



# Targeting BME Populations for Oral Health Improvement

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Celia Watt  
Senior Health Promotion Officer

# Aim



- To explore the knowledge, attitudes and beliefs of South Asian, Congolese and Chinese populations in order to inform the development of health improvement interventions.

# Background



- In 2007, North Lanarkshire Council (NLC) participated in the Home Office and United Nations programme the Gateway Protection Scheme to settle Congolese refugees. 17 families arrived.

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Population	NLC	SLC
Pakistani	0.9%	0.7%
Chinese	0.3%	0.3%
Black / African / Caribbean	0.2%	0.3%

Census 2011

# Needs Assessment



- Qualitative research using focus group methods
- West of Scotland Research Ethics Committee
- Three (31 participants, 11 female) with the Pakistani population (2010)
- Two (11 participants) with the Chinese population (2012)
- One (7 participants) with the Congolese population (2010)

# South Asian – Pakistani Community



“Even in Islam, it’s been told at every prayer you must clean your teeth with miswaak. Five times a day you should clean your teeth with miswaak.”

“No, when we had a problem, that’s the only time we go”.

“If your teeth are alright, you don’t need to go”.

“We don’t go. We are very busy, we don’t have time”.

- “Praise the lord, whatever our Sunnah says, we will follow that. I think it is best”.
- “If you are going to do the Salat [prayers] there shouldn’t be any taste in your mouth. If you don’t rinse you will have the taste...”
- “It is the responsibility of the mother, the mother looks after that side of things”.
- “I can tell you it was since he was born my mum-in-law gave him honey”

# Congolese Community



- “...some people are going to hospital. The hospital gives them someone to translate...”
- “We are not registered with a dentist. In January I went out and tried to find a dentist and I was asked to come back in March. I went back in March and I couldn’t still get registered with the dentists because I was told he was off. When my child had tooth decay I went back again. Unfortunately, these people had me going up and down especially because of my poor English”.

- “I first use the toothpaste for 15 minutes and then I rinse the mouth with water, I don’t just spit it out. The water needs to be kept in the mouth for a while.”
- “So if it happens that you do not have toothpaste, you can use salt instead”.
- “So sometimes lack of information means that something has sugar. So it means it would be helpful to read a bit more.”



- “How come my teeth are paining today?”
- “Is it the acid that is hurting?”
- “... pain in my teeth and I use a cup. Someone can use the same cup or not?”
- “Chocolate mixed with peanuts and many things- can it also destroy teeth?”
- “Let’s talk about soft drinks. Some are zero and it is written sugar free but when you drink them, surprisingly, they are sweet.”

# Chinese Community



“Brush teeth two times a day for two minutes. I do not floss”.

“I heard some information asking you to brush your teeth and you don’t rinse your mouth”.

“If you use water to rinse it out then the fluoride cannot do much”.

“I took the children to the dentist and they said that always in the morning you eat your breakfast first then brush your teeth and you just spit out”.

- “I don’t go often, I don’t have too much problem with my teeth. The reason I stopped going was also because the ladies just come and clean you and I thought I can do that myself!”
- “I go regularly to my dentist just in-case you have any pain, because [if] you are not registered you need to pay a lot.”
- “It depends on the condition of your teeth. If your teeth, if you have gum disease, go regularly”

# Health Improvement Programmes developed



- Lanarkshire African Womens Group (LAWG): A community development approach to health improvement
- Mossend Peer Education: Developing knowledge within the lay South Asian Community
- Coordinated events with Lanarkshire Chinese Association

# Lanarkshire African Women's Group



- Groupwork activities include health topics and activities and other activities that the women would like to do- sewing.
- Aims to equip women with knowledge and skills and transfer some of that back into the community through social networks.
- Help women deal with isolation, develop English language skills, develop social connectedness and integrate within Scottish society.

# Mossend Peer Education



- 6 week programme on nutrition, oral health and Shisha.
- Development of Shisha DVD
- Development of culturally appropriate weaning resources
- 2<sup>nd</sup> group planned for training in New Year



# Contact Details

Celia Watt

Senior Health Promotion Officer (Oral Health)

NHS Lanarkshire

[Celia.watt@lanarkshire.scot.nhs.uk](mailto:Celia.watt@lanarkshire.scot.nhs.uk)