

National Nursery Toothbrushing/Dental Pack Distribution Project**Date**

From July 2002

Location

NHS Greater Glasgow

Key PartnersScottish Executive
University of Glasgow
Oral Health Action Teams**Contact**Lynn Jackson
Health Promotion Officer**Summary of project and achievements****Nursery Toothbrushing**

The Scottish Executive have identified nurseries and other Pre-5 establishments as ideal settings to introduce toothbrushing programmes to improve the oral health of pre fives in Scotland. The Scottish Executive target for 2010 is to ensure 60% of 5 year olds are free from dental disease. Worryingly there are currently just over 60% of five year olds in Greater Glasgow *with* dental disease. The nursery is recognised as a unique health promoting setting due to its educational status and community focus. The Scottish Executive provides funding, which is devolved through GGNHSB to Oral Health Action Teams who co-ordinate and support toothbrushing programmes locally as part of the wider 'Healthy Teeth for Life Programme'. The rationale for establishing toothbrushing programmes in nurseries is two fold; firstly promoting healthy habit forming behaviour and life skills, and secondly the regular exposure to fluoride.

Get Brushing Club

The Scottish Executive then identified further funding for the distribution of Dental Packs containing Toothbrush, Fluoride Toothpaste and an Information Leaflet to all 8 month olds via Health Visitors with subsequent distribution to children living in DEPCAT 5-7 areas at three monthly intervals until the age of 5, through Community Pharmacies. However, from January 2005 this project will change slightly with dental packs also being distributed biannually in nurseries and on entry into primary 1. This distribution schemes provides an excellent opportunity to reinforce practically the continuation of toothbrushing at home.

These programmes support a range of different professional groups to develop key oral health themes with parents/carers to prevent dental decay and promote oral health with their young children.