One borough; one community; London’s growth opportunity

Encouraging civic pride

Enabling social responsibility

Growing the borough

For more information visit lbbd.gov.uk/visionandpriorities
Oral health in young children

Matthew Cole: Director of Public Health
Mary Knower: Public Health Strategist
Terms of Reference

In reference to the data presented around poor oral health in the Borough it is proposed that the review consider the following:

1. What are the reasons for young children in Barking and Dagenham having poor oral health?

2. What is the quality of services that are available to residents and what do they deliver to improve oral health?

3. What are the best ways of getting the right messages out to parents about looking after their children’s oral health?
## HASSC work plan

<table>
<thead>
<tr>
<th>Date of HASSC session</th>
<th>Activity</th>
<th>Terms of reference questions covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 September 2017 (HASSC meeting)</td>
<td>Presentation on the local context of oral health in early years</td>
<td>1, 2</td>
</tr>
<tr>
<td>6 October 2017 (tbc)</td>
<td>Members to meet parents of young children and professionals at Gascoigne Children’s centre</td>
<td>1, 2 &amp; 3</td>
</tr>
<tr>
<td>20 October 2017 (tbc)</td>
<td>Members meet staff at pre-school</td>
<td>1, 2 &amp; 3</td>
</tr>
<tr>
<td>Nov – (tbc)</td>
<td>Members to visit a community dentist</td>
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<tr>
<td>11 Dec 2017</td>
<td>Draft report and recommendations circulated</td>
<td>1, 2 &amp; 3</td>
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<tr>
<td>10 Jan 2018 (HASSC meeting)</td>
<td>Members to provide comments on draft report</td>
<td>1, 2 &amp; 3</td>
</tr>
<tr>
<td>21 February 2018 (HASSC meeting)</td>
<td>Final report</td>
<td>1, 2 &amp; 3</td>
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</table>
2010 oral health survey
3 and 4 year olds
Barking and Dagenham

Almost 3 in 10 (28%) had experienced dental disease and almost all of this (91%) was untreated.

Around 1 in 10 children (9%) had experienced pain in the teeth, mouth or jaws.

4 in 10 (41%) of those with decay had visited a dentist in the previous 12 months.
There were marked inequalities among ethnic groups, with high rates of decay and untreated disease in Asian children.

Asian children were less likely to have their teeth brushed twice a day than White or Black children.

Approximately 14% of parents reported at least one oral health-related impact on their child’s quality of life (occasionally or more often) (Marcenes, Muirhead and Fortune, 2010).
Though results showed that oral health had improved compared to the 2010 survey, Barking and Dagenham still had poorer oral health than the London and England average.

18% of Barking and Dagenham children had experienced dental disease, compared with 13.6% across London and 11.7% in England.

For those with disease, Barking and Dagenham children had on average 2.49 decayed, missing or filled teeth compared with 3.11 for London and 3.07 for England.
2015 oral health survey
5-year-olds
National

A national dental survey in 2015 found that almost one-third (31.4%) of five-year-olds had tooth decay in Barking and Dagenham.

This is significantly higher than England (24.7%), but not London (27.2%).

Based on 2016 mid-year population estimates, this would equate to around 1,200 five-year-olds in Barking and Dagenham (95% confidence interval 1,000 to 1,400) having dental decay, if the proportion has remained constant since the survey.
% of 5-year-olds with experience of decay in NE London

Source: Dental Public Health Epidemiology Programme for England: oral health survey of five-year-old children 2015

Source: London Borough of Barking & Dagenham

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% of 3- and 5-year-olds with experience of decay

3-year-olds surveyed in 2013; 5-year-olds surveyed in 2015

<table>
<thead>
<tr>
<th>Location</th>
<th>Age 3</th>
<th>Age 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barking &amp; Dagenham</td>
<td>18</td>
<td>31</td>
</tr>
<tr>
<td>London</td>
<td>14</td>
<td>27</td>
</tr>
<tr>
<td>England</td>
<td>12</td>
<td>25</td>
</tr>
</tbody>
</table>

Dental services

Barking and Dagenham has 57 dentists per 100,000 population, more than both London and England.

There are also more units of dental activity (UDA)* per 100,000 population (168,123) compared with London (142,365) and England (158,977)

*a way of measuring the amount of dental work undertaken

There are 27 dental practices including community/special care dental clinics

Dental access

45.5% of children resident in Barking and Dagenham accessed dental services in the 12 months to March 2017. This figure is similar to London.
% children accessing dental services
12 months to March 2017; London boroughs

Source: NHS Digital, 2017
% children accessing dental services by age
12 months to March 2017

Source: NHS Digital, 2017
% children accessing dental services by ward
12 months to March 2017; ages 0–9

Source: NHS Digital, 2017
Hospital admissions for dental extractions
Barking and Dagenham

• In 2015/16, there were 301 hospital episodes for dental extractions among Barking and Dagenham children
  • 50% of these were in the 5–9 year age group.
  • This represents 0.5% of the 0–19 year old population, similar to that for London (0.6%)

Source: HES, analysed by PHE Dental Public Health Epidemiology Team

• In 2015/16, dental extraction was the most common hospital procedure among 5–9-year-olds across England

Source: HES, analysed by Royal College of Surgeons
Preventing dental decay in young children

- Reducing the amount of sugary food and drinks in their diet
- Twice daily supervised tooth-brushing with fluoride toothpaste
- Regular visits to the dentist, beginning when the child gets their first tooth
- Decayed incisors are associated with long-term bottle use with sugar-sweetened drinks, especially when given overnight or for long periods of the day.
  - 9.9% of 5-year-olds in Barking and Dagenham (compared with 8.2% in London and 5.6% in England) experience this aggressive form of dental decay (2015 oral health survey)
Reviews of clinical effectiveness by NICE (PH55) and PHE (Commissioning Better Oral Health for Children and Young People, 2014) have found that the following programmes effectively reduced tooth decay in 5 year olds:

- Targeted supervised tooth brushing programme
- A targeted fluoride varnish programme
- Water fluoridation providing a universal programme
- Targeted provision of toothbrushes and paste by post
- Targeted provision of toothbrushes and paste by post and by health visitors

<table>
<thead>
<tr>
<th>Programme</th>
<th>5 years</th>
<th>10 years</th>
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</thead>
<tbody>
<tr>
<td>Targeted supervised tooth brushing</td>
<td>£1 spent = £3.06</td>
<td>£1 spent = £3.66</td>
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<tr>
<td>A targeted fluoride varnish programme</td>
<td>£1 spent = £2.29</td>
<td>£1 spent = £2.74</td>
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<tr>
<td>Water fluoridation programme</td>
<td>£1 spent = £12.71</td>
<td>£1 spent = £21.98</td>
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<tr>
<td>Targeted provision of toothbrushes</td>
<td>£1 spent = £1.03</td>
<td>£1 spent = £1.54</td>
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<tr>
<td>and paste by post</td>
<td></td>
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<tr>
<td>Targeted provision of toothbrushes</td>
<td>£1 spent = £4.89</td>
<td>£1 spent = £7.34</td>
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<tr>
<td>and paste by post and by health visitors</td>
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London Borough of Barking & Dagenham
lbdd.gov.uk
What is Barking and Dagenham doing?

The ‘Teeth for Life’ project – commencing Autumn 2017

• Targeted supervised tooth brushing project
• Involving approximately 7000 children under 5 years
• Settings include day nurseries, pre-schools and school nurseries
• Community dental team will provide oral health training for staff
Oral health in young children

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