# NewsBites

## Dental Newsletter for High Schools & Colleges

Issue 2 February 2007

All eligible children are entitled to free dental care up to their 18th birthday. Not all dentists in Auckland provide the free service so it is important that adolescents attend the clinic of a contracting dentist or a mobile dental provider. To locate a contracting dentist please call us on 0800 ITS FREE

*Useful Telephone Numbers.*

General Enquiries

*Adolescent Dental*

0800 ITS FREE

0800 487 3733

*School Dental Service*

09 839 0565

Web Sites

CMDHB

www.cmdhb.govt.nz

WDHB

www.waitematadhb.govt.nz

ADHB

www.adhb.govt.nz

***Corinna Wylie***
***Regional Adolescent Oral Health Co-ordinator***

## Word of Mouth

Although there is a free dental service available for under 18's, our 2005 data reveals that despite this free service only 44% of adolescents are turning up at the dentist for their annual appointment. The vast majority of school children up to and including Year 8 are being treated by the School Dental Service so there is a big drop off for treatment when they transfer over to the Adolescent Dental Service in Year 9. One way we have tried to address this problem is to increase the number of schools that have the service of a mobile dental provider.

We are very thankful to those high schools that are willing and able to accommodate the visit of a dental mobile into their busy schedules. We have no doubt this benefits many children who will otherwise miss out on this free health service. If yours is a school that currently does not have a visit from a mobile dental service and would like to discuss the issue further please do not hesitate to contact us

## Mobile Dental Providers

Publicly funded treatment provided to adolescents by mobile providers—2005

| DHB | Population | Treated by mobile providers | Percentage of adolescent population treated by mobile providers | Total number of adolescents treated by all providers | Percentage of treatments on adolescents by mobile providers |
|---|---|---|---|---|---|
| ADHB | 27634 | 1976 | 7.15% | 15866 | 12.45% |
| CMDHB | 35636 | 9629 | 27.02% | 16130 | 59.70% |
| WDHB | 36922 | 4314 | 11.68% | 11729 | 36.78% |
| Auckland Region Total | 100192 | 15919 | 15.89% | 43725 | 36.41% |

Our 2005 data reveals that 36% of all publicly funded treatments carried out over that year were provided by one of 3 mobile providers in the Auckland Region. Most dental treatment can be carried out on the mobiles so the service is a very effective way of taking care of the dental needs of adolescents in the most convenient method to them too.

## How much sugar is in drinks?

Many soft drinks provide up to 10 teaspoons of sugar per can! These drinks not only contribute to tooth decay but add a lot of calories to a child's diet if they are choosing drinks like cola, fizzy drink or sports and energy drinks regularly. Sweetened and diet soft drinks provide no nutrients needed for growth and development.

*Sugar content of selected drinks*

| Drink | Teaspoons of sugar per 100mls | Teaspoons of sugar per average serving size |
|---|---|---|
| ribena | 3.5 | 9 (250ml) |
| fanta | 3.3 | 20 (600ml) |
| lift plus | 2.9 | 7 (250ml) |
| v | 2.8 | 7 (250ml) |
| fresh up | 2.6 | 11 (400ml) |
| coke | 2.6 | 16 (600ml) |
| just juice | 2.6 | 7 (250ml) |
| g force | 2.5 | 10 (400ml) |
| E2 | 2.4 | 10 (400ml |
| calci yum | 2.3 | 6 (250ml) |
| powerade | 1.5 | 9 (600ml) |
| flavoured water | 0.5 | 4 (750ml) |

(*1 level teaspoon of sugar = 4g)*

## What should children drink?

### Water is best!

*Children need plenty of water to drink everyday.*

### Low fat milk (light blue and green top)

*Milk is an important source of calcium needed for growing bones*

In some areas of nutrition, it is difficult to give a clear and simple message because there are so many issues to consider. However, when it comes to sugary and sweet drinks the opposite is true. The message is very clear—plain water and reduced fat milk are the best drinks for children.

Drink manufacturers spend a huge amount of money to promote their products. They do this by re-branding and sponsorship as well as old fashioned advertising and giveaways. Some sweet drinks have grabbed media attention recently, highlighting the need to reinforce health messages about drinks.

### Sports Drinks

Sports drinks are the latest drink 'trend' with many adults and children reaching for a bottle as soon as they tie their sneakers. Clever marketing has convinced many people that they need these products whenever they exercise. While sports drinks can have advantages for athletes competing in high intensity exercise, they are high in sugar (around 12 teaspoons per bottle) and have no advantage for the majority of the community. In fact they will be undoing some of the benefits of being active by increasing kilojoules intake and promoting tooth decay.

### Diet Drinks

While diet drinks may appear to be a good alternative to sugary drinks, they are not a healthy option and should not be promoted to children. They reinforce the idea that drinks should come from a bottle , be coloured, flavoured and taste sweet–and be purchased from a shop! The acidity of diet drinks can contribute to poor dental health and some contain significant amounts of caffeine. Diet drinks should be treated as an occasional drink, just like sugary drinks

## Things to know about sugar

- We were born with a 'sweet tooth' - breast milk is sweeter than cows milk
- The main source of sugar for New Zealand children is from beverages, followed by sweets
- One quarter of New Zealand children get most of their energy (kilojoules) from beverages
- Our soft drink consumption has increased by 45% in the last five years
- To obtain one tonne of sugar, seven tonnes of sugar cane has to be cut and hauled to a mill and five tonnes of water evaporated
- A major fast food company's 'super size' soft drink is one third larger than its large size

***Sugar is a refined carbohydrate. It is often hidden in foods and beverages which are also high in fat and/or offer very little nutritional value.***

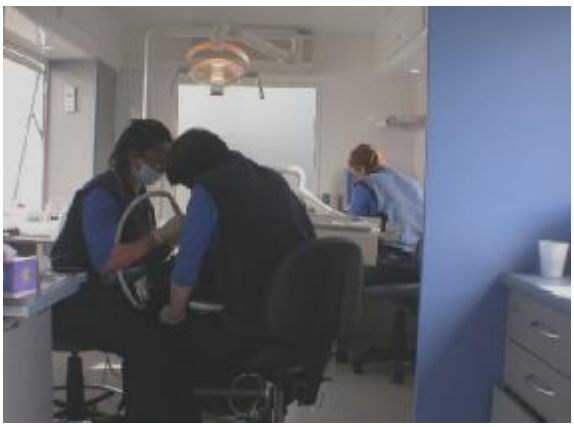
*If you wish to find out more about Beverage Guidelines for schools please contact Jasmine Hoetjes, Public Health Dietitian on 09 623 4600 extn. 27189*

## Did you Know?

- The Romans used toothpaste formulations based on human urine!
- In 1892, Dr. Washington Sheffield of Connecticut was the first to put toothpaste into a collapsible tube.
- The first toothbrush was made circa. 1780, by William Addis of Clerkenald, England
- Dental floss is an ancient invention. Researchers have found dental floss and toothpick grooves in the teeth of prehistoric humans.
- In 1848, Waldo Hanchett patented the dental chair.
- In 1875 George Green patented the first electric drill
- False teeth date back as far as 700BC. The Etruscans designed false teeth out of ivory and bone that were secured into the mouth by gold bridgework.

## Mobile Dental Services.....continued

Since our last newsletter we have now increased the number of High schools and Colleges that are visited by the mobile dental service. We are delighted to welcome Henderson High School, Epsom Girl's Grammar and Avondale College. This brings the total number of High Schools visited by a mobile provider to 50.



Our treatment data clearly shows that schools who are visited by a mobile dental service have higher uptake of treatment than schools that don't. The mobile services provided 37% of all treatments carried out in 2005. If you wish to find out more information about the possibility of a mobile service visiting your school please contact us here at the adolescent coordination service.

We are also here to liaise with your school and dental providers should you need assistance or help to resolve any issues you may encounter.

## Online Enrolment

It is now possible for adolescents to enrol for their dental treatment online. By visiting your local DHB webpage it is now easier to enrol, simply by clicking on the online enrolment link and completing the short questionnaire. This information will be sent here to the adolescent coordination service who in turn will pass the information to the dentist chosen. This information can be sent electronically, by mail or fax.

Also available on the website is a list of contracting dentists, that is dentists who have a contract with their local DHB to provide treatment for adolescents.

Visit your local DHB website and check out what's there. DHB website address are listed on the front of this newsletter.

## Can You Help Us?

A big drop off for dental treatment occurs once children have transferred out of the School Dental Service and into Secondary School. Although we distribute transfer packs to the adolescent dental service to each and every Year 8 pupil, we are still not seeing an increase in the number of children receiving treatment through the adolescent dental service.

***Call 0800 ITS FREE for all your adolescent dental service enquiries***

If you are aware of any children at your school who are not enrolled with a dentist please contact us immediately and we will ensure that they are given the appropriate information to enable them to enrol with a dentist and receive the free dental treatment they are entitled to.

Another way that you could consider in helping us is the inclusion of 'who's your dentist?' in the personal details of every new enrolee to your school. We believe it is as important for a teen to have their own dentist as it is to have their own doctor.

If you require further information about the adolescent dental service please contact us on our 0800 ITS FREE .