

Oral Health Education for Ethnic Minority Groups in Edinburgh

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Overall in Scotland 4% of the population do not identify as white. However, the 2011 Census found this to be **17.9%** in Edinburgh (3).

WHO has identified **sugar** as a common risk factor for a number of diseases (1) including dental decay. This can lead to a great deal of pain for an individual (2).

Periodontal disease, also known as gum disease, is driven by **poor plaque control, smoking, alcohol and nutritional deficiencies** (4)



Poor oral health impacts tooth loss, general health and lifestyle factors such as employment (4). Ethnic minorities have a reduced uptake of health services so they are a very important population to receive prevention advice.

Our Work Aims to-

- Provide **education** to practices on inclusion and diversity
- Provide education on oral health and diet, including **preventative methods**, through workshops and one to one mentoring
- Provide dental **advocacy**
- **Advice** about registration and emergency dental pain questions

The Scottish Dental Clinical Effectiveness Programme (SDCEP) and the Oral Health Foundation are redirecting dentistry towards a prevention approach with an emphasis on diet and oral hygiene advice.



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