

# NewsBites

## Dental Newsletter for High Schools & Colleges

Issue 3 . February 2008

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 Information

For general enquiries call:

#### Adolescent Dental

0800 ITS FREE

0800 487 3733

Fax: 09 839 0566

Private Bag 93-115

Henderson

#### School Dental Service

09 839 0565

0800 4 DENTAL

#### District Health Board

Web Sites :

Counties Manukau DHB

[www.cmdhb.org.nz](http://www.cmdhb.org.nz)

Waitemata DHB

[www.waitemataadhb.govt.nz](http://www.waitemataadhb.govt.nz)

Auckland DHB

[www.adhb.govt.nz](http://www.adhb.govt.nz)



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

IT'S FREE &  
IT'S  
ALL GOOD!

### Word of Mouth

Welcome to our 3rd annual adolescent dental newsletter. We have started the new year with positive news regarding adolescent dental care. For the first time the number of adolescents going to a dentist for dental treatment has exceeded 50%. The figures released by the Ministry of Health for 2006 shows that the completion rate for Auckland region was almost 53% an increase of almost 9% from the previous year.

We believe this increase is the result of a combination of factors, mainly due to an increase in the promotion of the adolescent dental service, an increase in schools receiving the provision of a mobile service and also an improved handover system from the school dental service to the adolescent dental service which is provided by contracted private dentists.

In 2007 we successfully transferred 68% of Year 8 students over to their chosen adolescent dental provider. The target for 2008 is 95%. If you are aware of any student who is not receiving the dental treatment they are entitled to, call us on **0800 ITS FREE** and we will help find the student a contracting dentist.

### Year 8 Dental Transfer Process

As there is a big drop off for dental treatment when students transfer over to secondary school to the adolescent service, we felt that this needed immediate attention.

In an attempt to address this problem the school dental therapist is asking the student if they know who their family dentist is and this dentist is then nominated as their preferred provider. If the child is not sure of who their dentist is the school dental therapist will assist in choosing a dentist whose practice is close to the students home. A letter is then sent home to the parents informing them of the nominated dentist and the opportunity is given for the parents to change the provider if they so wish. The change can be made by simply calling our **0800 ITS FREE** number.

This change in procedure has resulted in 68% of children in 2007 successfully transferring over to the adolescent dental service provided by a private contracting dentist. Eventually we want to ensure that every child makes a successful transition to ensure they receive the dental treatment they are entitled to.

## Food and Beverage guidelines for Schools

As well as good dental hygiene and regular visits to the dentist diet plays an important role in young peoples dental health as well as their overall health. Many school communities are already aware of the important links between food, health and learning and are taking steps to improve their food and nutrition environments. Making healthy foods and drinks readily available within the school environment will encourage students to make healthy choices and will significantly contribute to improved dental health along with nutrition in young people. Consuming healthy foods and drinks every day not only improves students' overall health but can also improve their learning and behaviour.

### Role of school canteen or school food service

The school canteen plays an important role. It enables young people to act on the healthy eating messages learned in the classroom by selecting from food and drink choices that are healthy, look and taste good, and are affordable—a great way to encourage healthy eating habits. The canteen is one of the best places to role model healthy eating habits.

### The four food groups

The Ministry of Health's food and nutrition guidelines sort foods into four groups (vegetables and fruit, breads and cereals, milk and milk products, meat and alternatives) and recommend how much to eat of each food groups. Teenagers need a variety of foods from the four food groups every day.

The table below summarises information about each food group:

FOOD GROUP	SERVINGS PER DAY
Fruit and vegetable	Eat at least 5 servings per day <ul style="list-style-type: none"> <li>At least 3 servings of vegetables and</li> <li>At least 2 servings of fruit</li> </ul>
Breads and cereals	Eat at least 5-6 servings per day <ul style="list-style-type: none"> <li>Try to choose wholegrain</li> </ul>
Milk and milk products	Eat at least 2-3 servings per day
Meat, fish, poultry, eggs, nuts and legumes	Eat at least 1-2 servings per day <ul style="list-style-type: none"> <li>Choose lean unprocessed meats</li> </ul>

### Snack Ideas

Active teenagers need snacks to help provide the extra energy they need for growth and physical activity. Snacks should be low in fat, salt and sugar, for example, fruit, bread, yoghurt and low fat milk. Snacks should provide plenty of energy as well as nutrients.

### Great drinks

Water is best, it is cool, refreshing and easy to get and free. Milk is rich in calcium and makes a good snack. Low fat milks are recommended. Dilute fruit juice with plenty of water, add lots of ice, limit to meal times only because the natural sugar present can cause **tooth decay**. Soft drinks are popular but don't drink too much. They can be a source of unneeded calories.

## Classifying foods and drinks for schools

For people involved in selecting foods and drinks for catered meals, tuck shops and canteens, vending machines, sponsorship deals, fundraisers and other special events, the Food and Beverage Classification System identifies the healthy options.

Foods and drinks have been classified into the following three categories:

EVERYDAY FOODS: Appropriate for everyday consumption	SOMETIMES FOODS: For restricted provision	OCCASIONAL FOODS: Should not be provided
<p>Encourage and promote these foods and drinks in schools</p> <ul style="list-style-type: none"> <li>• Everyday foods are foods from the four food groups.</li> <li>• Everyday foods are the healthiest choices because, in general, they:               <ul style="list-style-type: none"> <li>* are rich in sources of nutrients,</li> <li>* contain less saturated fat and/or salt and/or added sugar and</li> <li>* they help to prevent young people from consuming too many kilojoules.</li> </ul> </li> </ul>	<p>Do not let these foods and drinks dominate the choices available and provide in appropriate serving sizes</p> <ul style="list-style-type: none"> <li>• Reduce the number of these items on the school menu or in the canteen.</li> <li>• Offer these items less often.</li> <li>• Sometimes foods include sweet snacks such as biscuits and potato chips.</li> </ul>	<p>Limit provision of these foods or drinks to about one occasion per term.</p> <ul style="list-style-type: none"> <li>• These foods are low in vitamins and minerals and contain significant levels of saturated fat and/or salt and/or sugar.</li> <li>• These foods include confectionary, deep fried foods, full sugar and artificially sweetened drinks and full sugar carbonated beverages (soft drinks, fizzy drinks).</li> </ul>

### Encourage and promote 'everyday' choices

To successfully implement changes in the school nutrition environment, it is best if the students and wider school community are involved. Marketing and promotion of 'everyday' foods from the school canteen can contribute to the success of these changes. Student involvement in the promotion of 'everyday' foods is essential. Use student innovation to promote these foods, after all, they know the target audience best.

*If you wish to find out more about Healthy Eating in schools please contact Lily Neumegan, Public Health Dietician on (09) 623 4600 ext 27215*

### Diet and Tooth Decay

Not only is your diet important to your general health, it is also important to your dental health. If you do not eat a balanced diet, you are more likely to get tooth decay and gum disease. Young people who have a poor diet are more likely to have dental problems.

The best way to avoid dental problems is by eating a balanced diet, brushing twice a day with a fluoridated toothpaste, flossing daily and visiting the dentist at least once a year.

If any student requires assistance in finding a dentist or to find out more about the adolescent dental service provided by Auckland Regional Dental Service please call us on **0800 ITS FREE**.

## Mobile Dental Services

Since our last newsletter we have now increased the number of high schools and colleges that are visited by the mobile dental service. This brings the total number of high schools and colleges visited by a mobile provider to 52.



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 over 40% of all treatments carried out in 2006. If you wish to find out more information about the possibility of a mobile service visiting your school please contact us at the adolescent coordination service on 0800 ITS FREE.



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 with your mobile dental provider.

## Online Enrolment

Please remember 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 to the adolescent coordination service who in turn will pass the information to the dentist chosen. Enrolments can be sent to us electronically, by mail or fax.

IT'S FREE &  
IT'S  
ALL GOOD!

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 and general information about the adolescent dental service provided by Auckland Regional Dental Service.

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

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

### If you:

- would like posters promoting adolescent dental health to display in your school or college, please contact us and we would be more than happy to provide these to you.
- require enrolment forms or have any other enquiry regarding adolescent dental health, we are here to help, please give us a call.
- are aware of any student who is not enrolled with a dentist or requires immediate dental treatment, call us.
- require a list of contracting dentists who provide adolescent dental treatment, please check out your local DHB website or call us.

### References:

Ministry of Health. 2007. *Catering Guide: Food and Beverage Classification System for Years 1-13*. Wellington: Ministry of Health.

Ministry of Health. 2006. *Eating for Healthy Teenagers: A Teenager's Guide to Healthy Eating (rev.ed)*. Wellington: Ministry of Health.

