

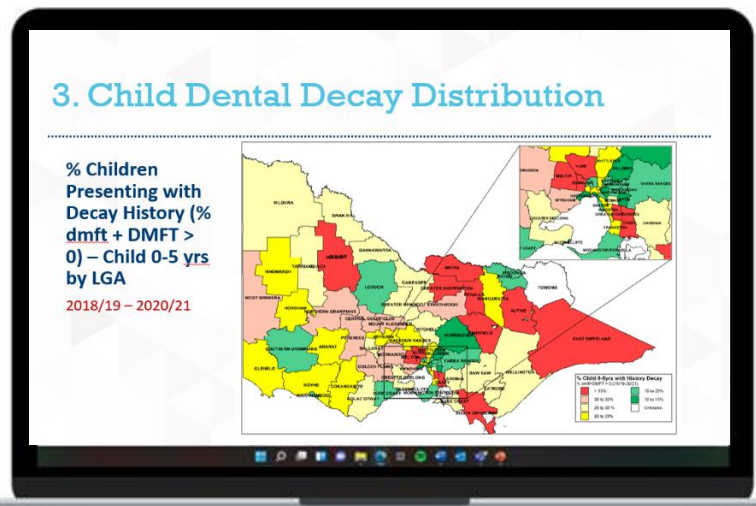
Healthy families Healthy smiles

Issue No. 23 June 2022

Our 2022 Stakeholder Forum

In April, Healthy Families, Healthy Smiles hosted the 2022 Stakeholder Forum. Over 71 professionals from 51 organisations across a range of academic institutions, government, and non-government organisations were in attendance. The forum was a great opportunity to celebrate our 10-year program milestone and highlight our key achievements over the last decade. You can read more about these achievements in our [March newsletter](#).

Our keynote speaker was Dental Health Services Victoria's (DHSV) Clinical Business Analyst, Martin Whelan. Martin delivered a very engaging presentation that highlighted the collective impact of our stakeholders' oral health promotion efforts. A recording of Martin's presentation is available for anyone who missed out. [Watch the recording here](#)



A big thank you to all our speakers who shared valuable learnings about embedding oral health into practice. Our appreciation also goes to those wonderful stakeholders who attended the forum and shared feedback and ideas for the future. We hope you feel proud of the contributions you've made over the last 10 years towards reducing the burden of oral disease for pregnant women and young children.

In this Issue

Our 2022 Stakeholder Forum	1
Upcoming Opportunities for Oral Health Promotion	2
The truth about ready-made baby foods	3
New factsheet: Pharmacy teams supporting oral health	3
Evaluation summary: MIOH education program	4
DHSV new strategic plan 2022	4
Baby teeth count too! Online training for MCH Nurses.....	4
Community Service Grants – Australian Dental Health Foundation	4
Welcome new members in the team	5

Upcoming Opportunities for Oral Health Promotion

World Refugee Week (19-25 June)

World Refugee Week is celebrated to honour refugees around the globe. It is an occasion to build empathy and to recognise their resilience in rebuilding their lives. You might like to use this week as an opportunity to share some of DHSV's [Translated Oral Health Resources](#) during your family engagements, in your newsletter or on your social media channels. These great resources which have been translated to support families where English is not their first language. Family resources are currently available in Arabic, Burmese, Chin (Hakha), Chinese, Dari, Dinka, Farsi, Karen, Khmer, Nuer, Persian, Punjabi, Somali, Vietnamese – we'll be adding more translated resources later this year!



Dental Health Week (1-7 August)

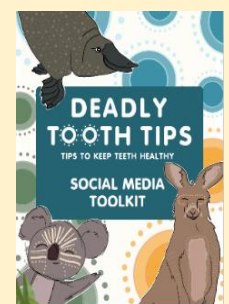
Dental Health Week is the Australian Dental Association's major annual oral health campaign which focuses on maintaining good oral health to keep your teeth for life. It is an opportunity for you to put oral health in the spotlight and share message that help keep teeth healthy. Here are some ideas you could do to celebrate Dental Health Week within your service:

- Share a post on your social media channels – our [Social Media Kit](#) has some great suggestions!
- Hand out useful [tip cards or factsheets](#) to families
- If you're a health professional, promote toothbrushing by sharing our helpful [Toothbrushing with young children videos](#)
- If you're an educator or playgroup facilitator, [run a fun activity](#), [sing a song](#) or show a video [like this one by Sesame Street](#) and [this one by Peppa Pig](#)



National Aboriginal and Torres Strait Islander Children's Day (4 August)

Children's Day is an opportunity to celebrate, show support and learn about the culture of Aboriginal and Torres Strait Islander children. Our [Deadly Tooth Tips Social Media Toolkit](#) contains social media posts and newsletter articles to help you share culturally respectful oral health messages with your community.



Children's Book Week (21-26 August)

Every year, public libraries, early childhood services and schools across Australia spend a week celebrating books and Australian authors and illustrators. Books are a great way to support learning everyday skills and a great tool to teach kids about oral health. Our list of oral health [Storybooks](#) can help you to introduce discussions with children about the importance of teeth and how to look after them. You can also share the list with families to help parents engage with their child about caring for teeth.



The truth about ready-made baby foods



In July 2021, the Royal Children's Hospital surveyed 1,023 parents of children aged between four months to five years old. Parents were asked about their understanding and attitudes towards the contents and regulation of children's ready-made food products.

Key findings:

- 1 in 5 children (19%) aged under five years eat ready-made foods most days.
- 53% of parents falsely believe there are laws to ensure ready-made foods are healthy for babies and toddlers.
- 'Convenience' is the number one reason parents choose to give their children ready-made foods
- More than half of parents (52%) think ready-made foods contain ingredients for children's growth and development.

Learn more about the findings here: [Ready-made baby foods](#)

The poll found that many parents are unaware that ready-made baby foods can be unhealthy and can contain high levels of sugar. You can play a vital role in reminding parents that ready-made baby foods aren't regulated and make helpful suggestions for convenient and healthy foods.

[The Raising Children Network](#)

has lots of helpful tips and ideas about healthy eating for toddlers and kids you can share with families. Check out these helpful links:

1. [Toddlers: healthy eating habits](#)
2. [Toddlers: common food and eating concerns](#)
3. [Healthy food everyday: Aboriginal families](#)

New factsheet: Pharmacy teams supporting oral health

DHSV are calling on pharmacy teams across Victoria to be oral health champions and ensure the community receives the right oral health advice, products, and referrals. Healthy Families, Healthy Smiles have created a new factsheet *Pharmacy teams supporting oral health* which summarises risk factors for oral disease, key messages for good oral health and where to find more information to support customer enquiries. Importantly, the factsheet also provides information about when and how pharmacists should make a referral to an oral health professional, and what to do in the case of a dental emergency.

[View the factsheet here](#)



Evaluation summary: Midwifery Initiated Oral Health Education Program



For almost 10 years, DHSV has sponsored Victorian midwives to participate in the Midwifery Initiated Oral Health (MIOH) online training program because midwives are ideally placed to support good oral health.

Prior to undertaking the course, only 7% of participating midwives reported receiving oral health training and only 16% rated their oral health knowledge as good or very good. After completing the course this significantly improved, with 96% rating their knowledge level as good or very good.

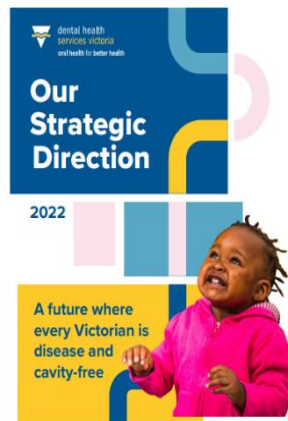
After completing MIOH training midwives self-reported higher confidence levels in performing mouth checks, understanding the importance of healthy teeth and gums during pregnancy, communicating oral health and nutritional information, and supporting pregnant women with their dental referral.

Most midwives (>90%) reported that the training met their expectations and was relevant to their professional practice. Importantly most (>90%) recommended the training opportunity to others.

We want to acknowledge the fantastic work of these midwives in embedding oral health into their practice with pregnant women. For more information about the program or to express your interest visit our [MIOH education program webpage](#).

DHSV's new Strategic Direction

DHSV have launched a new Strategic Direction that outlines our vision for a future where every Victorian is disease and cavity-free. [Check this page to learn more about our Strategic Direction.](#)



Baby teeth count too! Online training for MCH Nurses

Our new 2-hour online training *Baby teeth count too!* is designed to support maternal and child health nurses to promote oral health and complete 'lift the lip' oral health checks during Key Ages and Stages visits. [Find out more or take the course here.](#)



Community Service Grants

The Australian Dental Health Foundation are offering Community Service Grants to volunteer dentists or dental students who are passionate about promoting oral health in high risk and disadvantaged communities in Australia. Grants can be used to support communities with education or preventative care. Grants close 1 July.

[Find more information here.](#)



Welcoming new members in the team



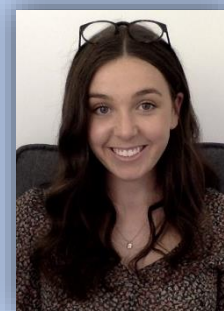
Perri

In March, the team were excited to welcome Perri. She has a background in health promotion and nutrition, with her most recent role being in correctional health, leading health promotion programs for male prisoners. Perri's portfolio will focus on building oral health capacity with the early childhood sector.



Shelley

We welcome back Shelley who is rejoining us after parental leave. Shelley brings a wealth of oral health experience including oral health education, screening, fluoride varnish application and sealant placement for school age children. She works across both the Healthy Family Healthy Smiles and Smiles 4 Miles teams.



Olivia

Olivia joined the team in May taking on our health professional capacity building portfolio. She has qualifications in health promotion and public relations and is coming to us from her most recent role at the Australian Breastfeeding Association where she has been coordinating education programs and events for a range of health professionals including midwives, MCH nurses and GPs.

Get in touch

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