

# Toothpicks in Dutch Catering areas and Fitness-Sport Centres really work!

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## Introduction

Most common oral diseases can be prevented by simple oral-self care. Previous findings have shown that promoting the use of toothpicks in the HORECA were promising in encouraging interdental oral self-care (Buunk-Werkhoven, 2017)

## Aim of this study

- ✓ This third pilot field study\* evaluate people's opinion about their oral-health related to a healthy lifestyle.
- ✓ To implement the availability of toothpicks in a catering area within a Fitness Sport Centre

## Material & Methods

This study was conducted in 2016 in a Fitness Centre at the Olympic Stadium in Amsterdam in an in-house healthy brasserie and in collaboration with Oral-Vision, a dental hygiene clinic, housed within this Sport Centre

### Study 1<sup>st</sup> part

- ✓ 40 persons (22 - 52 years) completed a short questionnaire. Questionnaire included items about socio-demographics and oral-health related to healthy lifestyle

### Study 2<sup>nd</sup> part

- ✓ The regular cocktail picks were replaced by professional toothpicks which were distributed at the table (round and half sharp ended points, into single wrapped wooden triangle)
- ✓ Three months, each day, the number of toothpicks that were taken by the customers was counted and replaced by the investigator

\*Buunk-Werkhoven, Y.A.B. (2017). Pick A T – Public Campaign to Promote the Use of Toothpicks: A Pilot Study. *Advances in Dentistry & Oral Health*, 4(5), 555673. DOI: 10.19080/ADOH.2017.05.555673

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## Results

### Men vs Women

- ✓ 65% Men (N=26)
- ✓ 35% Women (N=14)
- ✓ Everage age was 37.3 years (SD=15.2)

### Educational Level

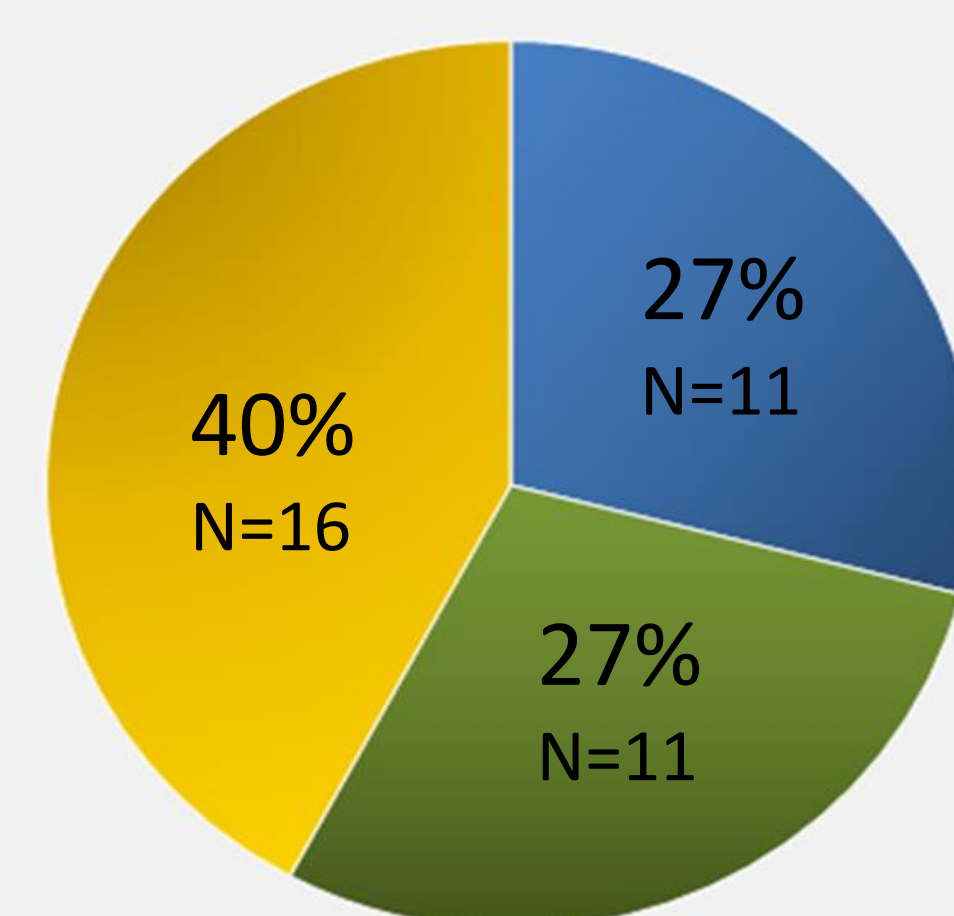
- ✓ 43% Advanced Vocational Training (N=17)
- ✓ 38% Higher Professional Education (N=15)
- ✓ 20% University Education (N=8)

### Perceived oral health

- ✓ Dutch grade 8 ('good'; SD=1.1), scale 0-10

### Toothpicks

- ✓ 63% reported not using a toothpick each day (N=25)
- ✓ 90% evaluated a toothpick after eating as (very) important for a fresh mouth feeling and optimal oral health (N=36)
- ✓ 68% evaluated availability of toothpicks in the HORECA as (very) important (N=27)



### Visited a Dental hygienist

- never visit a dental hygienist
- once a year visited a dental hygienist
- twice a year visited a dental hygienist

## Conclusion

Catering areas within Fitness-sports Centres can provide the opportunity to distribute professional toothpicks in order to promote oral self-care and a healthy lifestyle among the public

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