



University  
of Dundee

## FOUR TIPS FOR BETTER DENTAL HEALTH



An article in the Independent provides important oral health guidance for patients. It includes advice on brushing technique and tips for good oral health, including spitting not rinsing, using fluoride toothpaste and disclosing tablets, and

having no more than four 'sugar hits' per day. The piece is authored by Nicola Innes, pictured, a professor of paediatric dentistry at the University of Dundee and Clement Seeballuck a clinical lecturer. (<https://www.independent.co.uk/news/health/teeth-brushing-toothbrush-dental-health-hygiene-decay-toothpaste-a8719581.html>)

## ACADEMIC SAYS IMPROVING ORAL HEALTH CAN HELP REHABILITATE PRISONERS

Professor Ruth Freeman from the School of Dentistry at the University of Dundee has said a health coaching initiative developed in Tayside has led to a significant shift in the behaviour and wellbeing of prisoners at Perth Prison. The team from the university's Dental Health Services Research Unit (DHSRU) within the School of Dentistry, developed the People in Prison, Health Coaching for Scotland (PeP-SCOT) programme to provide health coaching training for inmates.

She said: 'The pain of toothache can influence a person's mood and we know that there is a link in the homeless

population between having decayed and missing teeth and depression. There's no reason to think there might not be a similar link to those people in prison. Oral health can significantly impact on the quality of life of those in prison, from not being able to eat properly or having painful teeth, to more social aspects, with many feeling self-conscious or embarrassed about their appearance.'

The People in Prison, Health Coaching for Scotland (PeP-SCOT) programme trains people in prison to become peer health coaches. Participants receive qualifications following 92 hours of training.

## FAMILY DOCTORS SIGN UP TO POOREST AREAS AFTER £20,000 INCENTIVES



Record numbers of GPs are working in some of England's most deprived communities after being given £20,000 'golden hellos' to tackle the under-doctoring of poorer

areas. More than 500 trainee family doctors have begun working in places such as Hull, Blackpool and Cumbria since 2016 in a move NHS bosses hope will tackle health inequalities. The incentive helped persuade 265 doctors last year to start their career in areas that have struggled to recruit enough GPs. That is double the 133 of a year earlier and the 122 in 2016, the first year the payments were offered.

## Soft drinks in Australia targeted with graphic images of tooth decay in new health campaign

A new public health campaign that mocks the glamour of soft drink advertisements is urging Australians to consider the impact of sugary drinks on their teeth. The Rethink Sugary Drink health campaign features young people drinking red cans of a drink that appears to contain cola, before flashing smiles that reveal rotten teeth.

The online-only campaign will be shared on social media by health and community organisations. The Australian Dental Association (ADA), Diabetes Australia and the Cancer Council are among eight groups using the campaign to call for:

- A levy on sugary drinks to increase prices by 20 per cent
- A government-supported social marketing campaign to highlight the health effects of sugary drinks
- Restrictions to reduce children's exposure to marketing of sugary drinks
- Restrictions on the sale of sugary drinks in schools, government institutions and at children's sport events
- State and local government policies to reduce the availability of sugary drinks in workplaces, healthcare facilities and other public places
- Promotion and easy access to fluoridated tap water

Another 11 health and community organisations have backed the awareness campaign.

