



Oral Health Awards for workplaces

BECOME A CENTRE OF EXCELLENCE FOR
ORAL HEALTH PROMOTION



Step 1: Register.

Email: catherine.wheatley@n-somerset.gov.uk to register your workplace for the scheme. Then flick through this handbook for ideas and all the proformas you'll need to gain your award.

Step 2: Plan.

Go through the accreditation standards and choose the goals you want to achieve. Discuss this with the wider staff team where possible. Talk it through with Better Health North Somerset to get input and support then submit your plan to us for approval.

Step 3: Act.

Work through your plan, capturing stories, photos and evidence along the way.

Step 4: Share.

Tell us and others what you've done using the proforma in the Accreditation Handbook or in a more creative way if you'd rather, just make sure you answer all the questions.



Oral Health Awards

for workplaces

Oral Health Award

To gain accreditation for integrating oral health promotion within your workplace, you must demonstrate meeting two of the criteria within each of the following standards.

| | |
|----------------|---|
| Bronze Award | Two goals in each standard (= total of 6) |
| Silver Award | Two goals in each standard plus one extra goal in any standard (= 7) |
| Gold Award | Three goals in each standard (= 9) |
| Platinum Award | Three goals in each standard as decided up and driven by staff |

Health is created when people have control over the decisions that affect them and are equal partners in the schemes designed to support them. Therefore in cases where high levels of staff participation, control and direction are evidenced, a platinum award will be awarded.

| Workplaces | | | | | |
|--------------------------|-------------------------|--------------------------|-------------------------|--------------------------|-------------------------|
| Standard 1 | | Standard 2 | | Standard 3 | |
| Educating | | Integrating | | Reinforcing | |
| <input type="checkbox"/> | Oral health CPD | <input type="checkbox"/> | Staff training | <input type="checkbox"/> | Enable oral hygiene |
| <input type="checkbox"/> | Health Fayre | <input type="checkbox"/> | Smoking Policy | <input type="checkbox"/> | Oral Health policy |
| <input type="checkbox"/> | Mouth Cancer Action | <input type="checkbox"/> | Food Policy | <input type="checkbox"/> | Encourage dental care |
| <input type="checkbox"/> | Display boards | <input type="checkbox"/> | Whole system change | <input type="checkbox"/> | Supply toothbrush packs |
| <input type="checkbox"/> | Social media / leaflets | <input type="checkbox"/> | Opportunistic OH advice | <input type="checkbox"/> | Supporting self-care |

You may achieve this by whichever means you feel is appropriate for your workplace however, for some suggestions of what this might look like please refer to the descriptions below. For any of the criteria listed below, Better Health North Somerset will be on hand to support and help you make it happen. Please contact our Oral Public Health Specialist for any guidance or information: Catherine.Wheatley@n-somerset.gov.uk



Educating

Oral Health CPD

Get your staff interested in the causes of oral diseases and the science of taking care of teeth through Continuing Professional Development opportunities. This could be CPD specifically focussing on oral health and take a deep dive into the processes at play and the best tips for care. It could be a way in to exploring other topics or, it could be included as an aspect of another theme. Better Health North Somerset can provide this input for you, or you might find that a member of staff would like to train in / research the information and pass it on to the team.

Mouth Cancer Action

Every year in the UK, Mouth Cancer claims more lives than cervical and testicular cancer combined. Yet awareness of the signs and symptoms, risk factors and preventative measures are extremely low. You could raise awareness of mouth cancer in your workplace, through whichever means you feel best – or through multiple methods. Mouth Cancer Action Month is in November each year, so you could tie in with that or make your efforts last all year.

Health Fayre

Invite friends and families of the staff in for a Health Promotion Event in which tips for taking care of teeth can be shared. This doesn't need to be restricted to oral health – why not cover physical activity, food and nutrition and mental health too? You could have the staff deliver the lessons to those who attend, perhaps each shift or team has a different information stand. Or you could invite professionals in from the local area to deliver it for you. Be sure to make it interactive and engaging like the best fayres, but without the cakes, sweets and ice creams!

Display boards

Noticeboards packed full of bites of information can grab attention and give staff little take aways that will stay with them. Make an attention-grabbing display that people simply can't walk past without learning or remembering an important tip for taking care of their teeth.

Social Media / Leaflets

Think about how you can get key information about oral health into the hands, minds and hearts of staff and their families when they're at home. This will have a wider impact too with any of the wider community who follow your social media streams. Various leaflets and social media posts are available for download and to order by post from the Department of Health and Social Care's (DHSC) Campaign Resource Centre. There is a social media toolkit in the Oral Health Awards section of the Better Health North Somerset website.



Integrating

Enable Oral Hygiene

Better Health North Somerset provide training for staff to improve oral health promotion. This covers the basics of oral health and diseases, ideas for practice and behaviour change. This can be delivered for oral health champions in the workplace, or for the leadership team as they decide how to improve the health of their staff. Whatever you might want, training will be adapted for your needs and specifications. Please arrange through the Oral Health Awards section of the Better Health North Somerset website.

Smoking Policy

Smoking impacts oral health in several negative and long-lasting ways. From staining tooth enamel to causing cancer, and many problems in between, promoting the stopping of smoking is a key step to promoting oral health. What adjustments could you make to your current policies, or what new policy could you introduce, that would support staff who want to stop, and make others think.

Food Policy

Evaluate and improve the food and drink options available to students throughout the school day and year. This includes not only regular meals like lunch and puddings but also special occasions where treats are shared, such as birthdays or celebrations. You could include packed lunches as part of this policy and provide guidance for parents. Be as radical as you like, this has to work for your school and your students. Use the Food Policy Planner for guidance.

Whole System Change

Little tweaks to the workday or environment can have a big impact and sometimes last a lot longer than the big changes we try to introduce. Think about what little changes could be made around the place to promote healthier choices, toothbrushing, reducing sugar or visiting the dentist. You could think about where unhealthy food choices are inadvertently advertised to staff such as through vending machines or on colleague's desks. What small, but significant change could your workplace make to shift the culture or environment further towards promoting oral health?

Opportunistic Oral Health Advice

This couples with staff training but can also be implemented if managers /champions feel equipped to do so. Managers/champions make the most of opportunities to drop in brief guidance around oral care. This could be picking up on something seen or said informally or as part of your work planning, output and development.



Reinforcing

Enable Oral Hygiene

This might start with an anonymous survey to staff about whether they manage to brush their teeth twice a day. Many (particularly shift workers) may say they struggle. Think about how your workplace can enable that to happen, perhaps after the hectic staff handover, or by ensuring there is access to a sink at break times. What could you do to ensure there is space and incentive for staff, particularly those with appliances such as bridges or braces, to freshen up after eating?

Supporting Self-Care

When checking in on staff health and wellbeing, oral health may not seem like the obvious route of enquiry, but as well as it being important in its own right, it can be a sign of mental health decline too. Think about how you could support staff to set personal goals in their oral hygiene, as you might any professional development goal or other personal endeavours. If a few are struggling perhaps a peer support group could be established in which oral health guidance is shared and personal goals are set, discussed, supported and achieved.

Oral Health Policy

An Oral Health Policy includes the promotion of dental care where appropriate, keeping sugar intake at school to a minimum, understanding the signs of dental neglect and knowing where to report this, training key staff in oral health promotion and promoting oral health through both one-off and whole system approaches. An example can be found in the Oral Health Awards section of the Better Health North Somerset website, and we can help you to adapt this for your workplace.

Encourage Dental Care

Consider what can be done to ensure that work attendance does not take precedence over dental care. You could: Foster relationships with local dentists and request to be told when they are taking on new patients, so that information can be passed onto staff; Remind staff that they may attend dental appointments during the working day- you may wish to request that all family members are seen on the same day where possible to reduce impact on attendance.

Supply Toothbrush Packs

Wholesale toothbrushes and toothpastes can reduce cost significantly making quality products affordable for those on the smallest budgets. Consider buying wholesale packs or items to hand out or sell at cost price / less to staff and their families. This ensures that staff have access to the resources they need to maintain a strong oral hygiene routine. Brush Bus and Sanderson AMS International can provide dental packs upon request and Dental Aesthetics sells toothbrushes in boxes of 32 or 100 in the wholesale section of their website.



Plan

Educating

| | |
|-----|--|
| Y/N | We will promote oral health through... |
| | Oral health CPD |
| | |
| | Mouth Cancer Action |
| | |
| | Health Fayre |
| | |
| | Display boards |
| | |
| | Social media / leaflets |
| | |

Integrating

| | |
|-----|---|
| Y/N | We will promote oral health through... |
| | Staff training |
| | |
| | Smoking policy |
| | |
| | Food policy |
| | |
| | Whole system change |
| | |
| | Giving opportunistic oral health advice |
| | |



Reinforcing

| | |
|-----|--|
| Y/N | We will promote oral health through... |
| | Enable Oral Hygiene |
| | |
| | Support Self-Care |
| | |
| | Oral Health policy |
| | |
| | Encourage dental care |
| | |
| | Supply toothbrush packs |
| | |

Mobilising

Describe the extent to which students will be involved in the award process

| | |
|---|----------|
| Do you intend to apply for The Platinum Award? | Yes / No |
| How have you involved staff team in the choosing of these goals and their associated actions? | |
| | |
| How are you involving staff team in the planning of how these actions are implemented? | |
| | |
| How do plan to involve staff team in the implementation of these actions? | |
| | |
| How will staff team be involved in the sharing of the progress and reaching these goals? | |
| | |



Share

| | |
|---|--|
| How did you find the Oral Health Awards process? | |
| Are you pleased with the goals that you chose and overall, how they panned out? | |
| What would you change / like to see changed if you were to do it again? | |
| How are you going to share what you've been doing with the wider community? | |
| Educating | |
| 1 | Goal: e.g. Oral Health Sessions |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 2 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 3 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| Further comments and reflections | |



| Integrating | |
|----------------------------------|--|
| 1 | Goal: e.g. Staff Training |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 2 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 3 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| Further comments and reflections | |



Reinforcing

| | |
|----------------------------------|--|
| 1 | Goal: e.g. Group Toothbrushing |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 2 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| 3 | Goal: |
| | What did you do to work towards this goal? |
| | Was this goal met? |
| Further comments and reflections | |

Mobilising

Please explain the ways in which you mobilised the clients of your service in carrying out these initiatives: