

# 2016 Ealing Council Annual Public Health Report

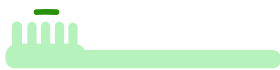


The focus of this year's Annual Public Health Report is children's oral health. This is a high priority for Ealing as our children have the highest level of tooth decay in London. Yet with 90% of dental decay preventable, there is plenty of potential for public health action. This year, we are trying out a new report format - let us know what you think.

**Dr Jackie Chin, Director of Public Health**

## How can we improve the teeth of Ealing children?

### PARENTS / GUARDIANS



- Discourage sugary drinks and foods
- Don't add sugar to weaning food or drinks
- Start brushing as soon as your baby's first tooth comes through
- Brush twice a day with toothpaste containing fluoride
- Visit a dentist by the age of 1 year
- Help with your child's tooth brushing until at least 7 years old

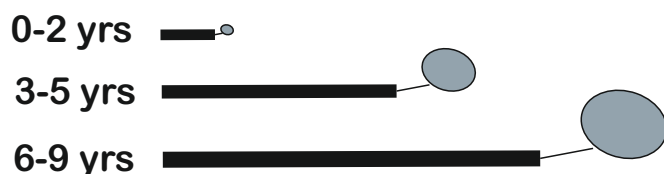
- Provide teaching on keeping teeth healthy
- Advise parents/guardians to take children to a dentist by 1 year
- Discourage sugary drinks and food
- Don't add sugar to weaning food or drinks
- Supervise tooth brushing up to the age of 7 years

### PROFESSIONALS



## Children should visit a dentist by 1 year old

% of Ealing children visiting dentist in previous 24 months

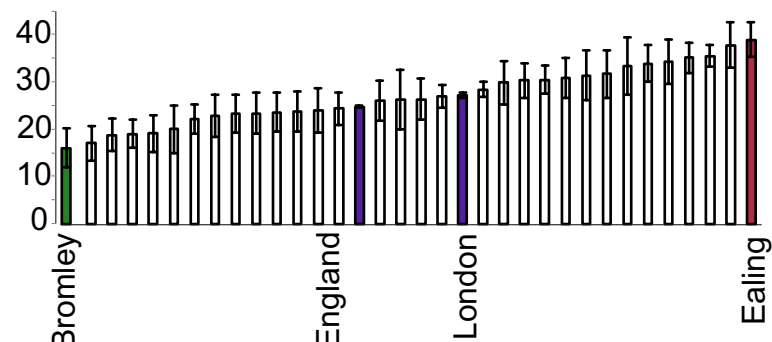


Children should make their first visit to the dentist within 6 months of eruption of their first tooth, which is usually between 6-9 months. Yet fewer children aged 0-2 years in Ealing visited the dentist than the England average as well as compared to older age groups.

## Ealing children have the most cavities in London

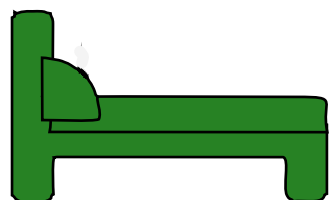
**Ealing**   
**London**   
**England**

Ealing has the highest child tooth decay rate in London. At age 5 years, two in every five children have tooth decay. Those children at age 5 who have experienced tooth decay have nearly twice the level than the average for London and England.

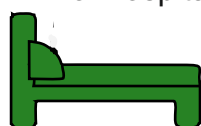


% of 5 year olds with tooth decay in London boroughs

## This leads to a high rate of avoidable hospital admissions



Dental decay



Viral infections



Tummy pain

Size of bed is proportional to number of hospital admissions in 2015/16

Dental decay is the most common reason for non-emergency hospital admissions in children aged 1-18. In 2015/16, there were 576 hospital admissions for dental decay: more than the next two causes combined.

# Finding a NHS dentist in Ealing

## NHS dental treatment is FREE for children under 18 years

There are many NHS dentists taking on new patients. If you do not have a dentist, simply call any NHS dentist and ask for a new NHS patient appointment. Unlike GPs, dentists do not have a catchment area, so you are free to go to any NHS dentist of your choice.

To find a NHS dentist, go to [www.nhs.uk](http://www.nhs.uk) and search “Dentist near you” or telephone NHS 111 on 111

Try to take your child to the dentist at least once a year or more frequently as recommended by your dentist.

Ask your dentist for advice on how to prevent cavities (including the use of fluoride varnish which protects the teeth).

## OTHER PUBLIC HEALTH NEWS

**Making Every Contact Count (MECC)** is about taking opportunities to improve health for members of the public, for our family and friends and even for ourselves. Evidence shows that 1 in 8 people respond to brief advice about alcohol intake by reducing their drinking behaviour and 1 in 20 people go on to quit smoking following brief advice. MECC supports professionals to take every appropriate opportunity to support individuals to better health by embedding the key public health messages into all of their work. Since October 2016, the public health team has trained a range of professionals from Ealing Council, Ealing GP practices and community health teams with more training to come. It is estimated that Ealing professionals will have carried out more than 17,000 MECC conversations by the end of March 2018.

*“It's given me a better sense of the questions I should ask and how.  
A positive approach to a better empowered patient.”*

GP practice staff member

Last year through public health programmes:

**8,136** Health Checks were carried out identifying over 1000 residents at high risk of heart disease or stroke

An estimated **£524,000** was saved across Ealing from helping residents quit smoking

An estimated **£1,976,000** will be saved in the next two years from reducing excessive alcohol consumption

Faced with the highest levels of childhood obesity in Ealing, **Stanhope Primary School** decided to introduce a range of measures to improve its pupils' health. These included:

- a **Daily Mile** to be run by all pupils whatever the weather
- a **water-only packed lunch policy** with token rewards
- **3 minutes of high-intensity exercise** (e.g. star jumps) each day

We are now evaluating the impact of this innovative programme.