Oral Health Foundation
Impact Report 15/16
New beginnings, greater ambitions
Impact Report 2015/16

The Oral Health Foundation is the leading national charity working to improve oral health. Our goal is to improve people’s lives by reducing the harm caused by oral diseases - many of which are entirely preventable.

Established 45 years ago, we continue to provide expert, independent and impartial advice on all aspects of oral health to those who need it most. We work closely with Government, dental and health professionals, manufacturers, the dental trade, national and local agencies and the public, to achieve our mission of addressing the inequalities which exist in oral health, changing people’s lives for the better.

This short review tells you about our achievements between August 2015 and July 2016.

New beginnings, greater ambitions

It gives me great pleasure as President of this wonderful charity to introduce this Impact Report, looking back at our activity and achievements in improving oral health over the last year. This annual review is also a very special one, as it is our very first as the newly-named Oral Health Foundation.

After campaigning for the last 45 years under our previous identity, the British Dental Health Foundation, we felt the time was right to make this positive and significant change. It was important for us to select a new name which did not only represent our current image and embody who we have been for more than four decades, but also keep us moving forward by recognising the effectiveness, progression and inclusivity of the entire charity.

Becoming the Oral Health Foundation allows us to open doors, to build more effective partnerships and develop stronger networks between dental and health professionals around the world. We aim to be a charity that brings people together while developing closer relationships and ties to those people and groups who care passionately about improving oral health.

We have had a wonderful response to our new name which makes us especially proud. I hope you echo these thoughts, after all, much of what we do cannot be done without your help - our supporters, sponsors, friends, colleagues and peers. To all of you, a most sincere thank you.

We will continue to educate and advise the public about oral health and provide opportunities for the profession to campaign together. We continue to drive and influence Government policy, increase the interest of oral health in the media agenda, and most importantly, perform as an inclusive organisation which welcomes everyone to join and support our work as a charity.

This review is part of a legacy as to what we have accomplished in improving oral health over the last year. I hope it inspires you, as we all focus together on the health and wellbeing of the population, and especially those most in need from disadvantaged communities.

Janet Goodwin
President of the Oral Health Foundation
Better oral health for all

We are proud to be a charity whose values and messages remain as relevant today as they were back when we first formed 45 years ago. We continue to achieve our goals of helping to improve the standard of oral health in the UK and around the world while providing greater opportunities for everybody to come together and work as one. We do this through...

Our year in numbers...

Our five-year Strategic Plan for 2013–18 provides the framework for how we intend to evolve our support, to be even more effective in achieving our aims to be:

• Recognised and valued by the public, the dental industry and our partners for the charitable work we carry out on behalf of those people who are most in need.

• The leading independent provider of free resources for oral health which has provided support and guidance to over 250 projects, having made an impact on half a million people.

• Known for developing ground-breaking programmes and campaigns that support and promote oral health.

• A key driver in promoting and supporting ‘prevention in practice’.

• A trusted strategic partner of the Department of Health.

• Working with every dental school to help coordinate education and projects in local communities.

• Working in partnership with over 25 organisations that are supporting us to achieve our charitable aims.

• Internationally recognised as a leader in the provision of oral health materials.

Facilitated and assisted in 2,885 community events

Educational messages that reached 338.6 million

Influence

Product Accreditation

Advice and Information

Education

Campaigns

2,363 organisations actively supporting our mouth cancer campaigning

85,000 children taught by our Dental Buddy programme

6,000 customers purchasing our educational resources

£203,617 raised from donations and sponsorships

691 OHF supporters

1,677 articles in the media

Direct support and advice to 11,115 people through our Dental Helpline

247 accredited products worldwide

4.3 million online visitors

£1.1 million spent on improving oral health

85,000

 Joint work with 515 nurseries and schools

2,885

 Joint work with 515 nurseries and schools

36,651 followers on social media

2,885

 Joint work with 515 nurseries and schools

6,000

 Joint work with 515 nurseries and schools

36,651

 Joint work with 515 nurseries and schools

£203,617

 Joint work with 515 nurseries and schools

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A brand new identity, the same core values

Earlier this year, on 4 April, we revealed an extremely exciting and momentous change for our charity. After nearly half a century under the identity of the British Dental Health Foundation, we changed our charity’s name to the Oral Health Foundation.

Over the past few years we have seen significant movements within our charity and the work that we do. Along with the shift from traditionally speaking about ‘dental’ to ‘oral’ health, which is far more all-encompassing, we felt the time was right to make a positive change.

The strength of our charity has been providing education and information to millions of people throughout the United Kingdom, so it only makes sense for us to deliver this on a global level. Our campaigns, such as National Smile Month and Mouth Cancer Action Month, have promoted and championed the values of good oral health and wellbeing while our accreditation programme remains an instrumental resource in increasing consumer confidence in the dental products people buy. Widening our reach to a broader audience will enable us to deliver projects to even more individuals and communities around the world.

While enhancing our global reach and increasing the amount of people that we can help, our mission and goals very much remain the same. We will continue to work as a leading national charity to improve oral health and tackle the harm caused by oral diseases – many of which are entirely preventable. We remain passionate and committed to providing expert, independent and impartial advice and education on all aspects of oral health, delivering it to those who need it most.

Everybody at the charity is truly excited by this change and we feel it will enable us to achieve all our charitable aims while also allowing us to put more resources at your disposal. More flexibility, more value and more ways for us all to succeed.

It is a new name. A new look. And a world of new ways in which we can help improve oral health.

Your support is helping us reduce inequalities in oral health

Over the last year we have been able to provide more information and support for children, the elderly and vulnerable, people with disabilities and those living in deprivation around the UK, than ever before. As inequalities in oral health continue to grow, and with incidences of mouth cancer on the rise, our role as a leader in oral health education and preventative action becomes ever more crucial.

That’s why we truly value all the generosity and hard work of our supporters.

At its heart, the Oral Health Foundation is an inclusive organisation that provides opportunities for everyone interested in oral health to participate. Our supporters continue to reflect the diverse range of people and organisations involved: including dentists, oral health professionals, practices, companies, huge multinationals and members of the general public.

Patronage from our corporate supporters remains strong, as we continue to prove a popular choice for the 691 organisations who want to publicly support the cause of improving oral health as ‘Friends of the Oral Health Foundation’.

The connection created between us and our supporters is precious, helping us to champion oral health in the public domain, whether it’s out on the high street, in the dental practice, or contributing to Government consultations on fluoridation, minimum pricing alcohol or plain packaging on cigarettes. Thank you very, very much!

For more information about how you can support the Oral Health Foundation, either through a regular annual donation, or one-off donations please call us on 01788 546 365 or email mail@dentalhealth.org

"Over the last year we have been able to provide more information...than ever before."
Raising awareness with Mouth Cancer Action Month

Every November, the Oral Health Foundation organises and runs Mouth Cancer Action Month, under the message 'if in doubt, get checked out'. Our campaign has become an influential springboard in educating the public about mouth cancer and highlighting the risks, symptoms and causes of the disease.

Last year, around 7,500 people in the UK were told they had mouth cancer, that’s one every four hours, and with cases rising by nearly 40% in the last decade alone, it is one of very few cancers to be on the increase.

Those living with mouth cancer often have problems with breathing, swallowing, drinking and eating. Speech may also be affected, and occasionally even lost. Facial disfigurement can also occur, which may lead to other problems such as nutritional deficiency, depression, difficulties in communication, low self-esteem, social isolation and could also impact relationships.

This is exactly why we are passionate, committed and long-time campaigners for mouth cancer action.

Although anybody can be affected by mouth cancer, lifestyle factors continue to increase our risk. Tobacco use, drinking alcohol to excess, the human papillomavirus (HPV), transmitted via oral sex and poor diet are all risk factors for the disease. Through the involvement of healthcare professionals across the UK, our campaign educates and informs patients about these and what measures they can take to reduce their risk.

The campaign is about taking action and raising awareness, particularly among those groups who are most at risk. We want people to look out for ulcers which do not heal within three weeks, red and white patches in the mouth, and unusual lumps or swellings, while encouraging them to regularly visit a dentist to ensure they’re checked for signs of mouth cancer.

By working closely with the dental and health profession and supporting them in their activities for patients and local communities, we continue to increase mouth cancer awareness and save lives through early detection. This is just a small sample of what we did for Mouth Cancer Action Month 2015:

- We supported 2,363 healthcare organisations who took part in the campaign, providing them with patient-facing materials and resources to promote mouth cancer awareness.
- We provided in excess of 45,000 campaign posters for displays in waiting rooms and practices across the UK, with information about risk factors, early warning signs and symptoms of mouth cancer.
- We endorsed 390 specialised mouth cancer events, which aimed to visually examine those patients at risk of mouth cancer.
- We launched a UK-wide survey of more than 2,000 members of the public to assess their knowledge of mouth cancer, lifestyle habits and behaviours and attitudes towards the things that put us at risk of the disease.
- Around 250,000 now endorse the Blue Ribbon Appeal by wearing our blue badge as a visual sign of support for mouth cancer awareness.
- We facilitated and assisted thousands of health institutions in their activities which were estimated to reach around three million patients all across the United Kingdom.
- Our press and broadcast activity reached in excess of 20 million people while 210,000 visited our website to find out more information about mouth cancer and offer their support to the campaign.
- We would like to say a huge thank you to everybody who helped us raise awareness of the disease during Mouth Cancer Action Month – your participation no matter how big or small, was warmly received and made a huge difference to the campaign’s success. Our thanks also go to our sponsors, Denplan, Dentists’ Provident and the Association of Dental Groups, whose contributions ensured we were able to reach more people than ever before with our messages of education, prevention and early detection.

www.mouthcancer.org
In 2016 we celebrated National Smile Month’s 40th birthday!

Sharing a smile with National Smile Month

Between May and June, we celebrated National Smile Month’s 40th birthday, as the campaign cemented itself as one of the largest and longest-running oral health initiatives in the world. National Smile Month is a focal point for thousands of people and groups to co-ordinate events and activities across the UK, all with the aim of improving oral health. National Smile Month continues to raise awareness of important health issues, not only for oral care but overall wellbeing and nutrition too. The campaign promotes positive messages in some of the most disadvantaged areas and regions in the country and makes a positive difference to the oral health of millions people every year.

In 2016, we continued our close work with dental and health professionals, schools and nurseries, community groups, businesses and members of the public, to organise grassroots activities such as fun days, talks, sponsored events, roadshows, displays, open sessions and competitions, to make National Smile Month one of our most successful campaigns yet.

While the campaign carries some very serious health messages and aims to drive oral health up on both the political and media agenda. The heart of the campaign is still very much centred around celebrating the smile and having fun.

During National Smile Month we were delighted to see so many people from all across the UK embrace the messages and goodwill of the campaign while engaging in oral health promotion with a smile on their face. Here’s just a flavour of what happened throughout this year’s National Smile Month...

Sponsors

We would like to thank National Smile Month’s official platinum sponsors – Oral-B and Wrigley – as well as our other proud sponsors Polo, Philips and Denplan. We are also really thankful to Boots and Lloyds Pharmacy, who continue to demonstrate the growing support the campaign has in retail outlets and pharmacies, while we were also delighted to welcome back Mercy Ships for the second year as our charity partner. Their team does such a wonderful job of promoting healthcare in some of the most deprived areas of the world and we are most grateful to them for delivering National Smile Month messages to these at-need groups. All of the support we received throughout the initiative was vital in helping to make National Smile Month 2016 one of the most effective campaigns to date.

Supported by

3,197 individuals and organisations

512 schools

30,000 campaign packs distributed

2,495 National Smile Month events around the UK

58,000 going online at www.smilemonth.org

85,000 school children taught about oral health in the classroom

355 campaign articles in the media

9,485 social media followers

5,753 likes and retweets

4 winners chosen in our Nominate a Smile

614 posted their selfies using #mysmileyselfie

www.smilemonth.org
Providing advice and support through our Dental Helpline

The Oral Health Foundation’s Dental Helpline provides members of the public with free, impartial expert advice on a range of oral health problems. Since its formation a little over sixteen years ago, the Dental Helpline has taken in excess of an astounding 400,000 calls, offering reassurance and support to worried members of the public. Staffed by a dedicated team of qualified dental nurses and oral health educators, our helpline provides advice on a wide variety of dental issues. The most common of the 11,115 enquiries in 2015/16 have been about tooth replacement options such as implants and dentures, while information about finding a dentist, dental charges and NHS regulations, were also high on the list of questions.

Our Dental Helpline continues to offer its support to the British Dental Association (BDA) and NHS England, while each call costs us around £9, highlighting the importance of income from supporters, educational resource sales, product accreditation and sponsorship.

The Dental Helpline is a truly charitable service and the crucial work by our experts continue to make a difference to the public and professionals alike, proving an invaluable resource in educating the public on a range of dental and oral health related matters.

Please give the Dental Helpline a call on 01788 539 780, or get your question answered by email at helpline@dentalhealth.org.

Delivering confidence and reassurance with Accreditation

It was another successful year for our Accreditation programme, both domestically and internationally. We are proud that the scheme is now one of the largest of its type in the world, with 247 products spanning more than 60 territories.

For almost 25 years we have helped the dental profession and consumers make informed choices about which dental products they buy. Accreditation gives us the opportunity to provide people with information, protection and education, in a ‘shorthand’ form, delivered via recognition of the Oral Health Foundation’s ‘Approved’ Smiley-face logo.

A large consumer-led piece of research we conducted earlier this year discovered that we spend more on oral care products at the supermarkets than we do on any other health or beauty items. Yet only a quarter of us understand what ingredients they are made from, while almost three quarters do not always believe the claims made on dental products.

Giving people the added level of assurance they need, and deserve, is why we feel our Accreditation programme is so important. It’s why we go to such great lengths, working closely with an independent panel of internationally recognised dental experts, who study and evaluate all the manufacturers’ claims carefully, to make sure they are true, not exaggerated, and backed up by reliable scientific evidence.
Communicating, educating and motivating patients and communities

At the Oral Health Foundation, we provide high-quality information and oral health education products to health professionals across the UK. We have over 6,000 customers comprising of dental practices, health centres, hospitals and education centres, offering a product range of over 600 items.

Our patient leaflet range now has 52 titles, providing impartial and independent information for the dental profession and is a popular choice with patients, with over £350,000 being distributed each year. Provision of oral care materials, motivators and other literature, such as our Infobites, are the most popular categories of product sales.

Our own brand products are being added to every year, offering value and quality to the professionals seeking oral health education and motivation materials for the patient and the public alike.

Dental practice products continue to be an integral part of our work, and with more than 30 years experience of advising members of the public how to improve their oral health, we have a wealth of knowledge on the dentist-patient communication process and offer constant support to our customers.

To find out more about the Oral Health Foundation’s educational resources, please visit our online shop at [www.educatingsmiles.org](http://www.educatingsmiles.org), or request a free catalogue by email at order@dentalhealth.org.

Improving children’s oral health with Dental Buddy

Throughout this year we have been proud to continue our work with Dental Buddy – an educational programme to improve children’s oral health. Dental Buddy invites dental professionals, teachers and educators to take up the challenge and deliver oral health learning in a bid to increase the oral health and wellbeing of children aged 3-11.

Children’s oral health in the UK is generally very good but fundamental problems still exist. Children not being taken to the dentist, not being provided with toothbrushes and fluoride toothpaste and having imbalanced diets loaded with sugar. As a result, we have one in four five-year-olds with some kind of cavity while just under half of eight-year-olds have signs of tooth decay.

Dental Buddy creates a platform where basic lessons could be passed on directly to children themselves and teach them the value of good oral hygiene.

The programme aims to increase the prominence, and quality of, oral health education in schools and we’re delighted to say that in the last year Dental Buddy has provided around 200 nurseries and 500 primary schools with a range of free materials and resources.

More than 12,000 people have visited the Dental Buddy website in the last year to take advantage of our classroom worksheets, lesson plans and whiteboard software, with tens of thousands of downloads having been recorded.

Delivering positive oral health messages to children in local communities is something we feel very passionately about. We will continue to use Dental Buddy to build relationships between dental practices and their local schools, to ensure that children learn the right oral health messages at an early age.

To find out more about the Oral Health Foundation’s educational resources, please visit our online shop at [www.educatingsmiles.org](http://www.educatingsmiles.org), or request a free catalogue by email at order@dentalhealth.org.

Smile Back and The Lost Smile

Over the last year we have been delighted to offer our support to fellow charity, Action for Children, who worked with Wrigley UK to create and deliver oral health education sessions to improve the wellbeing of thousands of children across the UK.

The Extra ® Smile Back ™ Project held workshops at more than 200 Action for Children services across the UK, to teach children and families about the importance of protecting their oral health.

We have been proud to endorse these workshops and take-home packs, which included a toothbrush, toothpaste, two-minute timer and further advice for good oral care.

We have also been happy to give our support and advice for Wrigley’s new children’s book ‘The Lost Smile’, written by award winning children’s poet, Joseph Coelho and illustrated by Sheena Dempsey.

The importance of children’s oral health is paramount to health, wellbeing and self-esteem. With this partnership we will be able to educate, inspire and support children and families to ensure they have brighter, healthier smiles.

“Smile Back” and “The Lost Smile” are now translated into Arabic and Spanish.

Delivering positive oral health messages to children in local communities is something we feel very passionately about. We will continue to use Dental Buddy to build relationships between dental practices and their local schools, to ensure that children learn the right oral health messages at an early age.

To find out more about the Oral Health Foundation’s educational resources, please visit our online shop at [www.educatingsmiles.org](http://www.educatingsmiles.org), or request a free catalogue by email at order@dentalhealth.org.

wayne@@www.educatingsmiles.orgmail.dentalhealth.org
Oral health education around the world

We have been thrilled to launch a brand new multi-lingual project which saw our range of oral health information and advice translated into nine of the world’s most spoken languages. Taking over a year to develop, and funded by a grant from Procter & Gamble, we now provide oral health education online in Mandarin, Arabic, Hindi, Spanish, German, Russian, French, Polish and Portuguese.

Over the last year we have had a wonderful response to this project and will continue our commitment to reach millions of non-English speakers around the world, reflecting our commitment to reach millions of non-English speakers around the world, reflecting our

The internet is now undoubtedly the preferred choice of many people seeking answers to their questions – and this includes questions about their oral health. That’s why, over the last year, we have continued to invest heavily in online development, so that your experience is the best it can be. Our website provides health professionals and the general public alike, with the most comprehensive and trusted collection of oral health material on the web.

And that’s what drove 3.8 million of you to our core website, www.dentalhealth.org, in the last year alone!

In addition to visits on the Oral Health Foundation’s main website, we had a further half a million of you going to our sister campaign sites for Mouth Cancer Action, National Smile Month and Dental Buddy, as well as our online shop Educating Smiles.

But it’s not just our website we are working hard on. We’re also going increasingly green, reducing the amount of paper-based materials being printed and shipped, replacing it by moving into electronic communications. Over the last year more than 16,500 of you have subscribed to our monthly digital magazine, Word of Mouth, while we are constantly producing more freely downloadable materials to deliver better oral health.

Communicating with our supporters has also been made easier with social media. More than 35,000 of you have joined us on Twitter, Facebook and other channels, as we offer updates on all our charitable activities – we also love the great things you send us too!
Campaigning for the nation’s oral health and wellbeing

Through organising and participating in positive campaigns we can help shape the landscape of oral health and wellbeing. Playing a major role in the creation and support of leading activities and events to deliver healthy messages with a defined purpose is at the very heart of what the Oral Health Foundation does. Not only does this allow us to raise awareness of certain health issues but it also allows us to change attitudes and perceptions of oral health. But we cannot do any of this without you, our supporters. Whether it be through National Smile Month, Mouth Cancer Action, Dental Buddy, delivering education through residential homes, schools or workplaces, our supporters have helped positively promote oral health in communities across the UK. To all of you who help us campaign for better oral health, thank you and we truly hope you will continue to do so moving forward.

Changing the outlook of oral health in Europe

Our membership of the Platform for Better Oral Health in Europe puts us in a key position to promote oral health and the cost-effective prevention of oral diseases in Europe. The group seeks a common European approach towards education, prevention and access to better oral health in Europe. What’s more, our CEO, Dr Nigel Carter OBE, has been announced as the group’s next Chairman!
Financial summary

Overall income for the charity remained stable in the financial year, sitting at just under £1.1 million. This means we were able to continue investing in charitable activities, oral health awareness and education programmes and initiatives, particularly among vulnerable groups.

We have been committed in our investment on producing information and awareness (£303,223), funding the Dental Helpline (£77,495), and mouth cancer action (£90,973). In total, £1,118,754 was used to fulfill our charitable activities and promote good oral health in the last year.

We are also pleased to announce, particularly given the current financial environment, that public and private sector spending on oral health educational resources has seen an increase of 17 per cent compared to last year, generating £420,751 for the charity.

The Oral Health Foundation’s Accreditation programme also continues to bring in a substantial amount of income. Over the last year, Accreditation has brought in £292,031 while revenue generated from donations and sponsorship remained strong at £203,617.

By the end of the reporting period, the Oral Health Foundation had achieved an operating deficit of approximately £39,466 but during this period had invested some £34,000 in improvement to Smile House by the installation of new double glazed windows, improving working conditions for our staff team.

Auditors: PKF Cooper Parry Group Limited. Full Copies of the audited report are available on request to the Oral Health Foundation. Please write to mail@dentalhealth.org.
Donations

As a self-funded charity, the Oral Health Foundation relies on your generous support so that we can continue our important work of improving the nation’s oral health. You can now support our work both through annual support and one-off donations. By doing so you will join a diverse range of people and organisations who are passionate about our work and messages. Dentists, hygienists, therapists, practices, non-health businesses, schools and other education bodies, large multinational corporations, smaller companies as well as members of the public, all continue to support us and we would welcome you to join us too.

The connection created between us and our supporters is precious, helping us to champion oral health in the public domain, whether it’s out on the high street, in the dental practice, or contributing to Government consultations on fluoridation, action on mouth cancer, minimum pricing alcohol or smoking policies.

A small donation can make a big difference...

£5 donation: Sometimes inequalities in health are due to a lack of the most basic resources we might take for granted. Just £5 will provide a dental goody bag for a family, ensuring adults, as well as children, don’t go without.

£10 donation: Every five minutes somebody in need comes to us for oral health advice. As little as £10 will fund one call to our Dental Helpline, providing a person in distress with trusted advice by one of our experts.

£50 donation: By the time children in the UK start school, one in three will have tooth decay. £50 will help us supply a nursery with an education pack to help them teach toddlers about how to care for their mouths.

Visit www.dentalhealth.org/donate to donate online. It’s quick, easy and most importantly, the safest way to donate. Don’t forget to include Gift Aid in your donations too!

Who we are

Everything our charity does comes from just 15 employees:

Dr Nigel Carter OBE ................................. CEO
Sharon Broom ........................................... Operations
Amanda Oakley .................................... Educational Resources
Dawn Thomas ............................................ Finance
David Arnold ................................................ Communications
Gavin Hawes ........................................ PR and Press
Becky Sills ................................................ Sales & Marketing
Kay Cogiley ........................................... Sales & Events
Emma Girard .......................................... Sales
Ket Hancock ............................................ Accounts
Sarah Hollis ........................................... Customer & Membership
Selina Vegad ........................................ Office Administrator
Karen Coates ........................................ Dental Advisor
Louise Chadlow ..................................... Dental Advisor
Yvonne Lee ........................................... Dental Advisor

We are also governed by an incredible board of trustees:

Janet Goodwin (President), Professor Elizabeth Kay (President Elect), Dr Tony Newton (Immediate Past President. Resigned 26th July 2016), Dr Ben Atkins, Maureen Bennett (co-opted on 15th June 2016), Mhari Coxon, Lorna Grazette (Retired 9th December 2015), Steven Hardman (co-opted on 13th June 2016), Edward Martin (Elected 9th December 2015), David Mason (co-opted on 15th June 2016), Tracey Ponsor (Elected 9th December 2015), John Siebert (Retired 9th December 2015), Dr Chet Trivedy (Elected 9th December 2015), Professor Nairn Wilson.
The Oral Health Foundation campaigns to address the inequalities in oral health. We’re a registered UK charity which relies on donations from the public, as well as the dental and health profession.

Become a supporter. Your donation will be warmly received and will allow us to continue our important mission of providing independent and impartial information, education and advice to those who need it most.

www.dentalhealth.org/donate