

BRUSH

optimising toothBrushing pRogrammes in nUrseries and ScHools

The Problem

A quarter of 5-year-old children in England have tooth decay. This figure can rise to 50% in deprived areas of the country. Decay causes pain and suffering, as well as affecting what children eat, their speech, quality of life, self-esteem and social confidence. In addition, decay has a wider societal impact on school readiness and attendance. Tooth decay is preventable. One key behaviour for preventing tooth decay is toothbrushing with a fluoride toothpaste. Toothbrushing programmes in nurseries and schools are effective in reducing tooth decay, especially for children with the greatest risk and are cost effective.

What did we do?

BRUSH will capture the current provision of toothbrushing programmes across England and work with a range of stakeholders to identify examples of good practice. We will then develop and test an implementation toolkit aimed at increasing uptake and maintenance of toothbrushing programmes in nurseries and primary schools.



What are the implications for policy / practice?

Findings will inform future government plans to establish a national toothbrushing programme in England.