

INVESTING IN
EMPLOYEE HEALTH

INVESTING IN
YOUR BUSINESS



THE FACTS

- There are a number of risk factors which are associated with both oral health and general health. Tobacco, diet and alcohol are the main risk factors that are common to oral disease as well as cardiovascular disease, obesity and oral cancer.
- Oral cancer is on the increase, recent figures show around one in seven of new cases of cancers are in or associated with the mouth.
- Oral health in Northern Ireland remains very poor in comparison to the United Kingdom and the Republic of Ireland.
- Promoting good dental and oral health in the workplace now, may result in less sick time being taken due to toothache and other oral problems.

WHAT A WORKPLACE CAN DO

- Healthy eating, smoking and alcohol initiatives can all contain elements of promoting dental and oral health. Ensure that your workplace has adopted policies on healthy eating, alcohol and smoking.
- Provide employees with up to date information on oral health issues and local services, using posters and leaflets.
- Request educational talks from a dental professional from your local community dental service.
- Provide a hygienic area to allow employees to brush their teeth during working hours. Consider bulk buying toothbrushes and fluoride toothpaste so that employees can purchase these items at a reduced cost.
- Ensure that employees are allowed time off to visit their dentist.
- Contact your local Oral Health Co-ordinator who provides assistance on promoting dental and oral health in the workplace and can also provide information on local, regional and national campaigns in relation to oral health.

HELP IS AT HAND

- The Oral Health Co-ordinator
Health Promotion Department
12c Gransha Park
Derry/Londonderry
028 7186 5127
- The Community Dental Team
Waterside Health Centre
Derry/Londonderry
028 7132 0100

Notes

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