

# An Evaluation of 2-year-old Oral Health Habits In Solihull



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## Background

At the time of this research the latest Oral Health Survey in Solihull showed 14.5% of 5-year-olds were experiencing decay (2019). In 2021, some non-recurrent funding was made available to Solihull Special Care Dental Service from NHSEI, commissioned by the local authority.

It was suggested engaging with the Health Visitors (HV) by delivering Dental Health training updates (post-covid) and providing an 'Oral Health Improvement Pack' at the 2-year health visitor check. Evaluation forms were completed by parents at the 2-year health check to assess their oral care habits prior to their appointment. 370 evaluations were collected between April 2022 – March 2023.

## Results

**Image 1**  
How many times a day does your child brush their teeth?

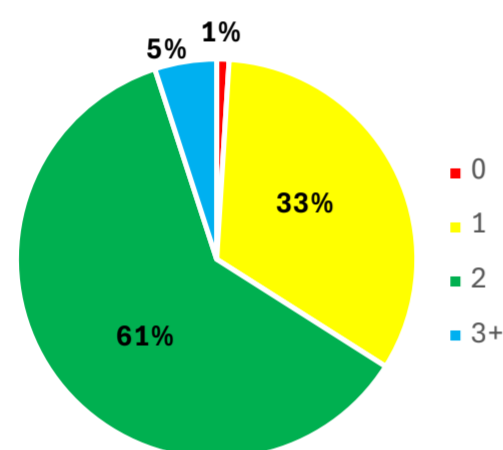


Image 1 shows 34% of 2-year-olds are not brushing twice per day

**Image 2**  
Does your child attend the dentist?

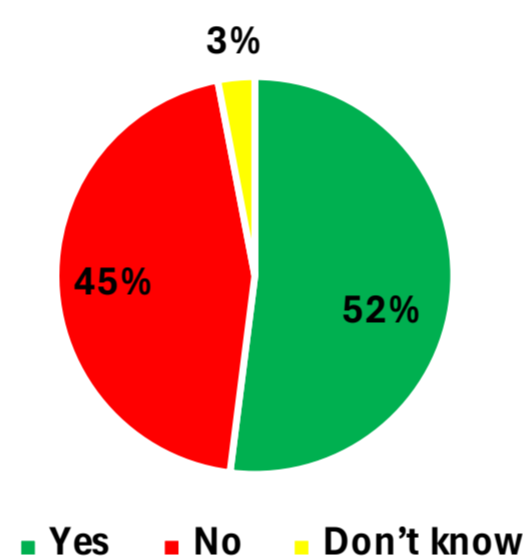


Image 2 shows 45% of 2-year-olds have never visited the dentist. (37% have been in the last 6 months)



**Image 3**  
Does your child eat or drink anything (other than water) after brushing their teeth at night?

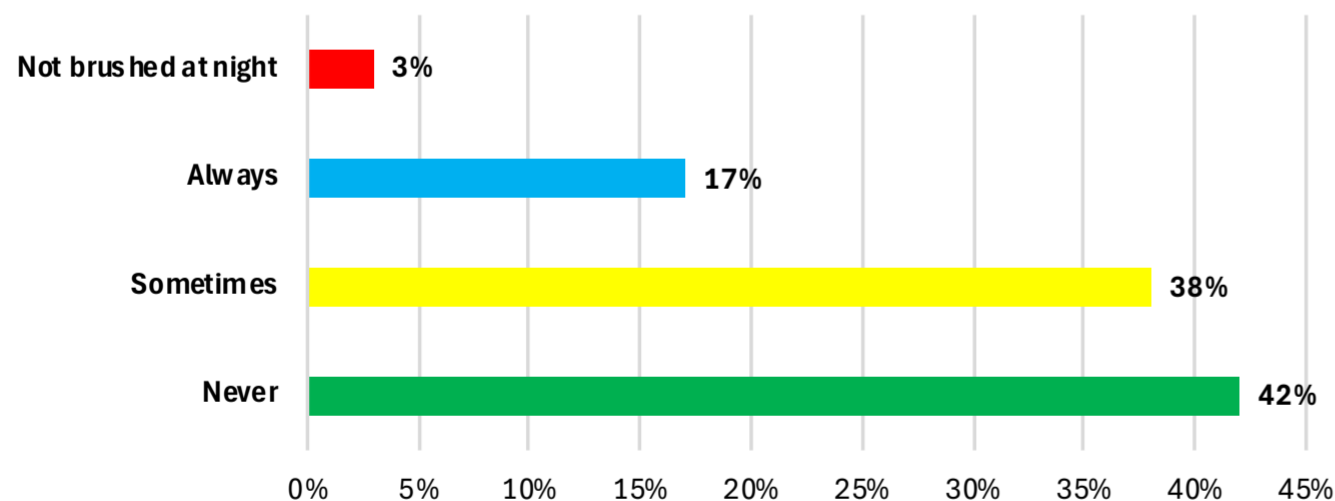


Image 3 shows 58% of 2-year-olds are having something to eat/drink after brushing their teeth at night (or not having their teeth brushed at night)

**Image 4**  
Do you help your 2 year old brush their teeth?

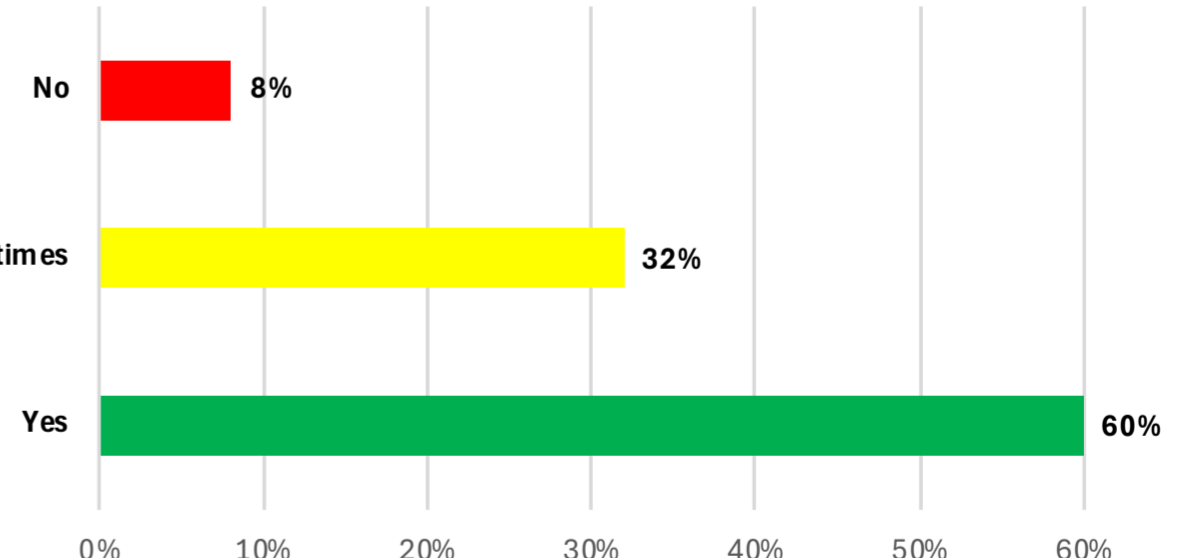


Image 4 shows 40% of 2-year-olds are not having consistent support with their toothbrushing.

## The future

A review of the clinical effectiveness programmes by NICE and PHE 2014 has identified that targeted provision of a toothbrush and fluoride toothpaste by a HV may reduce dental decay in 5-year olds.

This project has highlighted important dental health messages that need to be reinforced at HV dental updates - encourage supervised

brushing twice daily until age seven and for health visitors to emphasise the importance of regular dental check-ups. This project shows that the wider healthcare team play an important role in oral health messaging for infants and is an example of 'making every contact count'.

### References

- 1) Hospital tooth extractions in 0 to 19 year olds 2022 - GOV.UK ([www.gov.uk](https://www.gov.uk))  
<https://www.gov.uk/government/statistics/hospital-tooth-extractions-in-0-to-19-year-olds-2022/hospital-tooth-extractions-in-0-to-19-year-olds-2022>
- 2) Oral health survey of 5-year-old children 2019 - GOV.UK ([www.gov.uk](https://www.gov.uk))  
<https://www.gov.uk/government/statistics/oral-health-survey-of-5-year-old-children-2019>