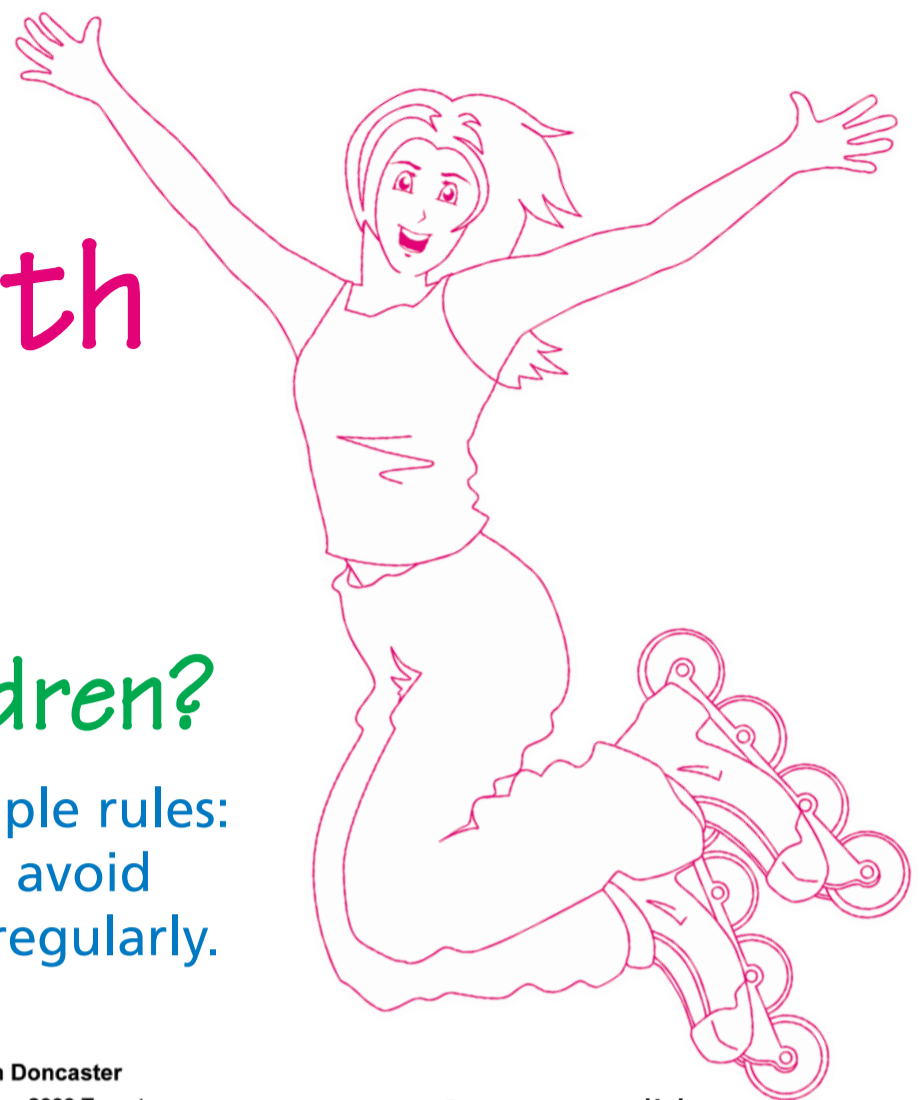


How Healthy are Children's Teeth in Doncaster?

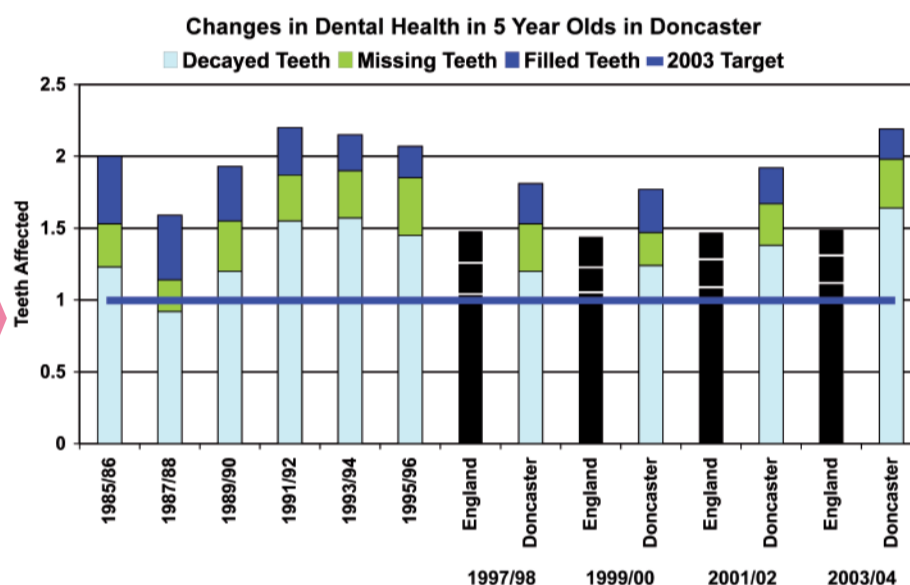


How can you help your children?

Tooth decay is preventable, just follow these simple rules: brush twice a day with a fluoride toothpaste, avoid sugary snacks and drinks, and visit your dentist regularly.

5 Year Olds Top Tip

Sign-up for fluoride milk, if your school is taking part in the scheme. It looks and tastes the same as your usual milk, and it helps prevent tooth decay!

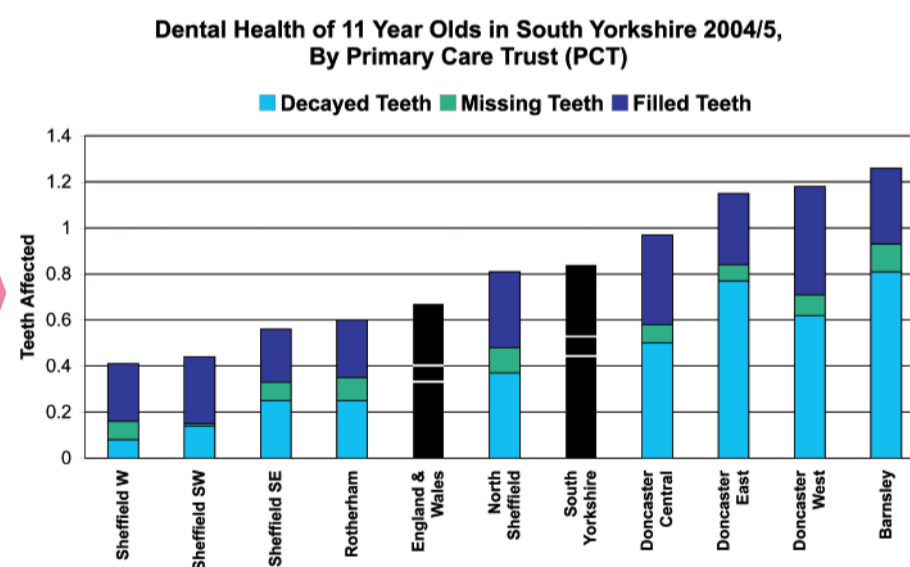


Doncaster did not meet the national target for five year olds in 2003, which had hoped that on average children would have no more than one decayed, missing or filled (DMF) tooth.

In Doncaster children have an average of 2.2 DMF teeth - over twice the target amount (2003/4 survey data).

11 Year Olds Top Tip

Start the day with a healthy breakfast such as fruit, cereal (not sugar coated), or toast. If you fill up first thing it makes you less likely to want sugary snacks.



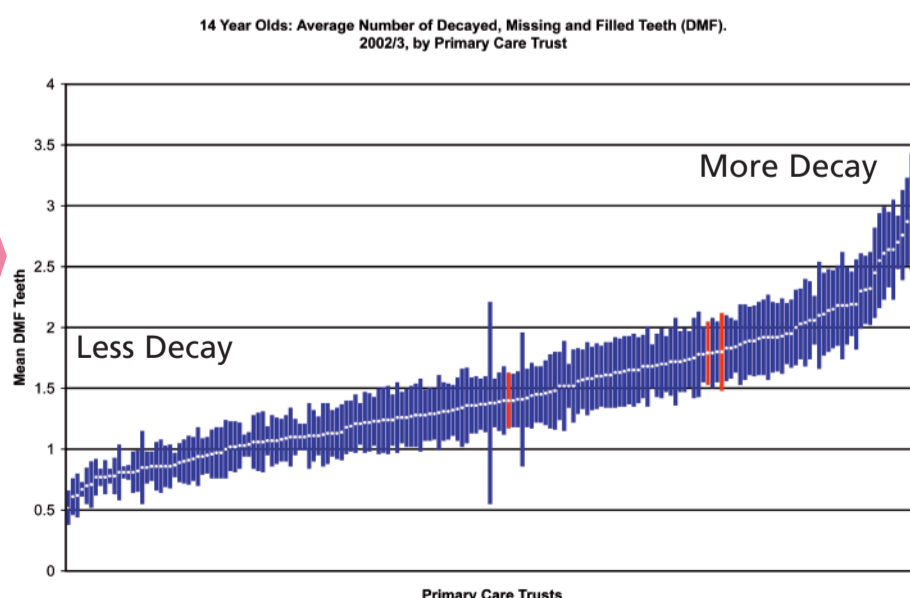
11 year olds have healthier teeth than five year olds, with fewer decayed, missing or filled (DMF) teeth.

This chart shows the average number of DMF teeth across South Yorkshire, with regional and national comparisons.

Doncaster's 11 year olds have more DMF teeth than Sheffield, Rotherham, England, and the South Yorkshire average.

14 Year Olds Top Tip

Broken teeth are a common problem among teenage boys. If you play contact sport consider wearing a mouthguard. Ask your dentist about it.



A national survey of 14 year olds found that dental health had improved slightly, although on average half of the young people were affected by dental decay. Dental health varies across England. This chart shows DMF teeth by Primary Care Trust (PCT) with Doncaster PCTs in red.

References: 5 Year Olds - Pitts NB, Boyles J, Nugent ZJ, Thomas N, and Pine CM (2005) BASCD Survey Report 2003/2004. The dental caries experience of 5-year-old children in England and Wales (2003/2004) and in Scotland (2002/2003). British Association for the Study of Community Dentistry. 11 Year Olds - Community Dental Health, Volume 23, Number 1, March 2006, pages 44-57. 14 Year Olds - Pitts NB, Boyles J, Nugent ZJ, Thomas N, and Pine CM (2004) BASCD Survey Report 2002/2003. BASCD. Survey report The dental caries experience of 14-year-old children in England and Wales. British Association for the Study Community Dentistry.