

# healthyfamilies healthysmiles

Issue No.13 August 2017

## Hippos celebrate Dental Health Week

The hippopotamuses at Werribee Open Range Zoo helped to celebrate the start of Dental Health Week with big smiles and a good clean. .

Like us, hippos need to have their teeth cleaned everyday so they are great ambassadors for dental health. A partnership between Dental Health Service Victoria (DHSV) and Zoos Victoria is helping to promote better dental health for children. On 7 August DHSV celebrated the start of Dental Health Week 2017 with the hippos at Werribee Zoo.

Zoos Victoria CEO Dr Jenny Gray said:

“Like humans, hippos need to take great care of their teeth and our keepers’ brush their teeth and gums daily to help keep them clean and healthy.

“Through our partnership with DHSV, we hope to help make this task easier for parents by making children

recognise and understand the importance of brushing their teeth regularly.”



## Biggest Little Smiles Competition

Children up to 17 years of age are invited to join in the fun of Dental Health Week 2017 by entering Dental Health Services Victoria’s Biggest Little Smiles competition.

Encourage families using your service to enter the Biggest Little Smiles competition for a chance to win a grand prize of a one year Zoos Victoria family membership and family off-road safari at Werribee Open Range Zoo for 2 adults and 2 children.



All they have to do is submit a photo of their family or child showing how they drink well, eat well or clean well. Entries close 31 October 2017. [Click here](#) for details.

### In this issue...

Dental Health Week with the hippos.....1	Spotlight on translated Tooth Tips.....4
Oral health workshops in the community.....2	Promoting literacy and dental health .....4
How much sugar is too much? .....3	Contact us.....4

# Bigger Better Smiles for Aboriginal Communities

Partnerships with Rumbalara Aboriginal Cooperative and agencies in the Southern Metropolitan Region supported the expansion of Bigger Better Smiles.

Late last year Healthy Families, Healthy Smiles staff took Bigger Better Smiles to Rumbalara Aboriginal Cooperative in Shepparton and worked with Southern Metropolitan Region Oral Health Network.

Bigger Better Smiles is a culturally appropriate training package to build knowledge and confidence of professionals working with Aboriginal communities to promote oral health in their everyday business. Twenty seven staff were trained in these workshops.



Our evaluation showed that through these workshops participants gained knowledge and skills, and increased their confidence to support the oral health of their clients.

With the help of DHSV's Aboriginal Community Development Officer, the Healthy Families, Healthy Smiles team is expanding the delivery of training to other Aboriginal Community Controlled Health Organisations across Victoria.

[Contact the team](#) for more information.

Most staff hadn't had any previous training in oral health.

Photo: Rumbalara staff at the Bigger Better Smiles workshop.

## Healthy Families, Healthy Smiles in Mildura

The team took Healthy Families, Healthy Smiles to Mildura in November 2016 to run a series of oral health workshops for staff working with families with young children.

Getting to regional areas in Victoria is a priority for the Healthy Families, Healthy Smiles team and in November 2016 the team visited Mildura to run a number of professional development workshops. Sessions were run for maternal and child health nurses, early childhood educators, and supported playgroup facilitators in Mildura, reaching 27 professionals.

The workshops focused on increasing participants understanding of the importance of

oral health in early childhood, and how to promote good oral health habits and healthy eating among children and families.



Thanks to Mildura Rural City Council and Sunraysia Community Health Service for their support in coordinating and promoting the workshops. [Contact the team](#) if you would like to find out more about our workshops.

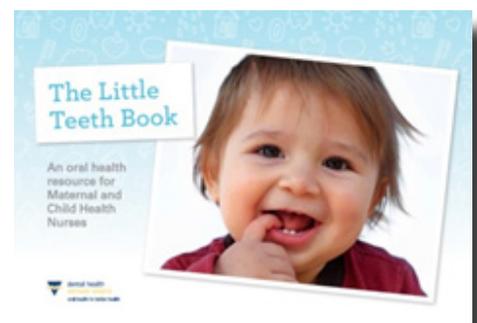
Photo: Early childhood educators at the Mildura Healthy Little Smiles workshop.

## The Little Teeth Book

Maternal and child health nurses welcome the arrival of a new parent engagement resource to support their oral health promotion role.

Maternal and child health nurses (MCHN) have been long term champions of oral health in early childhood; providing advice to families, checking for early signs of decay and referring families to dental services. The Little Teeth book is designed to support discussions with families using engaging photos with simple oral health messages. This might be when giving helpful advice to prepare the family for what might be coming up such as teething or introduction of solid foods. It could also be in response to a concern identified by the nurse or the family such as putting baby to bed with a bottle or difficulties with toothbrushing.

The Little Teeth Book was made possible with funding from the Department of Health and Human Services. The Department of Education and Training delivered The Little Teeth Book to all maternal and child health services throughout Victoria in June. [Click here](#) to view The Little Teeth Book and then follow the 'Resources for MCHN' link.



# How much sugar is too much?

We all know we should cut back on sugar for healthier teeth and for our general health but knowing what to aim for can be confusing. How much sugar is too much?

While we don't have specific guidelines in Australia, the World Health Organisation recommends that less than 10% of total energy intake be free sugars, for both adults and children. Free sugars refer to sugar added to foods (by the manufacturer or consumer) as well as sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. A further reduction to below 5% would provide additional health benefits.

## So exactly how much sugar is this?

The 5% guideline for adults means no more than around 6-7 teaspoons per day and for children, even less. In the UK, guidelines recommend less than 3 teaspoons for a child around 2 years of age and less than 4 for a three year old. Looking at some common children's foods you can see it wouldn't be difficult for a child to go above this guideline.

If we look at some common foods aimed at children and compare the number of teaspoons of added or 'free' sugar you can see that making a few simple healthier choices could significantly reduce the number of teaspoons of free sugar.

You might be surprised just how much sugar is in the food we eat. Want to test your knowledge? Click on the following link to try this quiz:

[What does six teaspoons of sugar look like?](#)

You might also be interested in these video links:

- [Are you overdosing your kids on sugar?](#)
- [How much sugar is in kids' food?](#)



30g of chocolate cereal contains 2.75 teaspoons of added sugar



30g serve of wheat biscuit cereal contains less than 0.25 teaspoon of added sugar



140g fruit yoghurt contains 4.3 teaspoons of added sugar



Plain yoghurt plus fresh fruit contains 1.2 teaspoons of added sugar



25g sweet biscuits (about 13 bite size pieces) contains 1.6 teaspoons of added sugar



4 wholegrain crackers with cheese contains less than 0.25 teaspoon added sugar



250ml of 100% fruit juice contains 5 teaspoons of 'free' sugar



Tap water  
No added sugar

## Spotlight on:

### Tooth Tips in 10 languages

The Tooth Tips fact sheet series provides valuable oral health information to families with young children. With support from the Department of Education and Training the Tooth Tips series is now available in 10 community languages.

The Tooth Tips fact sheet series has been translated into Arabic, Burmese, Chin (Hakha), Simplified Chinese, Dari, Karen, Khmer, Persian, Punjabi and Vietnamese.

You can download the Tooth Tips series from our [Oral Health Resource Library](#).



## get in touch

For more information about any of the Healthy Families, Healthy Smiles activities please contact:

Allison Ridge  
Health Promotion Program Manager  
P: 03 9341 1144  
E: [allison.ridge@dhsv.org.au](mailto:allison.ridge@dhsv.org.au)

Gillian Lang  
Health Promotion Project Officer  
P: 03 9341 1162  
E: [gillian.lang@dhsv.org.au](mailto:gillian.lang@dhsv.org.au)

Robyn Alexander  
Health Promotion Project Officer  
P: 03 9341 1722  
E: [robyn.alexander@dhsv.org.au](mailto:robyn.alexander@dhsv.org.au)

## Book Week 2017

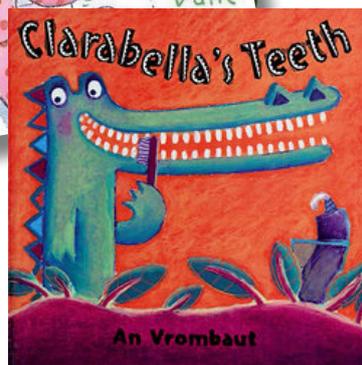
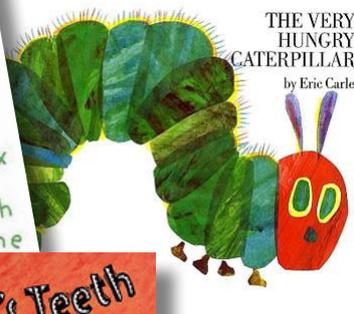
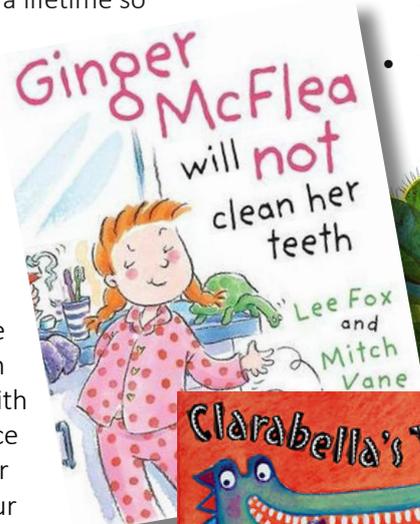
Celebrate Children's Book Week 2017 and promote healthy teeth at the same time.

Sharing stories with babies and young children helps develop literacy skills. Reading a story can also be a great way to support learning everyday skills like looking after our teeth. Teeth need to last a lifetime so talking about teeth and how to care for them needs to start young.

A list with suggestions for children's books that promote healthy smiles is available from our [Early Childhood Professionals](#) webpage under the 'resource for you' link. These books can help introduce discussions with children about the importance of teeth and how to look after them. You can also talk to your local librarian or book shop for more ideas.

Talking points when reading about teeth:

- What our teeth do and why it's important to look after them
- Water keeps your teeth and body healthy.



- Sweet drinks have lots of sugar that can put holes in our teeth and make them sore.
- Fresh fruit and veggies are tasty and good for us too! They give you energy to grow, play and think.
- Too many 'sometimes' foods like lollies, biscuits and cakes can make holes in our teeth and make them sore.

- We need to clean our teeth morning and night to keep them strong and healthy. A big person like mummy or daddy needs to help you brush your teeth.

- Dentists are special people who help you look after your teeth. Visiting the dentist helps to keep your teeth healthy.

Celebrate Children's Book Week between 19 – 26 August by reading to a child about healthy teeth.