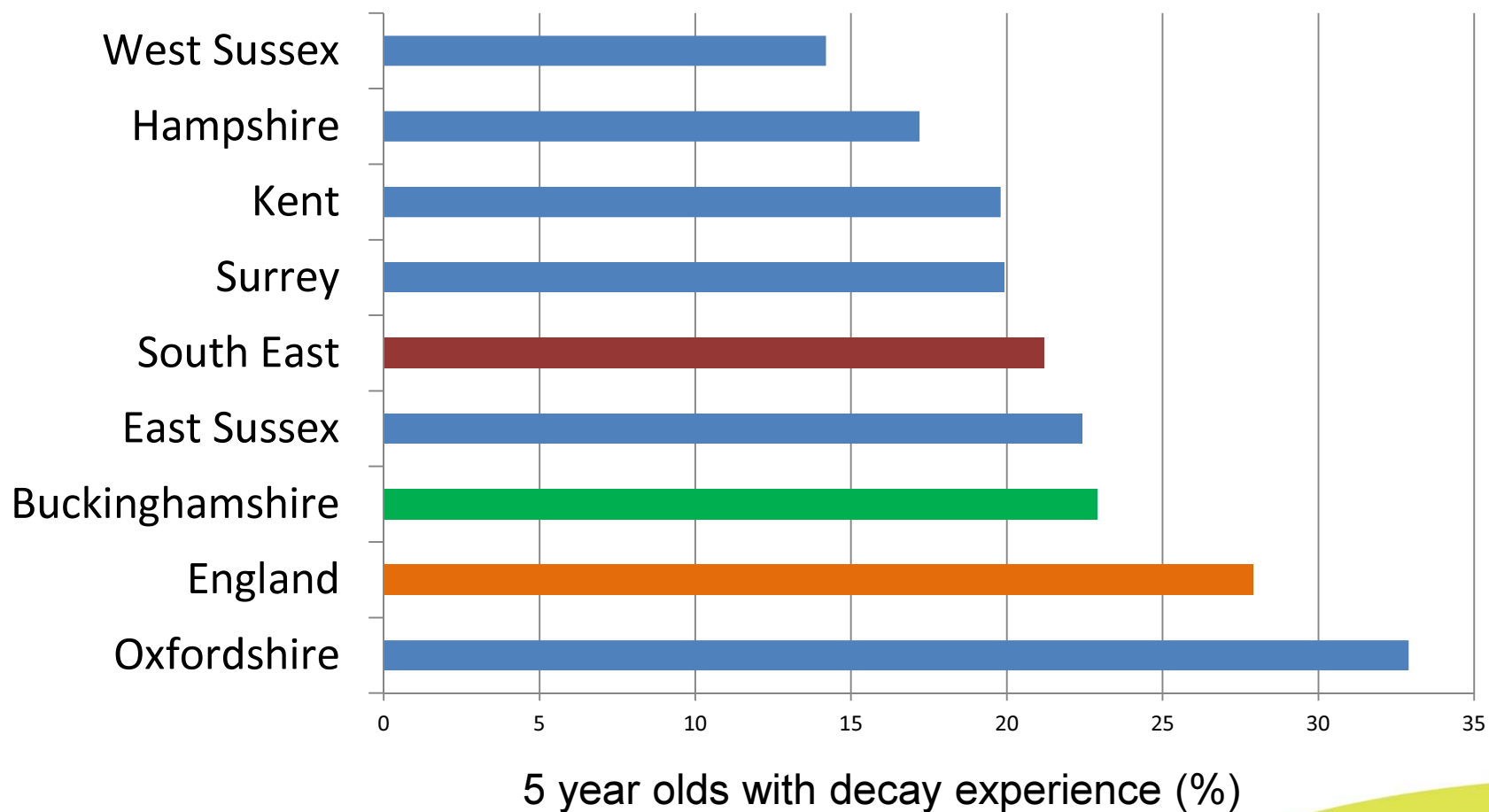
Vulnerable adults

Vulnerable and young children

Oral diseases are largely preventable but are still among the most commonly found chronic diseases



Percentage of 5 year olds with decay experience



Multiple barriers to a healthy mouth

Barrier	Example
Social and cultural factors	<ul style="list-style-type: none">• Sweet foods as treats• Chewing tobacco and smoking in BME groups• Binge drinking in young adults• Infrequent tooth brushing• Perception that tooth decay is inevitable
Environmental factors	<ul style="list-style-type: none">• Unhealthy foods more readily available• Sugar hidden in many foods• Advertising to children• Carers have little time for oral hygiene
Economic factors	<ul style="list-style-type: none">• Sweet, unhealthy foods are often cheap• Avoid dental visits due to cost
Stress	<ul style="list-style-type: none">• Poor diet• Less time for oral hygiene/dental visits• Smoking

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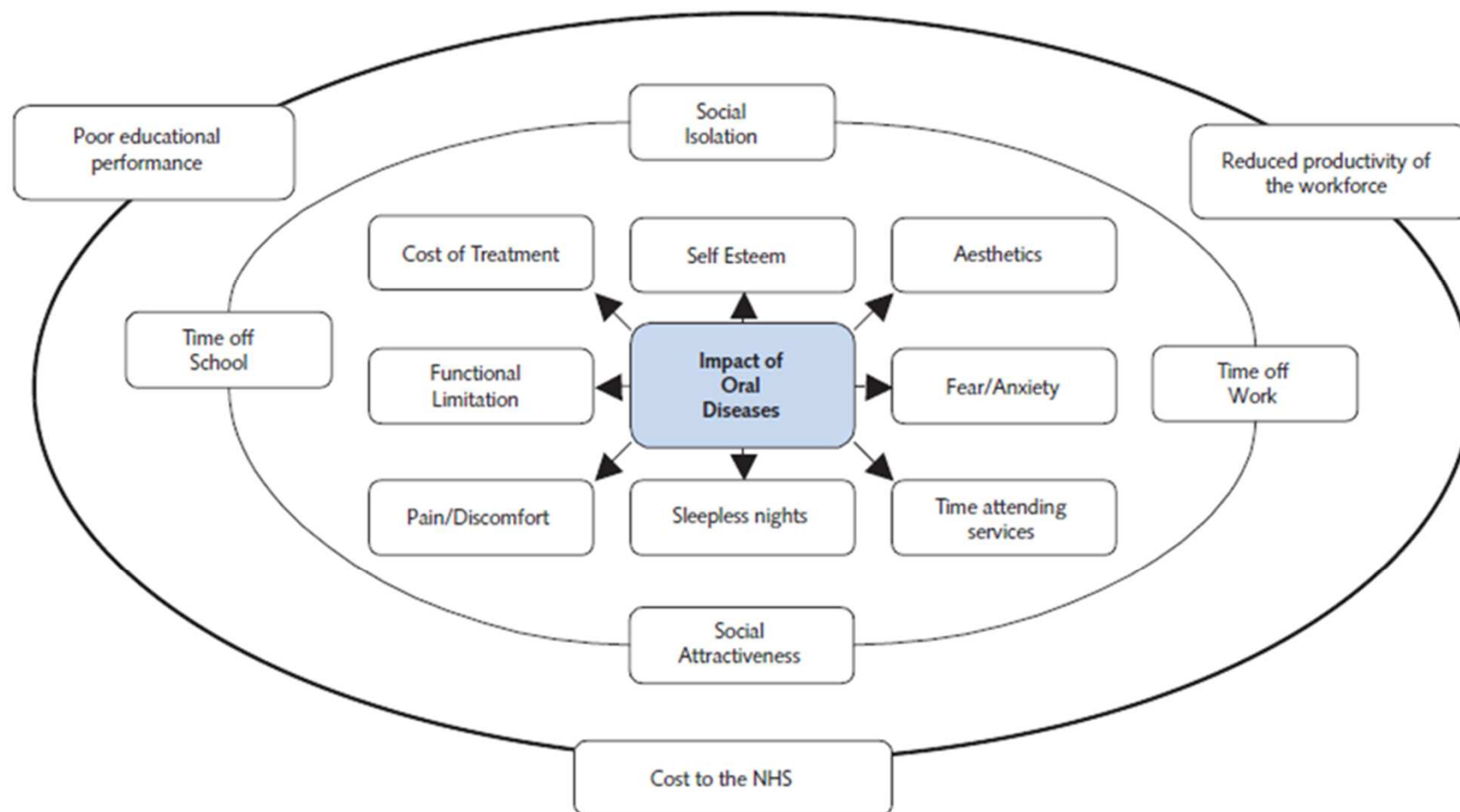
“If I had a chance, I would have stopped the bottle earlier. I would have stopped her eating sweets. . . better diet. Because of the family pressure, I didn’t have much time for my children”

“Tooth decay is inevitable and just part of life”

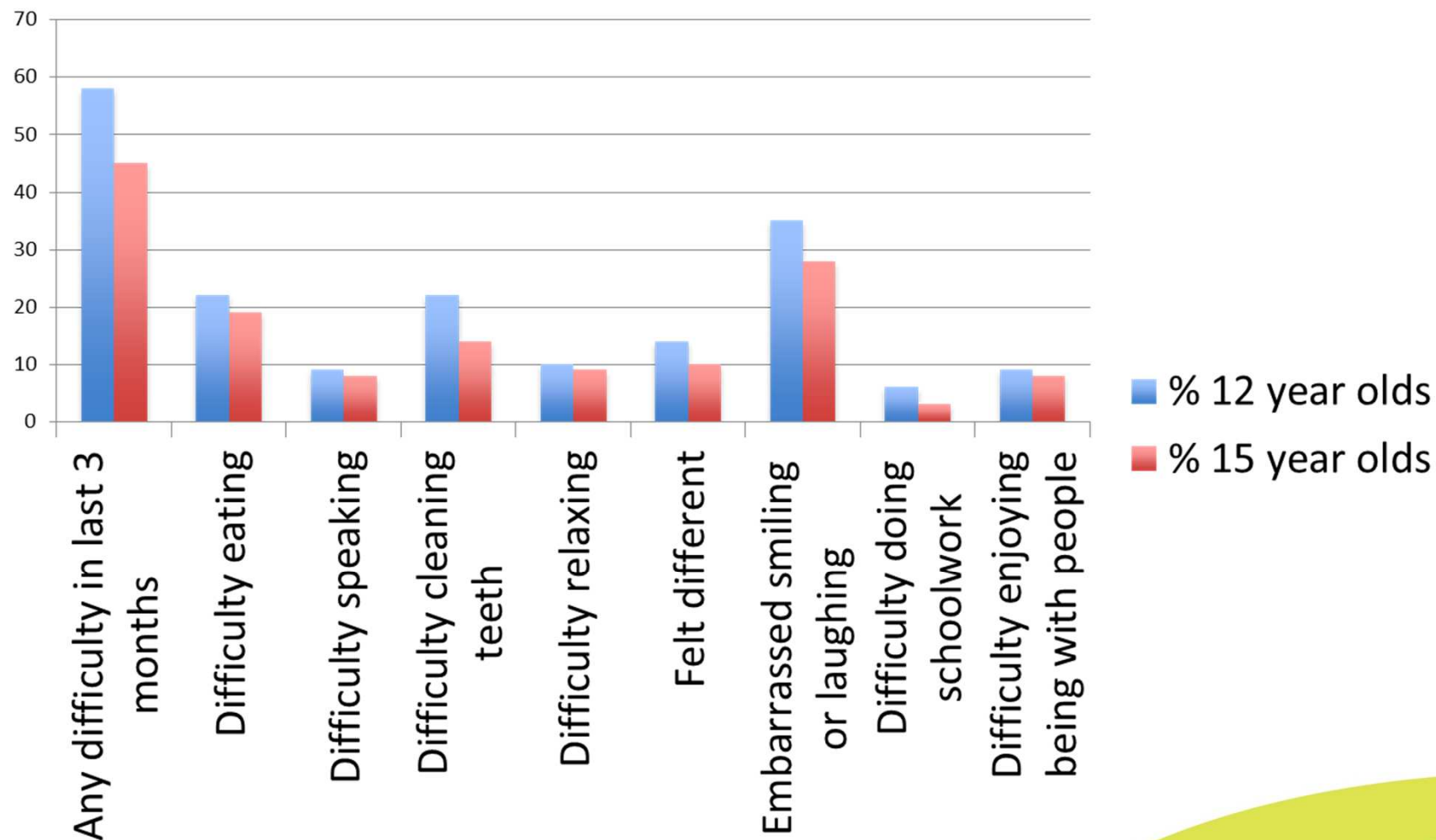
“I give them treats when they do something really good; you know, life is life and they need treats. I give them a little bit [of] sugar to make them happy”



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Percentage of children experiencing difficulties in their daily lives because of problems in their mouths



(Children's dental health survey 2013)

Key Documents

- Thames Valley Oral Health Needs Assessment (2014)
- Buckinghamshire Health and Wellbeing Strategy (2013 – 2016)
- Buckinghamshire Oral Health Improvement Strategy (2015 – 2020)



Thames Valley Oral Health Needs Assessment - Recommendations

- Include oral health in Health & Wellbeing strategy
- Developing an oral health strategy
- Making healthier choices easier choices
- Integrate oral health within universal action
 - Policies
 - Health improvement programmes
 - Training staff working with children & vulnerable adults
 - Services for those at high risk



Thames Valley Oral Health Needs Assessment - Recommendations

- Commissioning oral health promotion programmes
 - Young children
 - Vulnerable adults
 - Areas of socio economic deprivation
- Working in partnership with NHS England to involve dental teams in generic health promotion
- Continue to undertake epidemiology surveys
- Health and social services should have up to date information on local NHS dental services and facilitate access.



Bucks Health & Wellbeing Strategy

Oral Health Improvement supports the following aims of the strategy:


- Every child has the best start in life
- Everyone takes greater responsibility for their own health and wellbeing and that of others
- Adding years to life and life to years



Oral Health Improvement Strategy

- A wide number of partners will be contributing to the delivery of the strategy to tackle the root causes of oral diseases
- Delivery reported to Healthy Communities Partnership – subgroup of Health & Wellbeing Board

Aims:

- A healthy mouth from birth
 - A healthy lifestyle for a healthy mouth
 - Promoting good oral health in high risk groups
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Oral Health Promotion Service

- Support the development of health promoting environments for children and vulnerable adults with a focus on oral health
- Train children's and vulnerable adults workforce to deliver consistent, evidence based messages and activities
- Provide an oral health accreditation scheme for target early years and vulnerable & older people settings



Any Questions?

