

Health Improvement

Oral Health Team Flash Report 2021/2022



The Oral Health Team is a small dedicated team working towards ensuring children across Lanarkshire, have the best chance to grow up with good oral health. We aim to achieve this by promoting good oral health from birth, right through adulthood. Encouraging adults to be positive role models for children in relation to good oral health and supporting our ageing population to continue to access oral health care whether at home or in the community. We want to make sure that everyone, no matter where they live, can have the best oral health they possibly can.

Oral Health Champions

48
Children
Participated

Steelman Smiles Programme

This was a 6-week Oral Health Awareness Programme delivering key oral health messages. The programme was delivered in 1 hour sessions, twice weekly. The programme was aimed at 3-5 year olds, with 48 children participating.



Happy Smiles Project



The Happy Smiles project is a collaborative project between NHS Lanarkshire Health Improvement and Getting Better Together Shotts. The project aims to improve the health and wellbeing of families attending the HMP Shotts visitor centre.

Originally this was set to be a four week project with interactive activities for families to participate in. However, as a result of Covid-19 restrictions, the project was adapted and delivered as a social media campaign on the private Facebook group page for prisoner's families between January and March 2022. Fifteen posts were shared during this time, focussing on a range of health & wellbeing topics including:

Nutrition, cooking on a budget and reducing food waste, Tips for good oral health, Physical activity, 5 minute self-care ideas.



Toothbrush Distribution Project

1900 toothbrushing packs were distributed to 27 individual Health & Social Care organisations and 3rd sector partners, such as food banks, Women's Aid and The Simon Community. The aim of the project was to raise awareness of the importance of good oral health and promote dental services to those experiencing homelessness and/or living in areas of high deprivation. Therefore, assisting in reducing oral health inequalities for those families most at need. The partnership links built during the project will be the foundation for future work with both statutory and third sector organisations.

1900
Toothbrush
packs

National Campaigns

Mouth Cancer Action Month

Throughout November, the Oral Health Team supported Mouth Cancer Action Month, by asking all adults over the age of 16-years old to 'Watch Yer Mouth!' and regularly check their mouths for signs of mouth cancer.

As part of the Oral Health Teams commitment to work with colleagues across the Health Improvement team, we teamed up with the Tobacco Control Team to include mouth cancer information leaflets along with their nicotine replacement deliveries, for the month of November and in partnership with Health Working Lives, a mouth cancer action month quiz was published in the Pulse. This was to increase mouth cancer awareness amongst the workforce. Staff who completed the quiz were entered into a free prize draw to win an electric toothbrush.

World Oral Health Day

This year, everyone was encouraged to focus on the importance of good oral health for their happiness and well-being, because good oral health has a positive impact on general health, well-being and quality of life.

We asked our colleagues to share photos or images which made them smile and our newly appointed NHS Lanarkshire clinical director, public dental service, provided an inspirational quote for the Pulse. The full article, including the quote can be viewed here:

<https://www.nhslanarkshire.scot.nhs.uk/pulse-world-oral-health-day/>



Podcast

NHSL Oral Health Improvement Programme consists of a variety of community based projects, public awareness campaigns & educational programmes. The overall aim is to improve the oral health of individuals and their families, through prevention and awareness raising initiatives, particularly targeting those living in areas of deprivation. During the pandemic, more and more people have moved towards online/digital channels to access information and services. Digital adoption has taken a quantum leap at both the organisational and consumer levels. More and more people are now listening to podcasts for information. As a direct response to the pandemic and to keep up with growing trend, the Oral Health team created a series of oral health podcasts to communicate OH messages/information to the Lanarkshire population in a user friendly way. We have teamed up with a Clydesdale based third sector organisation, Healthy Valleys, to produce 4 bite-size oral health information podcasts:

Our Oral Health (part 1)

Our Oral Health (part 2)

Looking After Our Children's Teeth

Reducing Sugar In Our Diet

[Click HERE to view our podcasts](#)



4
Podcasts

The Year Ahead: The OH Team are looking forward to a busy year ahead. Through early intervention and preventive work we aim to improve OH for families across Lanarkshire.

- Create digital resources to promote mouth self-examination to remind people of the importance of getting any dental concerns checked out.
- Provide training in OH awareness for community based HSCP staff.
- Planning 4 community events to promote National Smile Month.
- Promote key OH prevention messages using social media, including reducing sugar based snacks and the implementation of a family tooth brushing routine.
- Please contact me if you would like any further information on > Susan.Lyttle2@lanarkshire.scot.nhs.uk