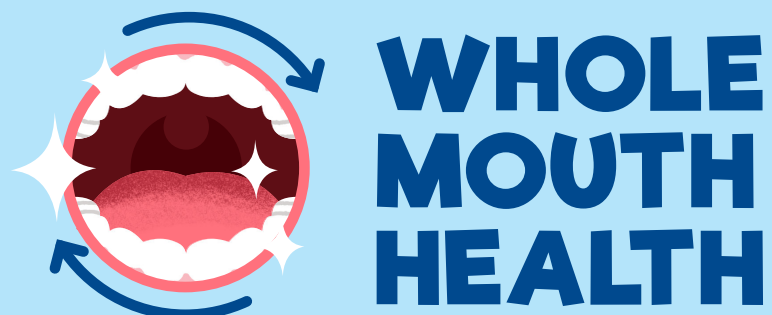




WHOLE MOUTH HEALTH



Co-design

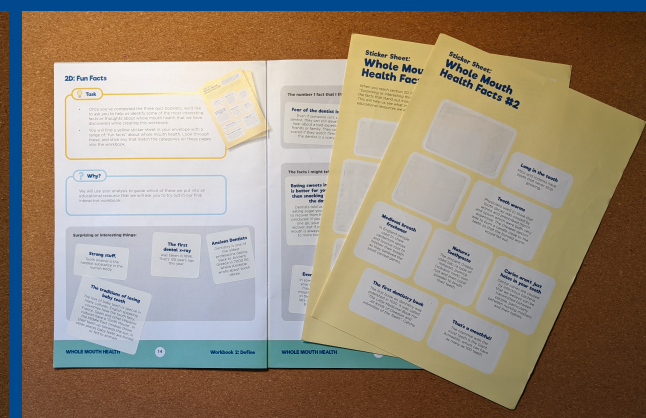
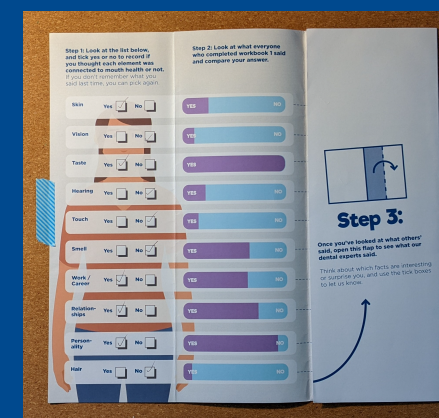
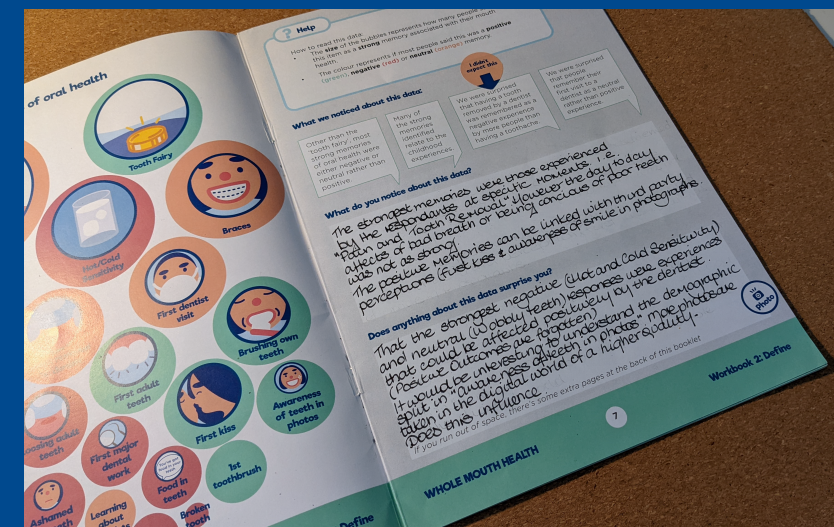
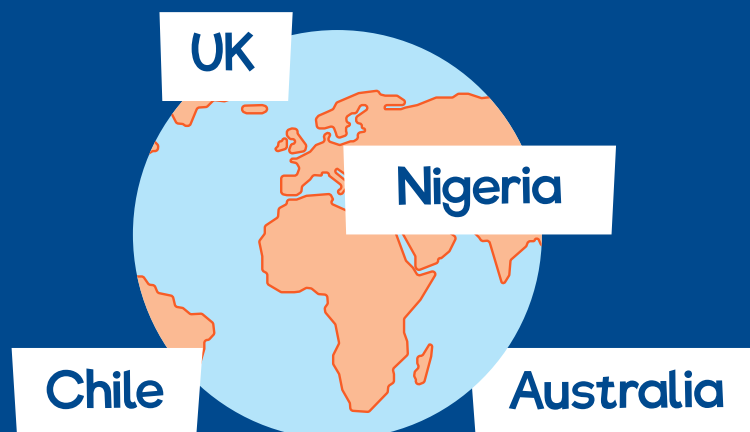
Half of the world's population have poor oral health. So far those affected have not been empowered to be part of the solution. To influence global change **everyone needs to be able to access and inform the conversation.**

Achieving a healthy smile for all needs a game changing research solution. Our project embedded innovative co-design as the mouthpiece of our research.

Our co-design methods

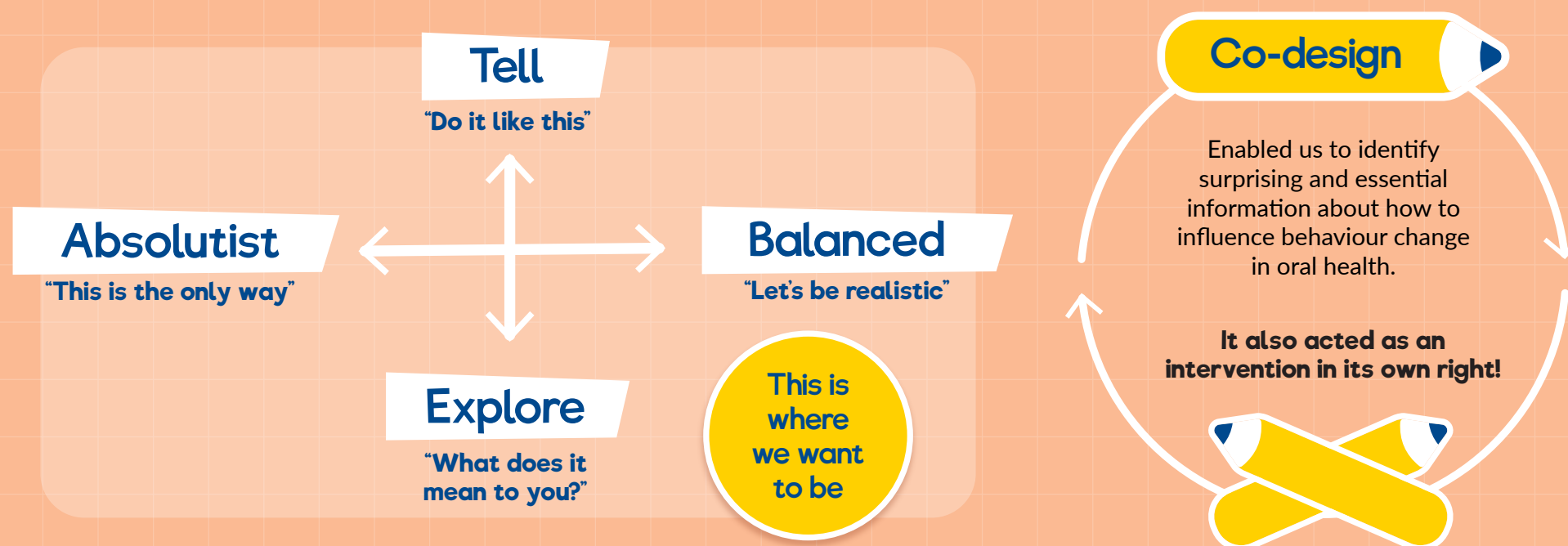
We heard from people of all ages in **Australia, Chile, Nigeria** and the **UK**. Using innovative digital and printed resources we were able to explore our participants' oral health knowledge and find out what will influence behaviour change and support better whole mouth health.

We used a combination of workbooks, workshop games, quizzes and online tasks to capture participants' views and experiences. This means all our future oral health literacy content will be user informed. Including our online **Whole Mouth Health platform**.



The process became the solution

We moved away from traditional public health messaging that **tells** people what to do. Instead, we allowed participants to **explore** what oral health means to them, and their communities, in a more balanced way. This promotes greater self-awareness, and enables individuals to think about good oral health habits in the context of their own lives.



Next steps

To support more people to access the conversation about better whole mouth health we recommend **embedding a co-design process** in the development of all future oral health literacy initiatives.

We need active participation to:

- Develop **interactive** self-care tools.
- Better understand different **cultural approaches** to oral self-care.
- Explore how to use **games**, and other **engaging ways**, to extend oral health literacy.

Explore more



Play the WMH arcade



Watch our animation

