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Children from the most socio-economically deprived backgrounds have the highest levels of decay experience. 58.4% of Primary 1 children are estimated to have no obvious decay experience in the most deprived areas (SIMD 1), compared with 85.8% in the least deprived areas (SIMD 5) - a difference of 27.4%.\*

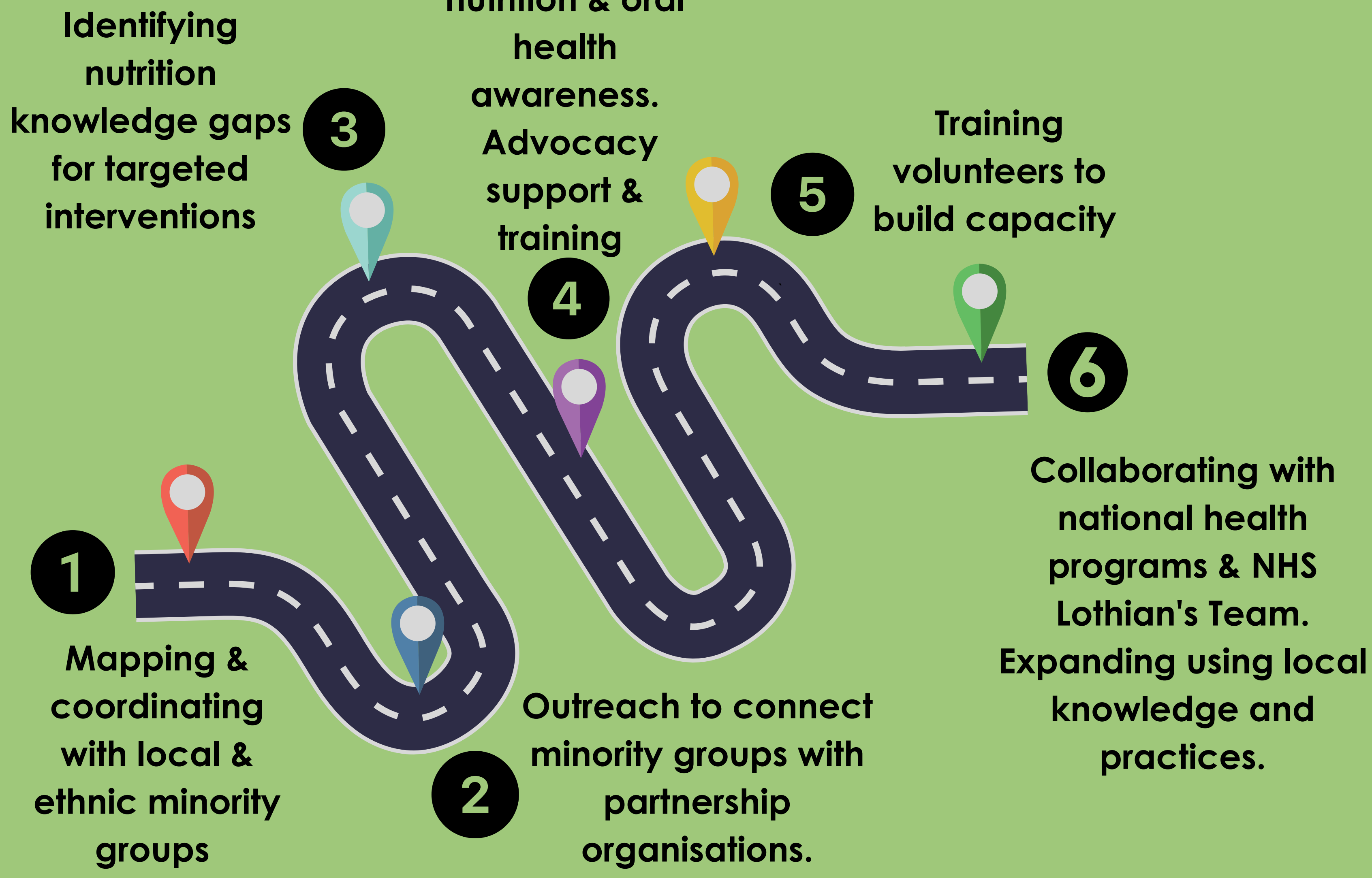
Eat Well for Oral Health is a community-based food skills and nutrition project aiming to drive oral health improvements for all living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh and the Lothians. It is designed to reduce oral health inequalities by sharing diet and nutrition knowledge and enhancing cooking skills and confidence using a community-based approach.

\*Data sourced from the National Dental Inspection Programme

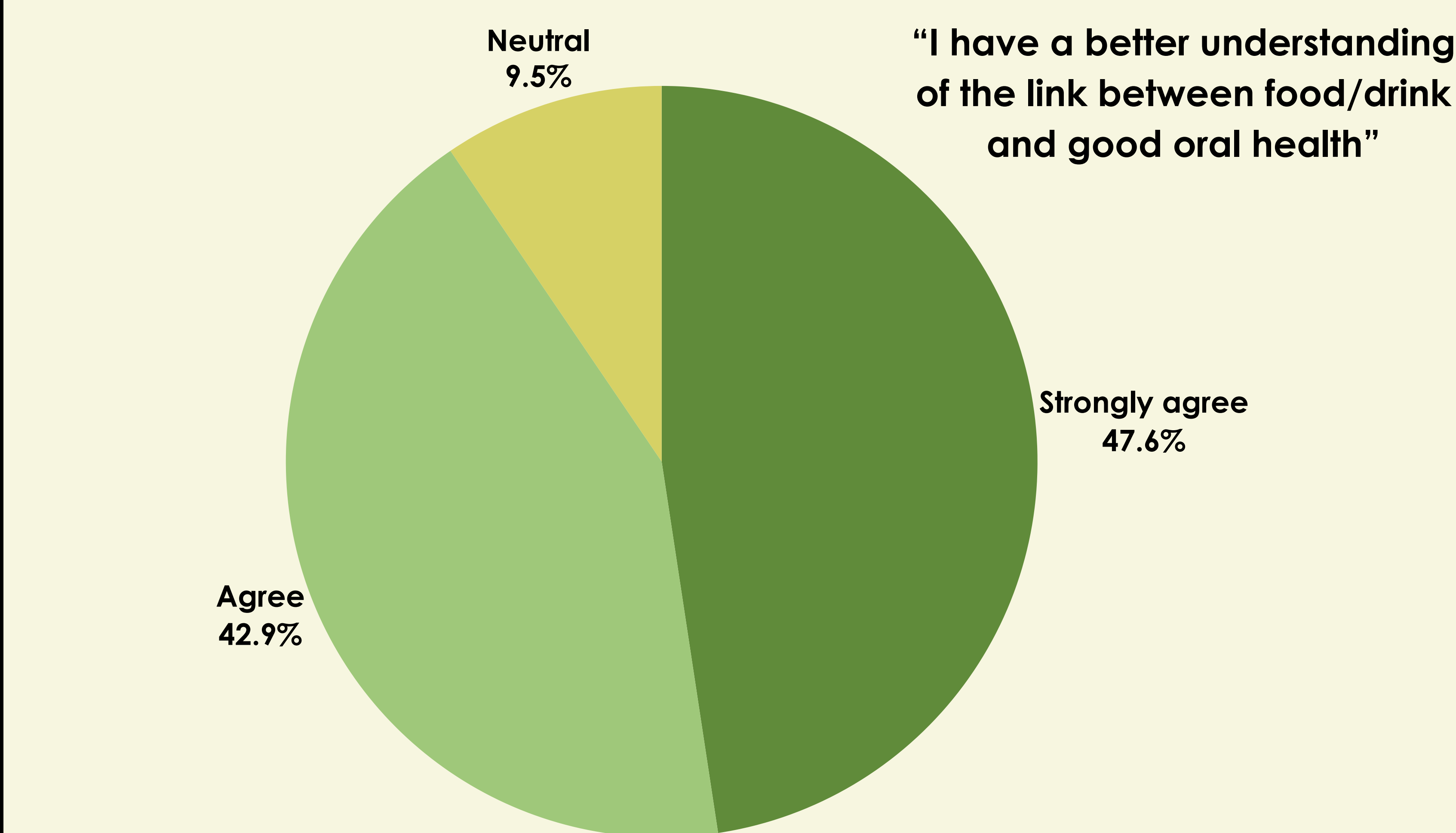
**OBJECTIVES**



**METHODOLOGY**



**RESULTS**



**FUTURE EXPECTATIONS**

For sustainability, and **scale and spread across Scotland**, we will develop:

- a 'Train the Trainer' package to support community group staff and volunteers with skills and knowledge to lead and manage groups.
- a digital **NHS Open Badge**: a bite-size learning programme.
- a **Staff Toolkit** for NHS staff, community practitioners and volunteers.

**CONCLUSION**  
 Our project has demonstrable & sustained impact on the families & communities we support and we look forward to working with partners across the sector in Scotland to implement this approach.