

Sheffield Supervised Toothbrushing Clubs

Joanne Charlesworth

Oral Health in Sheffield

- 31% of five-year-old school children have tooth decay
- Each child with tooth decay has on average 4 teeth affected
- The prevalence and severity of tooth decay is higher than regional and national averages

**National Dental Epidemiology
Programme for England, PHE (2022)**

Oral Health Strategy 2023-2027

- The oral health vision for all Sheffield residents is to be able to speak, smile, and eat with confidence and without pain and discomfort from their teeth or mouths.
- This will be achieved through improving overall oral health and reducing oral health inequalities with a particular focus on children and young people experiencing the worst oral health

Sheffield Oral Health Promotion Team

- We are part of Community & Special Care Dentistry which is hosted by Sheffield Teaching Hospital Trust.
- We are commissioned by Sheffield City Council to provide oral health improvement programmes in Sheffield to improve oral health for our local communities and reduce inequalities particularly of children and young people.
- We cover the whole of Sheffield and work within a range of settings through partnerships between health, local authorities and the voluntary and independent sector.

Supervised Tooth Brushing Clubs

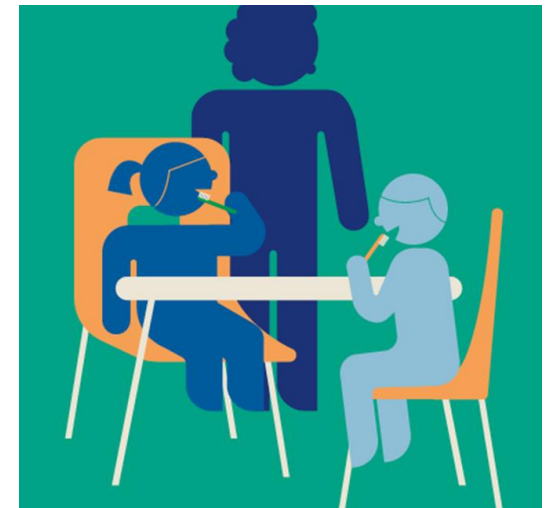
- Supervised toothbrushing clubs began in Sheffield in 2014 with 14 schools and nurseries and 562 children participating.
- These targeted toothbrushing clubs are aimed at children living in deprived areas who are at greater risk of poor oral health
- We now have 105 supervised toothbrushing clubs with over 9500 children participating.

Guidelines



Setting up a tooth brushing club

- The oral health promotion team provide;
 - Staff training
 - Programme guidelines
 - Resources
- Written consent must be obtained from parents or guardians before children can take part
- The setting can choose any time of day to run their brushing club



Age groups

- Nursery children can take part in the toothbrushing clubs from the age of 2 years old.
- School children can take part in the toothbrushing club up to Y2



Resources provided

- Toothbrushes – 3 brushes per year per child
- Fluoride toothpaste - 1450ppm
- Storage racks



Toothbrushing motivation!

- Apps and Music –
 - Brush DJ app
 - Brush bus song
- Education –
 - Dr Ranj videos on YouTube
 - Public Health England – Keeping our teeth healthy resources



Ongoing Support



Engagement and challenges

Key to success:

- collaborate with colleagues within Sheffield City Council – public health, early years, family hubs, school nursing
- co-ordinate with other OHP programmes within the strategy

Issues with:

- some eligible schools refuse to run a club
- capacity of staff within nurseries/schools with high turnover
- delays in receiving supplies and their distribution

Any Questions?

