

ORAL HEALTH 2010



TOPICS OF DISCUSSION

- 1. TOOTH DECAY**
- 2. GUM-DISEASE**
- 3. BAD BREATH**
- 4. PREVENTION**
- 5. BREAKFAST CO-OP**

THE BIG PICTURE...

- Good oral health contributes to a person's general health and well being.
- Oral health remains on the Government's health priorities list.

Oral health status of NZ

There is currently no routinely collected national data on the oral health status of adolescents, adults, or older adults.

However, research suggests that oral health at age five predicts oral health in adulthood.

To obtain further information on these groups, the Ministry of Health recently commissioned a New Zealand Oral Health Survey.

Adolescent Oral Health Service Utilisation Over Time

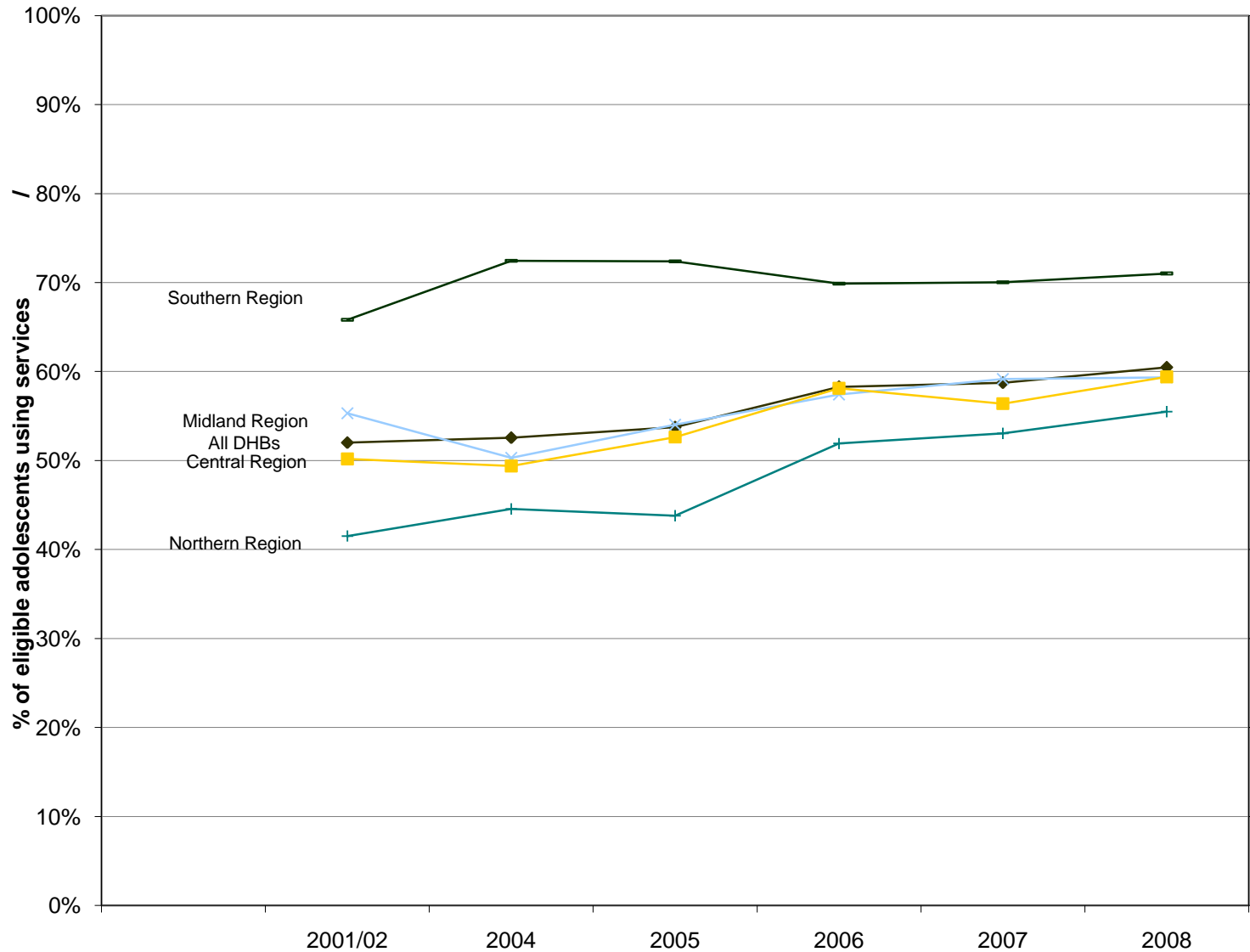


Table 1: Dental health status of five-year-old children 2008

DHB Region	Total				
	Number	No. of children caries free	% caries free	No. of decayed, missing & filled teeth	mean dmft
Northland	637	237	37.21	2415	3.79
Waitemata	4,571	2,864	62.66	6292	1.38
Auckland	3,684	2,354	63.90	5232	1.42
Counties Manukau	3,880	1,808	46.60	9433	2.43
Northern region providers	12,772	7,263	56.87	23,372	1.83
Waikato	3,807	2,017	52.98	9416	2.47
Lakes	1,256	490	39.01	4142	3.30
Bay of Plenty	1,706	931	54.57	5415	3.17
Tairāwhiti	587	257	43.78	1906	3.25
Taranaki	1,111	648	58.33	1776	1.60
Midland region providers	8,467	4,343	51.29	22,655	2.68
Hawkes Bay	1,154	528	45.75	3028	2.62
Midcentral	1,757	984	56.00	3781	2.15
Whanganui	923	400	43.34	2462	2.67
Hutt Valley	1,579	926	58.64	2565	1.62
Capital & Coast	2,784	1,830	65.73	3869	1.39
Wairarapa	405	232	57.28	1315	3.25
Nelson-Marlborough	1,361	779	57.24	2186	1.61
Central region providers	9,963	5,679	57.00	19,206	1.93
West Coast	338	169	50.00	738	2.18
Canterbury	4,271	2,745	64.27	6603	1.55
South Canterbury	490	293	59.80	810	1.65
Otago	1,870	1,275	68.18	2345	1.25
Southland	1,069	614	57.44	1849	1.73
Southern region providers	8,038	5,096	63.40	12,345	1.54
New Zealand	39,240	22,381	57.04	77,578	1.98

Pacific Island Non-fluoridated					Pacific Island				
Number	No. of children caries free	% caries free	No. of decayed, missing & filled teeth	Mean dmft	Number	No. of children caries free	% caries free	No. of decayed, missing & filled teeth	Mean dmft
8	2	25.00	48	6.00	9	2	22.22	53	5.89
12	4	33.33	39	3.25	391	136	34.78	1099	2.81
53	9	16.98	234	4.42	809	288	35.60	2290	2.83
6	3	50.00	15	2.50	1114	330	29.62	3852	3.46
79	18	22.78	336	4.25	2322	756	32.56	7294	3.14
25	6	24.00	103	4.12	81	24	29.63	287	3.54
35	6	17.14	199	5.69	38	6	15.79	210	5.53
36	7	19.44	153	4.25	36	7	19.44	153	4.25
4	0	0.00	0	0.00	10	1	10.00	33	3.30
2	1	50.00	5	2.50	6	2	33.33	12	2.00
102	20	19.61	460	4.51	171	40	23.39	695	4.06
27	2	7.41	166	6.15	53	8	15.09	299	5.64
27	11	40.74	105	3.89	80	32	40.00	305	3.81
27	13	48.15	66	2.44	27	13	48.15	66	2.44
19	9	47.37	59	3.11	169	68	40.24	506	2.99
0	0	n/a	0	n/a	303	110	36.30	1090	3.60
4	2	50.00	18	4.50	13	4	30.77	78	6.00
21	9	42.86	58	2.76	21	9	42.86	58	2.76
125	46	36.80	472	3.78	666	244	36.64	2402	3.61
7	2	28.57	33	4.71	7	2	28.57	33	4.71
156	42	26.92	631	4.04	158	42	26.58	641	4.06
3	1	33.33	7	2.33	3	1	33.33	7	2.33
12	5	41.67	42	3.50	43	19	44.19	130	3.02
5	3	60.00	8	1.60	30	12	40.00	78	2.60
183	53	28.96	721	3.94	241	76	31.54	889	3.69
489	137	28.02	1,989	4.07	3400	1116	32.82	11280	3.32

TOOTH DECAY

What is it ?

Dental decay is a disease of the tooth caused by the action of bacteria on sugary foods.

This can be seen by the discoloration of the white surface of the tooth followed by the breaking down of the tooth structure.

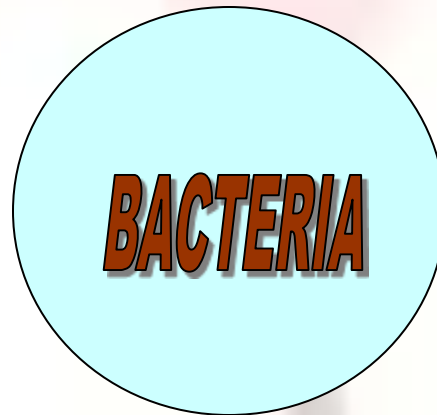
TOOTH DECAY cont..

How are they developed in the mouth?

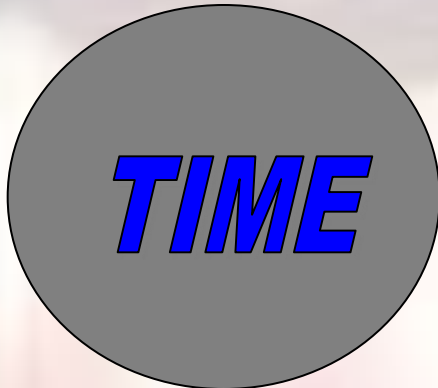
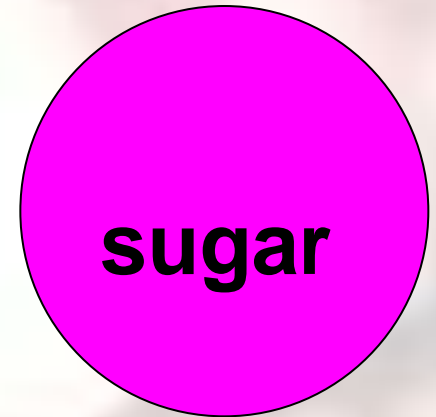
FOUR FACTORS ARE NECESSARY TO PRODUCE DENTAL DECAY



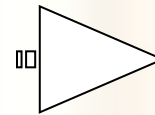
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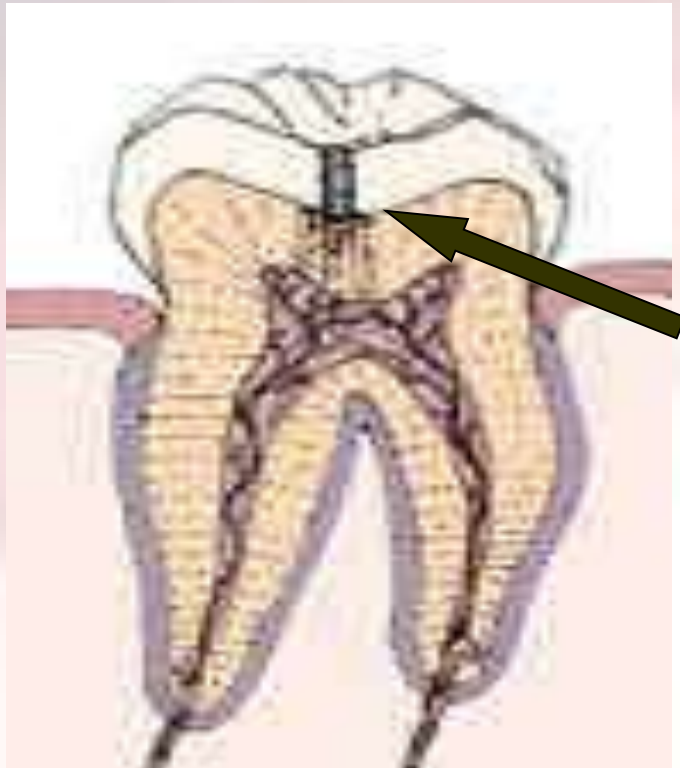
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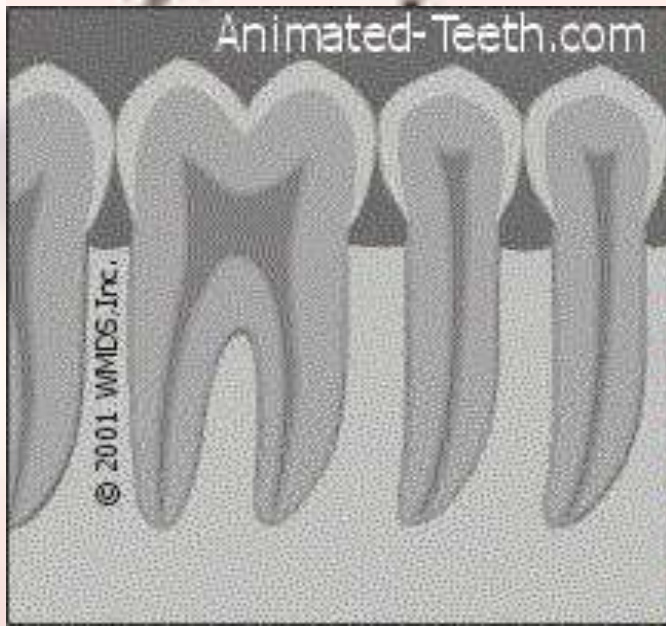


DECAY

Progression of Tooth decay..



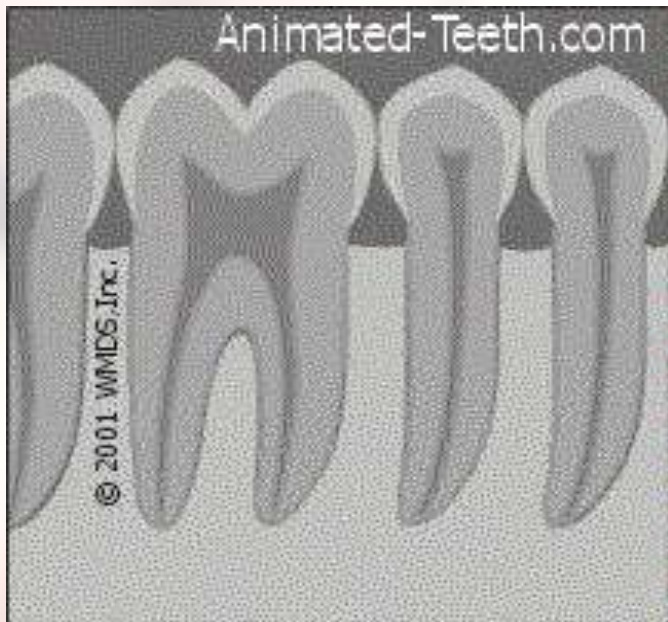
These bacteria produce an acid that destroys the calcium in the tooth's enamel, which leads to developing a hole in the tooth.





Progression of Tooth decay Cont ..

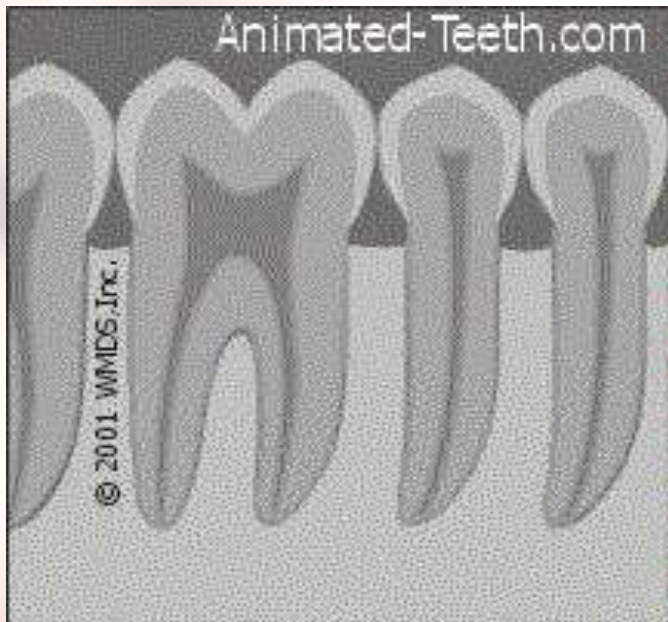
The dentin contains many tiny holes, which rot's faster than the enamel.





Progression of Tooth decay Cont...

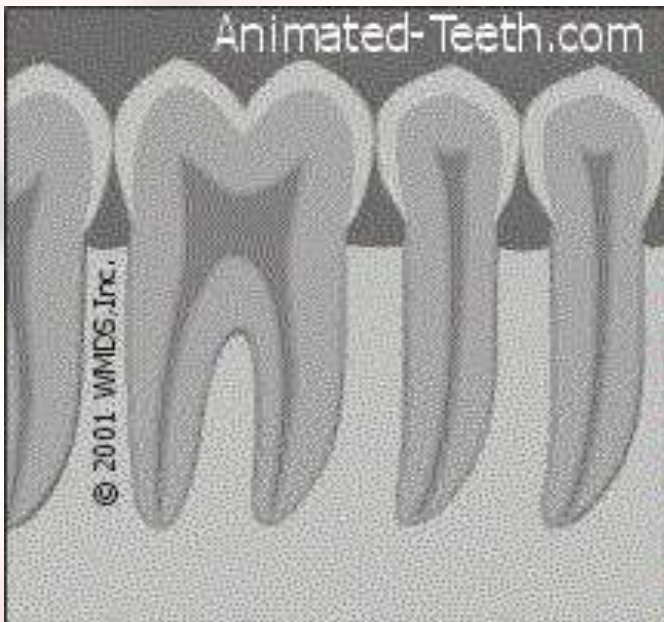
As the decaying process continues, bacteria moves through the porous dentin until it finally reach the pulp – the blood supply to the tooth.



Progression of Tooth decay Cont ..



As large amounts of bacteria enters the pulp, the tooth decaying process complete and leaving a person with a toothache.

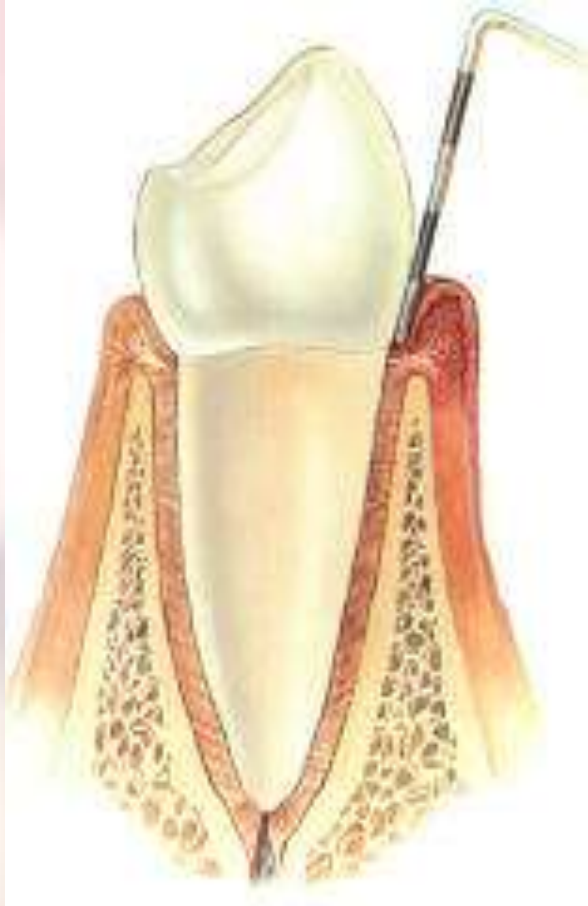




Progression of Tooth decay Cont ..

A tooth abscess or a big swelling forms around the tip of the tooth's root. Most commonly appears on the outside of the teeth.

WHAT IS GINGIVITIS ?



Gingivitis is an inflammation of the gum tissue.



PERIODONTAL DISEASE

Gum Disease cont...



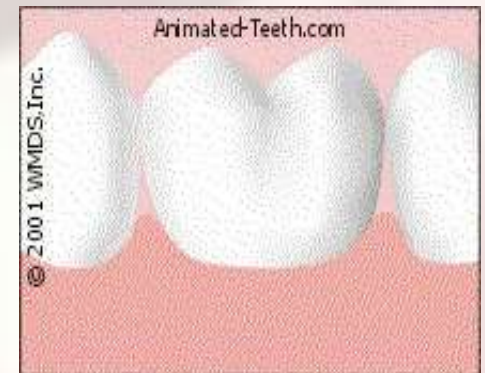
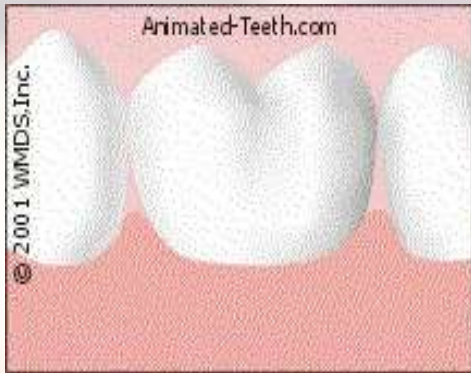
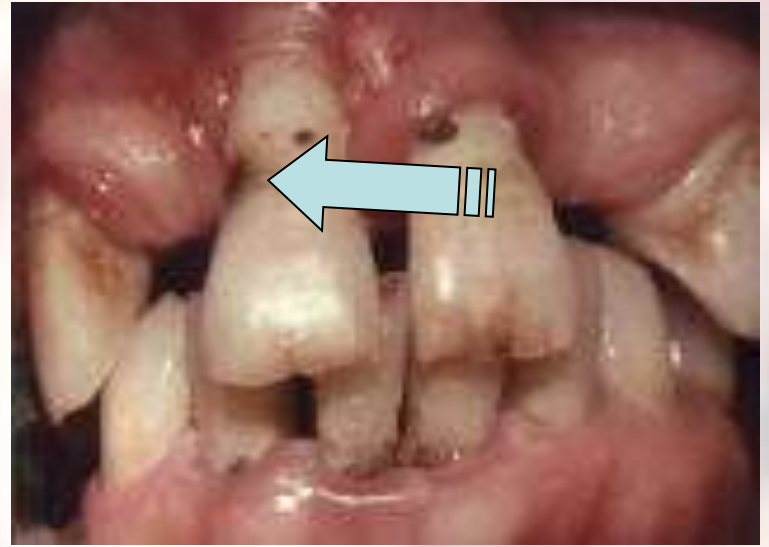
EARLY STAGE OF GUM DISEASE



ADVANCED STAGE OF GUM DISEASE

PERIODONTAL DISEASE

Gum Disease cont...



BAD BREATH

What is it ?

Bad breath or Halitosis is caused by the breakdown of food particles left in or around your teeth. This can cause a foul odour.

PREVENTION:

1. Proper tooth & tongue brushing after meals
2. Flossing teeth
3. Drink plenty of water
4. Adjust diet, some foods like garlic & onions can effect your breath
5. Regular dental check ups

TOOTH BRUSHING DENTAL FLOSS



- Brush teeth twice a day – in the morning after breakfast & at night before you go to bed
- Floss at least once a day
- Use fluoride toothpaste – low fluoride for children

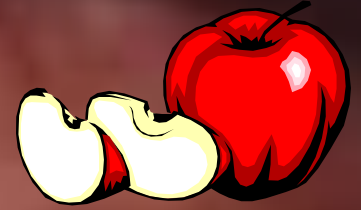
“Remember Floss then Brush”



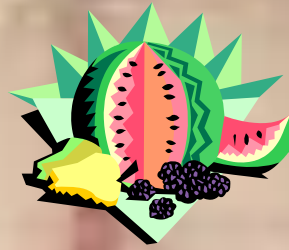
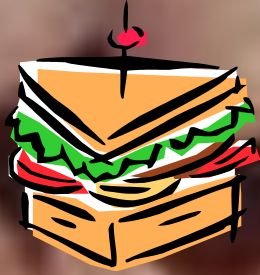
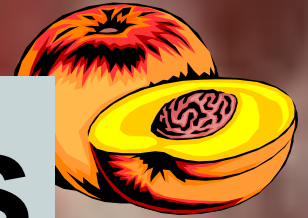
FLUORIDE

Fluoride works in three ways to help protect teeth from decay:

- 1. Fluoride helps to make teeth stronger**
- 2. Fluoride helps fight bacteria that causes tooth decay.**
- 3. Fluoride helps fix the very early stages of tooth decay**



Healthy Choices



Brought to you by Wellington South Nursing Initiative in association with

Regional Public Health
Better Health For The Greater Wellington Region



Capital & Coast
District Health Board
OPOKO KI TE URU HAUORA



BREAKFAST CO-OP

Healthy Breakfast 4 U Making it easy and Saving you Money

Pick your child up from school and buy
Breakfast Foods for your Family - all in one stop!
2.45 - 3.15 Every Thursday
Milk, Bread, Cereal & Fruit delivered fresh each week
Orders can be placed in advance or buy direct on the day



At Miramar South School,
every Thursday during the School Term
starting Thursday 21st August.

Food supplied by

PAK'nSAVE

A Little History

- For the past 5 years Rata School in Lower Hutt has run a Breakfast Co-op

A mom of one of the teachers saw that students were coming to school hungry and wanted to offer affordable healthy breakfast food for parents to buy to feed their children.

- This is now taken on board by Naenae School
- WSNI met with both schools and with their support formulated a plan for Miramar South School

More History

- Consulted with Community and School Board to gain input and approval
- Received HEHA Grant for Breakfast Co-op start up

New water fountains for school and Aoga Amata

New fridge and microwave for School

Goals and Objectives

In an attempt to address this issue in the community the following goals were set

- **To identify any existing food coops**
 - visit Rata Street School and Naenae School
 - assistance will be provided by Rata Street coordinator and principal Naenae
- **Elicit support from identified community**
 - Strathmore community Centre and Miramar community Centre
 - Champions in the community
- **Involve local food producers and/or markets**
 - Discussion with management local supermarket
 - Confirmation of request for basic breakfast foods
- **Confirmed location with Miramar South School**
 - met with principal
 - secure room available

Goals and Objectives

- **Safe storage of perishable goods**
 - Purchase of refrigerator
 - Delivery service same day from market
- **Date of commencement**
 - Kick off with community breakfast, healthy options
 - Date and time to be decided by community

Evaluation end of 6 months and ongoing support

Collaborative initiative with the following organizations

- Miramar South School Staff and Board
- Miramar Aoga Amata
- Pac'n Save Kilbirnie
- Curves Gym Miramar
- Weta Digital
- Health Promoting Schools
- RPH Nurse
- CCDHB Health Promotions
- Fonterra
- Heart Foundation
- Wellington Phoenix the 2 team members were outstanding role models for the children and talked about healthy life style and nutrition
- City Life
- WCC on board with Snapper Bags for packaging at Breakfast Co-op
- ACC more green bags
- California Garden Center Café







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District Health Board
ŪPOKO KI TE URU HAUORA

Regional Public Health
Better Health For The Greater Wellington Region



Initial and follow up Breakfast Co-op Survey

Past

- **32 out of 101**
- **children had no Breakfast**
- **12 eat dry cereal (no milk)**
- **8 pies**
- **4 ice blocks**

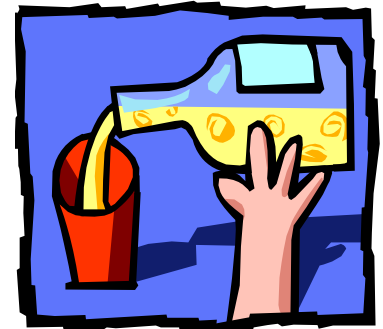
Present

- **Minimal change in number of students who had no breakfast**
- **Children eating breakfast now making better food choices**
- **All children have milk on cereal**
- **1:3 children eating toast**
- **Less junk food consumed**
- **3 pies**
- **2 ice blocks**
- **School now providing milk Weetbix and Milo 2 days a week**

Progress to Date

- Nov 6th was the 6th Breakfast Co-op
- Volunteers from community now participating
- To date have had 25 families place orders
- Aoga Amata has weekly order
- Sales are increasing
- Noted from local dairy decrease sales of junk food before school
- In negotiations with other schools to expand program

Unhealthy Choices



DON'T FORGET....

Being responsible for your own teeth means:

- **Regular dental check ups**
- **Brushing and flossing**
- **Healthy food choices**
- **Drinking mainly fluorinated water**
- **Protection guards during active sports**
- **Quit smoking**



