

11 Key Evidence Based Oral Health Messages

These key messages were developed as a result of the Australian National Oral Health Plan 2004-13 and the need to provide consistent and evidence based messages and to be in line with the general health messages recommended by the Australian health authorities. Oral Health Service Tasmania supports and endorses these messages and the message of Spit don't rinse after brushing.

Diet

1 Breast milk is best for babies and is not associated with an increased risk of tooth decay.



2 After 6 months of age, infant feeding cups, rather than feeding bottles should be preferred for drinks other than formula or breast milk.



Sugary fluids should **not** be placed in infant feeding bottles



Comfort sucking on a bottle should be discouraged.



3 Follow the Australian Dietary Guidelines.

- Focus on
- Drinking plenty of tap water
 - Limiting sugary foods and drinks
 - Choosing healthy snacks, such as fruit and vegetables



Toothbrushing

4 Brush teeth and along the gum line twice a day with a soft tooth brush.



5 People over 18 months of age should use appropriate fluoride toothpaste.



Mouthrinses

6 Fluoride mouthrinses can be effective in reducing decay. Speak with your oral health professional about whether fluoride mouth rinsing is appropriate for you..



Chewing gum

7 Chewing sugar-free gum can reduce dental decay.



Safety

8 Mouthguards should be worn for all sports where there is a reasonable risk of a mouth injury. This includes football, rugby, boxing, martial arts, hockey, soccer, netball, basketball, baseball, squash, softball, BMX bike riding, skateboarding, in-line skating, trampolining, cricket, (wicket keeping) waterskiing and snow skiing.



First Oral Health Visit

9 Children should have an oral health assessment by the age of two years.



Frequency of Oral Health Visits

10 Everyone has different oral health needs and risk levels which should be reflected in the frequency of check ups. Talk with your oral health professional about your risk level and how frequently you need to visit for an oral health check.



Smoking

11 **QUIT** smoking to improve your oral and general health.



Oral Health Services Tasmania endorses the message - Brush twice a day with fluoride toothpaste, spit out and don't rinse message which is supported by the Australian Fluoride Guidelines 2005, 2009 and 2012.

BACKGROUND

The Australian National Oral Health Plan 2004-2013 noted the importance of oral health promotion improving oral health and stated that broad agreement was required on a consistent suite of evidence based messages.

Consistent messages are needed to avoid confusion among the public and to assist the advocacy for oral health being integrated into general health promotion.

A workshop was held to examine the scientific evidence and develop consensus oral health messages for the Australian public which are in line with the general health messages recommended by Australian health authorities.

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Oral Health Messages for the Australian public.

Findings of a national consensus workshop.

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