



January 2024



### Eat Well for Oral Health - Year 2

We are delighted to share the success of the second year of Eat Well for Oral Health. Edinburgh Community Food and LINKnet Mentoring have been working hard to spread delivery of the Eat Well for Oral Health 6-week course to 15 organisations across Edinburgh and the Lothians including to Prestonpans, Newtongrange and Blackburn.

We supported pupils with additional support needs at Castlebrae High School as part of their Achieve course unit to help improve their knowledge and ability to live a healthy life and encourage independent living skills.



### NHS NES Open Badges & Training Toolkit



Our team are currently working with NHS Education for Scotland and NHS Lothian to develop an Eat Well for Oral Health e-learning digital Open Badge. The open badge will be in addition to a training toolkit which allows the project to be scaled and spread across Scotland, giving community workers knowledge and confidence to support their community around eating well for oral health.

**“All of the young people really enjoyed their sessions. It was a great opportunity for them to not only improve their cooking skills, but to also learn more about healthy eating and how this relates to good oral hygiene.”**

**- Gillian, Teacher at Castlebrae HS**



## EDINBURGH COMMUNITY FOOD

### Energy Drinks

Young adults are the highest consumer of sugary soft drinks in Scotland.

**Jo** and **Emma** set out to explain the effects of fizzy drinks and energy drinks to nearly 200 primary 6 pupils in 4 schools in the Craigmillar area.

We looked at how high sugar and caffeinated drinks can impact oral health, sleep, school work, mental health and physical health. After great discussions and activities with the children showing just how many teaspoons of sugar are in popular energy drinks, we asked the them to create posters to highlight the health impacts and consequences of energy drinks being sold to under 16's. Winners to be announced shortly!



## LINKNET MENTORING

### Meet Ahmed

**Ahmed** joined LINKnet Mentoring providing oral health support in various ways, including conducting oral health awareness sessions targeting different ethnic groups and in our Eat Well for Oral Health cooking courses.

Moreover, the organisation recruits volunteers and encourages them to actively engage with the community.



**K9: The Smile Buddy**  
This adorable canine companion boasts a radiant smile, making oral health fun and engaging for kids. Children absolutely adore it!



# WE ARE HEALTH CREATORS

## Voluntary Health Scotland 2023

We were delighted to be our finalists in the Voluntary Health Scotland Poster Competition. The team were invited to attend their Annual Conference at Dynamic Earth in October to showcase the positive impact Eat Well for Oral Health has in reducing oral health inequalities to the audience including the Scottish Cabinet Secretary for Health and Social Care, Michael Mathieson MSP.



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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%.\*

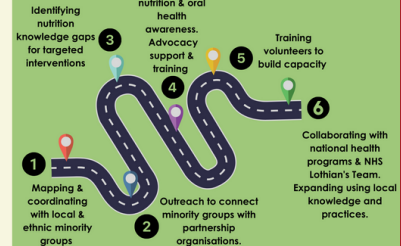
Eat Well for Oral Health is a community-based food skills and nutrition project aiming to drive oral health improvements for all living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh and the Lothians. It is designed to reduce oral health inequalities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

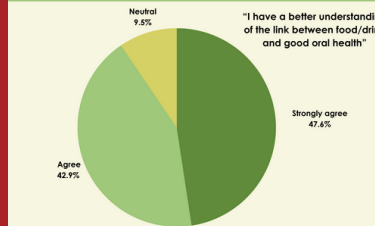
### OBJECTIVES



### 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.

## ADVOCACY

LINKnet registered 39 service users and from different ethnicity groups with a dentist, made appointments for them and supported them at the dentist visit. They were all happy to be registered with a dentist after a long time waiting. We have also provided oral health awareness to 103 participants from our cooking groups.



“Ahmed taught us how to brush our teeth. We learned that we should use a pea size of toothpaste, brush 3 teeth at a time, then flick it to get the germs off. And also remember to spit and down't rinse!” - Willow



## FIZZ FREE FEBRUARY

We will be supporting the Fizz Free February campaign this year. Watch out for information on our website and social media posts.

What will help you to reduce the fizz this February?

Tooth decay is the leading cause for hospitalisation among 5-9 year olds in the UK



To find out more about Eat Well for Oral Health, please contact Jo Howie, jo.howie@edinburghcommunityfood.org.uk, 0131 467 7326  
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