

DCBY1 PRACTICE OF THE YEAR AWARD 2023 OPENS FOR ENTRIES

The launch of the 2023 NASDAL Dental Check by One (DCby1) Practice of the Year award has been announced by the National Association of Specialist Dental Accountants and Lawyers (NASDAL).

The award seeks to recognise a practice that has successfully introduced the British Society of Paediatric Dentistry (BSPD) Dental Check by One into their practice. The aim of the initiative is to increase the number of children who access dental care aged 0–2 years, by campaigning to get infants into a dentist's chair by their first birthday.

Established in 2018, the award seeks to highlight excellence in the provision of oral care and prevention in children and showcase the opportunity to achieve a real business improvement. Particular credit is given to applications from dental practices with evidence supporting their contribution to the overall health of their community.

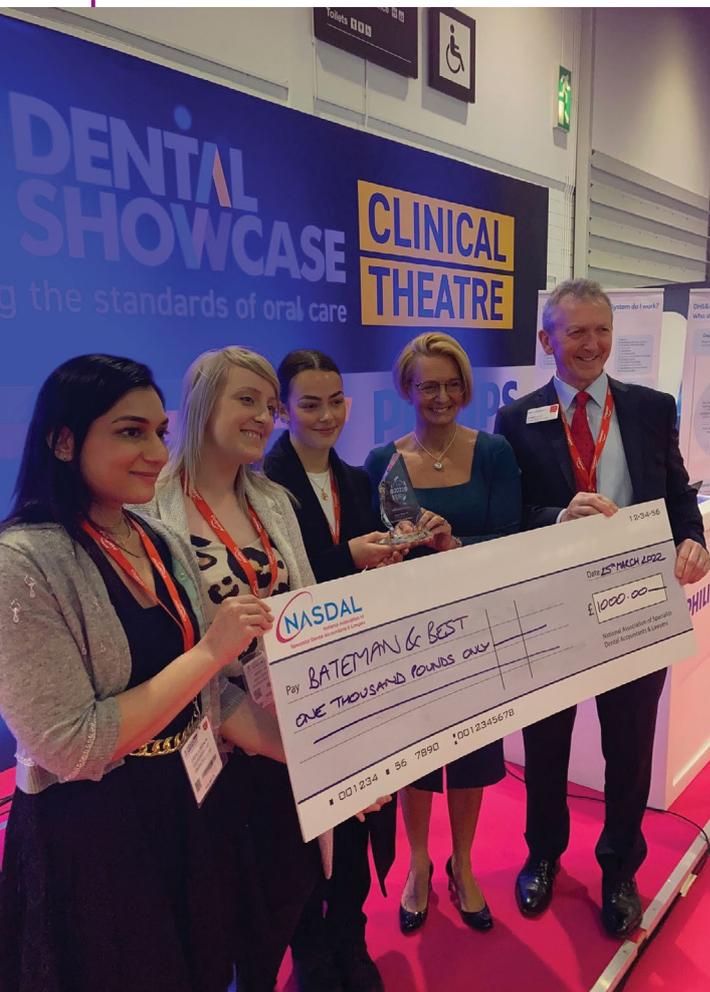
The award will be presented by CDO England, Sara Hurley, at the BDIA Dental Showcase in ExCeL London on Friday 24 March 2023.

Professor Claire Stevens CBE, Spokesperson for BSPD, said: 'We appreciate that the last few years have not been easy for dental practices – however, the importance and impact of reaching those responsible for the oral health of babies in their families or care continues to be crucial. We know that DCby1 can make a difference and we were heartened to see that within as little as two years since its launch, there had already been an improvement with more children aged 0–2 accessing a dentist during that period. We appreciate that the success is in part due to many dental practices getting on board with the campaign and we are so grateful for the hard work of dental practices up and down the UK who support the DCby1 initiative.'

'I would urge all surgeries that have made particular efforts with the youngest in their communities to enter the award and let us recognise and celebrate your efforts!'

Practices who are interested in entering the 2023 NASDAL DCby1 award should visit <https://www.nasdal.org.uk/award>, where they will find all the relevant details and can register. All entries must be submitted before 5 pm, Friday 10 February 2023. The winning practice will receive £1,000, a trophy, and the right to use the NASDAL Dental Check by One Practice of the Year 2023 title.

2022 winners, Bateman and Best receiving their award from CDO, Sara Hurley and Chairman of NASDAL, Nick Ledingham



LARGEST STUDY OF ITS KIND REVEALS INCREASED RISK OF TOOTH LOSS DUE TO OBESITY

A clear link between obesity and tooth loss has been confirmed in the largest study of its kind of over 200,000 adults which examined BMI, tooth retention, tooth location and age.¹ The major new analysis of health insurance claims and health check-up data found that the higher the BMI, the greater the risk of tooth loss, especially in the over-40s. The research group based at Shiga University of Medical Science, Japan, collaborated with the Japanese company Sunstar to analyse the relationship between BMI (Body Mass Index, calculated from body weight and height) and the numbers of teeth in each age group, and compared the positions of tooth loss between obese (BMI ≥ 25) and non-obese subjects using the large database of health insurance claims and health check-ups.

A higher BMI was associated with fewer residual teeth in the over-40s. Obese people lost more teeth, especially molars (ie posterior teeth), compared to non-obese people. Smoking habits, in addition to obesity, increased the risk of tooth loss in positions different from those likely to be affected by obesity. Obesity was also identified as a risk factor for tooth loss independent of sex, age, smoking, and diabetes. Although obesity had been known to be related to tooth loss, this data analysis enabled it to be assessed by the level of the BMI and residual teeth.

Preventing tooth loss, chewing food well, and having good dietary habits help maintain quality of life (QOL) and promote general health. The research based on real-world big data demonstrates that obesity, a risk factor for various diseases, accelerates tooth loss at a relatively young age. People with obesity should be encouraged to prevent tooth loss and maintain good health by visiting the dentist early to treat periodontal disease and caries and by caring for their molars with a proper oral hygiene routine.

Reference

1. Hayashi M, Morino K, Harada K *et al*. Real-world evidence of the impact of obesity on residual teeth in the Japanese population: A cross-sectional study. *PLoS One* 2022; doi: 10.1371/journal.pone.0274465.