

# Iechyd y geg ymhlith plant 12 oed yng Nghymru yn 2023/24

## Oral health of 12-year-old children in Wales in 2023/24

Oral Health Intelligence function, Dental Public Health Team, Public Health Wales

January 2025

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# Ein cenhadaeth

Ni yw Iechyd Cyhoeddus Cymru. Ni yw sefydliad iechyd cyhoeddus cenedlaethol Cymru. Rydym yn bodoli i helpu pawb yng Nghymru i fyw bywydau hirach, iachach

Gyda'n partneriaid, ein nod yw cynyddu disgwyliad oes iach, gwella iechyd a llesiant, a lleihau anghydraddoldebau i bawb yng Nghymru, nawr ac ar gyfer cenedlaethau'r dyfodol

Gyda'i gilydd, mae ein timau'n gweithio i atal clefyd, diogelu iechyd, darparu arweinyddiaeth systemau, gwasanaethau arbenigol ac arbenigedd iechyd cyhoeddus

Ni yw'r brif ffynhonnell o wybodaeth, ymchwil ac arloesedd iechyd cyhoeddus, i helpu pawb yng Nghymru i fyw bywydau iachach

Gweithio gyda'n gilydd ar gyfer Cymru iachach

# Our Mission

We are Public Health Wales. We are the national public health organisation for Wales. We exist to help all people in Wales live longer, healthier lives

With our partners, we aim to increase healthy life expectancy, improve health and wellbeing, and reduce inequalities for everyone in Wales, now and for future generations

Together, our teams work to prevent disease, protect health, provide system leadership, specialist services and public health expertise

We are the primary source of public health information, research and innovation, to help everyone in Wales live healthier lives

Working together for a healthier Wales

# Ein gweledigaeth

Erbyn 2035, byddwn wedi cyflawni dyfodol iachach i Gymru. Rydym yn gweithio tuag at Gymru lle mae pobl yn byw bywydau hirach, iachach a lle mae gan bawb yng Nghymru fynediad teg a chyfartal at y pethau sy'n arwain at iechyd a llesiant da

# Our Vision

By 2035, we will have achieved a healthier future for Wales. We are working towards a Wales where people live longer, healthier lives and where all people in Wales have fair and equal access to the things that lead to good health and well-being

# Cyflwyniad

Dyma grynodeb o arolygiad Rhaglen Epidemiolegol Deintyddol GIG Cymru o blant blwyddyn ysgol saith (12 oed) a gynhaliwyd ledled Cymru yn 2023-24

Casglwyd data gan dimau Gwasanaeth Deintyddol Cymunedol y GIG ym mhob Bwrdd Iechyd Lleol a'u dadansoddi gan Uned Gwybodaeth Iechyd y Geg Cymru ym Mhrifysgol Caerdydd ar y cyd â Gwybodaeth Iechyd y Geg yn Iechyd Cyhoeddus Cymru

Ceir rhagor o wybodaeth yn Adroddiad Technegol 'Darlun o Iechyd y Geg 2024', a gyhoeddwyd gan Uned Gwybodaeth Iechyd y Geg Cymru, Prifysgol Caerdydd

Mae arolygon o blant 12 oed (blwyddyn ysgol saith) yn darparu data manwl ar anghenion iechyd y geg ar gyfer gwyladwriaeth, cynllunio gwasanaethau a gwerthuso

# Introduction

This is a summary of the NHS Wales Dental Epidemiological Programme's inspection of school year seven (12-year-old) children undertaken across Wales in 2023-24

Data was collected by the NHS Community Dental Service teams within each Local Health Board and analysed by the Welsh Oral Health Information Unit at Cardiff University in conjunction with Oral Health Intelligence at Public Health Wales

Further information can be found in the Technical Report 'Picture of Oral Health 2024', published by the Welsh Oral Health Information Unit, Cardiff University

Surveys of 12-year-old (school year seven) children provide detailed data on oral health need for surveillance, service planning and evaluation

# Methodoleg

Yn debyg i'r blynyddoedd blaenorol, mae'r arolwg yn dilyn canllawiau'r Gymdeithas Brydeinig ar gyfer Astudio Deintyddiaeth Gymunedol

Amcanion arolygiad Rhaglen Epidemioleg Ddeintyddol GIG Cymru o blant blwyddyn ysgol saith (12 oed):

1-Cofnodi data, o sampl o blant blwyddyn ysgol saith yng Nghymru yn y tymhorau ysgol, Gaeaf 2023/2024 a Gwanwyn 2024;

2-Cael amcangyfrifon dilys o gyffredinrwydd a difrifoldeb pydredd dannedd plant blwyddyn ysgol saith i'w cymharu â'r arolygon blaenorol

**Cydnabyddiaethau:** Hoffai Iechyd Cyhoeddus Cymru a Phrifysgol Caerdydd ddiolch i'r holl ysgolion a gytunodd i gymryd rhan a hwyluso'r arolwg. Yn yr un modd, hoffem ddiolch hefyd i'r timau Gwasanaethau Deintyddol Cymunedol ym mhob Bwrdd Iechyd am eu holl waith caled yn cysylltu â'r ysgolion a chasglu'r data

# Methodology

As in previous years, the survey follows the guidance from the British Association for the Study of Community Dentistry

The objectives of the NHS Dental Epidemiology Programme for Wales inspection of school year seven (12-year-old) children:

1-Record data, from a sample of school year seven children in Wales in the school terms, Winter 2023/2024 and Spring 2024;

2-Obtain valid estimates of caries prevalence and severity in school year seven children to compare to previous surveys

**Acknowledgements:** Public Health Wales and Cardiff University would like to extend our gratitude to all the schools that agreed to participate and facilitate the survey. Equally, we would also like to thank the Community Dental Service teams in each Health Board for all their hard work in contacting the schools and collecting the data

# Crynodeb

Archwiliwyd 6,329 o blant o 203 o ysgolion gwladol prif ffrwd, sy'n cynrychioli 18.4% o gyfanswm poblogaeth blwyddyn ysgol saith mewn ysgolion gwladol prif ffrwd

Mesurwyd dau fesur o brofiad pydredd dannedd: cyffredinrwydd a difrifoldeb

Mae cyffredinrwydd yn cofnodi faint o blant oedd â dannedd wedi'u pydru, ar goll neu wedi'u llenwi. Mae difrifoldeb yn disgrifio nifer cyfartalog y dannedd yr effeithiwyd arnynt gan bydredd dannedd fesul plentyn

Cwblhawyd cwestiynau Ansawdd Bywyd yn ymwneud ag Iechyd y Geg gan 6,322 o blant

Dylid trin data o Fae Abertawe a Chwm Taf Morgannwg yn ofalus oherwydd y newidiadau a wnaed i ffiniau'r byrddau Iechyd hyn yn 2019

# Summary

6,329 children from 203 state-maintained mainstream schools were examined, which represents 18.4% of the total school year seven population in mainstream state-maintained schools

Two measures of dental caries experience were measured: prevalence and severity

Prevalence records how many children had decayed, missing or filled teeth, whilst severity describes the average number of teeth affected by tooth decay per child

Oral Health related Quality of Life questions were completed by 6,322 children

Data from Swansea Bay and Cwm Taf Morgannwg should be treated with caution due to the repatriation of Bridgend County Council

# Crynodeb

Yn 2016/17, roedd bron i un o bob tri phlentyn wedi cael profiad o bydredd a byddai dau ddant yn cael eu heffeithio arnynt. Yn 2023/24, roedd hyn wedi gostwng i un o bob pedwar plentyn â dau ddannedd wedi pydru

Yn gyffredinol, bu gostyngiad ystadegol arwyddocaol yng nghyffredinrwydd a difrifoldeb pydredd dannedd rhwng 2016/17 a 2023/24, ond ymhlith plant â chlefyd, ni fu newid o ran difrifoldeb

Effeithiodd iechyd y geg ar un o bob tri phlentyn a samplwyd

Mae anghydraddoldebau iechyd y geg yn parhau (h.y. mae'r rhai o gefndiroedd tlotach yn profi mwy o afiechyd), ond mae'r mynegai llethr o anghydraddoldeb wedi gostwng rhwng 2008/09 a 2023/24

Gwelir amrywiad ar draws y Byrddau Iechyd o ran cyffredinrwydd a difrifoldeb pydredd dannedd

# Summary

In 2016/17, approaching one in three children had decay experience and two teeth would be affected. In 2023/24, this has reduced to one in four children with two carious teeth

Overall, there was a statistically significant reduction in the prevalence and severity of dental caries across from 2016/17 to 2023/24, but amongst children with disease, there has been no change in severity

Oral health impacted on one in every three children sampled

Oral health inequalities remain (i.e. those from poorer backgrounds experience more disease), but the slope index of inequality has decreased between 2008/09 and 2023/24

Variation is seen across the Health Boards in both prevalence and severity of dental caries

# Cyffredinrwydd pydredd dannedd Prevalence of dental caries

Y brif neges yw bod cyffredinrwydd pydredd dannedd wedi lleihau yng Nghymru

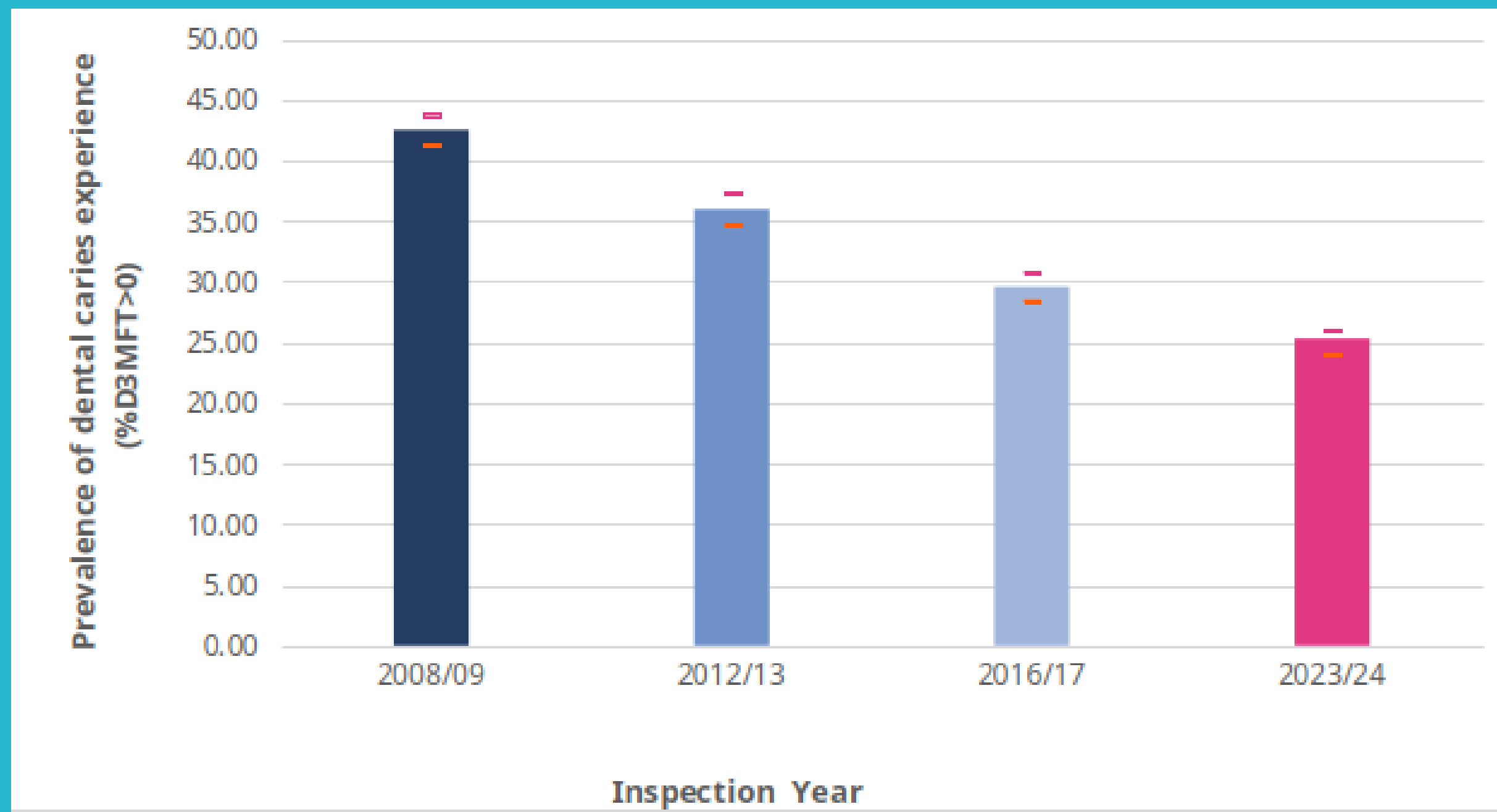
Y cyffredinrwydd cymedrig yw 25.3% [24.0-26.0]

Mae ffin isaf y cyfwng hyder ar gyfer 2016/17 uwchlaw'r ffin uchaf ar gyfer 2023/24, sy'n golygu bod y gostyngiad hwn yn ystadegol arwyddocaol

The headline message is that the prevalence of dental caries has reduced in Wales

The mean prevalence is 25.3% [24.0-26.0]

The lower boundary of the confidence interval for 2016/17 is above the upper boundary for the 2023/24, meaning this reduction is statistically significant





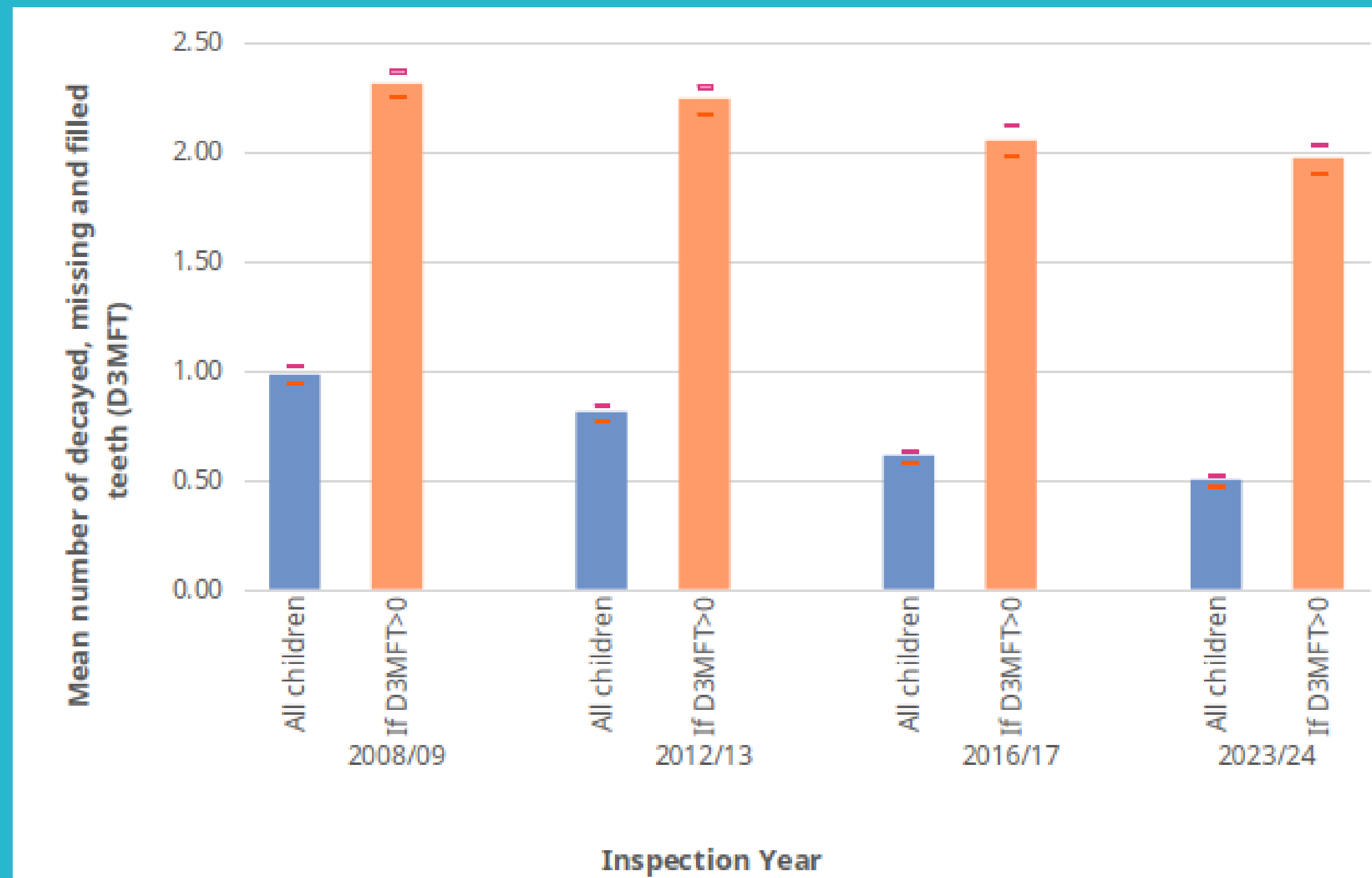
## Difrifoldeb pydredd dannedd Severity of dental caries

Y brif neges yw bod difrifoldeb pydredd dannedd wedi lleihau (pob plentyn). Nifer cymedrig y dannedd â phydredd yw 0.5 [0.47-0.52] (pob plentyn). Mae ffin isaf y cyfwng hyder ar gyfer 2016/17 uwchlaw'r ffin uchaf ar gyfer 2023/24, sy'n golygu bod y gostyngiad hwn yn ystadegol arwyddocaol

Ymhlith y plant â phydredd, y difrifoldeb yw 1.97 [1.90-2.03] ac ni fu newid ers 2016/17

The headline message is that the severity of dental caries has reduced (all children). The mean number of teeth with decay experience is 0.5 [0.47-0.52] (all children). The lower boundary of the confidence interval for 2016/17 is above the upper boundary for the 2023/24, meaning this reduction is statistically significant

In children with decay, the severity is 1.97 [1.90-2.03] and there has been no change since 2016/17



## Cyfansoddiad D3MFT Composition of D3MFT

Yr elfen fwyaf o brofiad pydredd dannedd yn 2023/24 yw pydredd dannedd heb ei drin (D3T). Mae hyn wedi cynyddu o 15.5% [14.6-16.4] yn 2016/17 i 16.9% [15.9-17.8] yn 2023/24

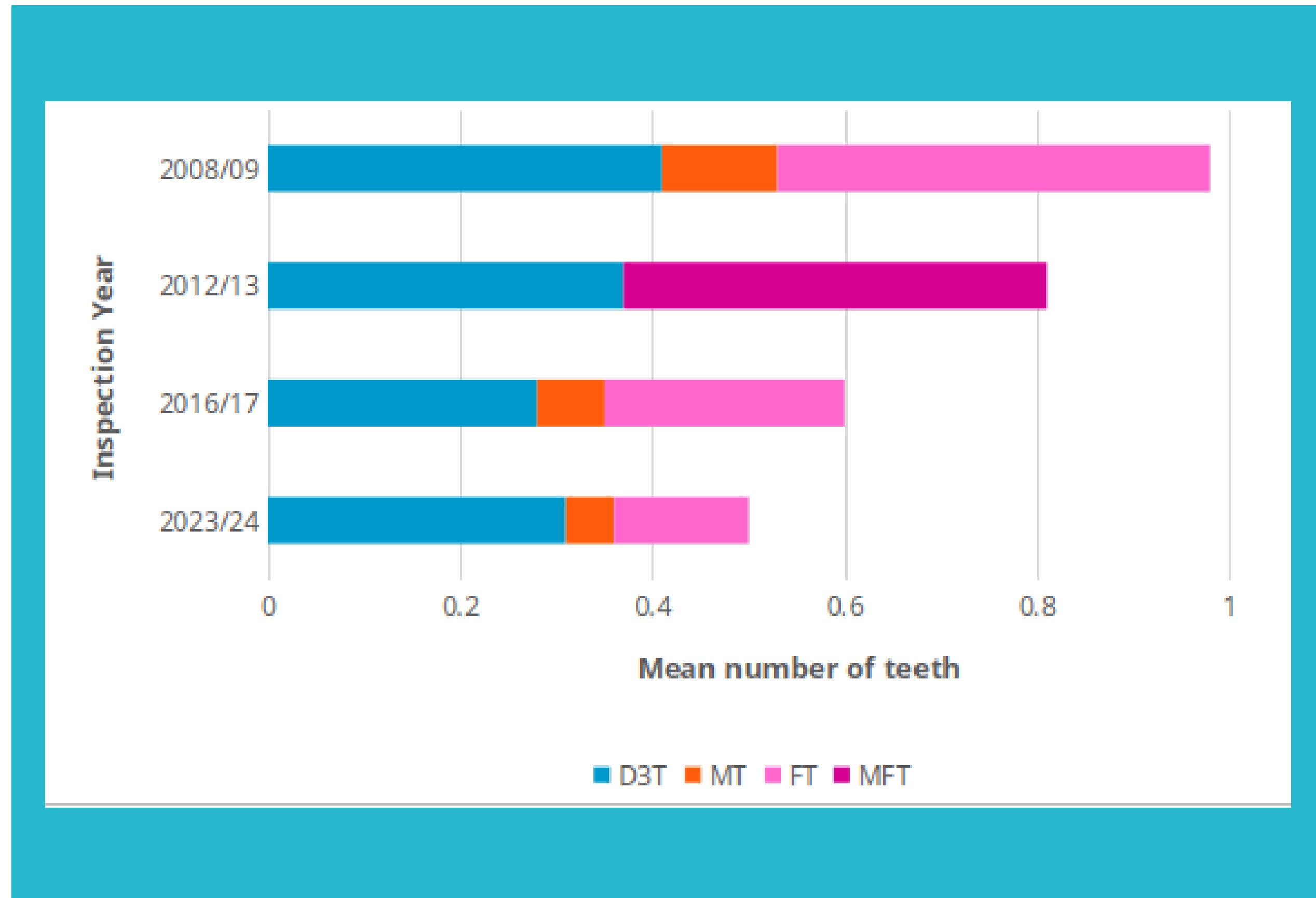
Er nad yw hyn yn ystadegol arwyddocaol, mae'n awgrymu bod baich pydredd dannedd heb ei drin yn gwaethygu ymhlith plant yr effeithir arnynt.

[Cyfunwyd MT ac FT yn 2012/3]

The largest component of dental caries experience in 2023/24 is for untreated dental caries (D3T). This has increased from 15.5% [14.6-16.4] in 2016/17 to 16.9% [15.9-17.8] in 2023/24

Although this isn't statistically significant, it suggests that the burden of untreated dental caries is worsening in affected children

[MT and FT were combined in 2012/3]



## Ansawdd bywyd Quality of Life

Dywedodd bron i draean o blant (28.1%) fod iechyd y geg wedi effeithio ar ansawdd eu bywydau. Ymhlith plant â phrofiad o bydredd dannedd (D3MFT>0), nododd dros draean (32.1%) effaith.

Yr effaith fwyaf cyffredin ar ansawdd bywyd y geg yn ymwneud ag iechyd oedd poen (16.6% o'r holl blant a 20.7% o'r rhai â phrofiad o bydredd dannedd)

Almost a third of children (28.1%) reported that their oral health had impacted on their quality-of-life. In children with dental caries experience (D3MFT>0), over a third (32.1%) reported an impact.

The most common oral health-related quality of life impact was pain (16.6% of all children and 20.7% of those with dental caries experience)

Oral health-related quality of life impacts	Prevalence of one or more oral health-related quality of life impacts in the last month % (n)		
	All children (n=6,329)	In those without dental caries experience (D3MFT=0, n=4,685)	In those with dental caries experience (D3MFT>0, n=1,644)
Had pain or discomfort in your teeth or mouth?	16.6 (1,110)	15.2 (761)	20.7 (349)
Had difficulty eating because of problems with your teeth or mouth?	9.6 (622)	9.1 (443)	11.3 (179)
Had difficulty relaxing (including sleeping) because of problems with your teeth or mouth?	3.7 (259)	3.1 (159)	5.6 (100)
Had difficulty smiling, laughing, and showing your teeth without being embarrassed because of problems with your teeth or mouth?	13.0 (922)	12.6 (653)	14.2 (269)
Had difficulty doing your schoolwork or missed school because of problems with your teeth or mouth?	2.7 (182)	2.0 (98)	5.0 (84)
<b>ANY DOMAIN</b>	<b>28.1 (1,896)</b>	<b>27.7 (1,340)</b>	<b>32.1 (556)</b>

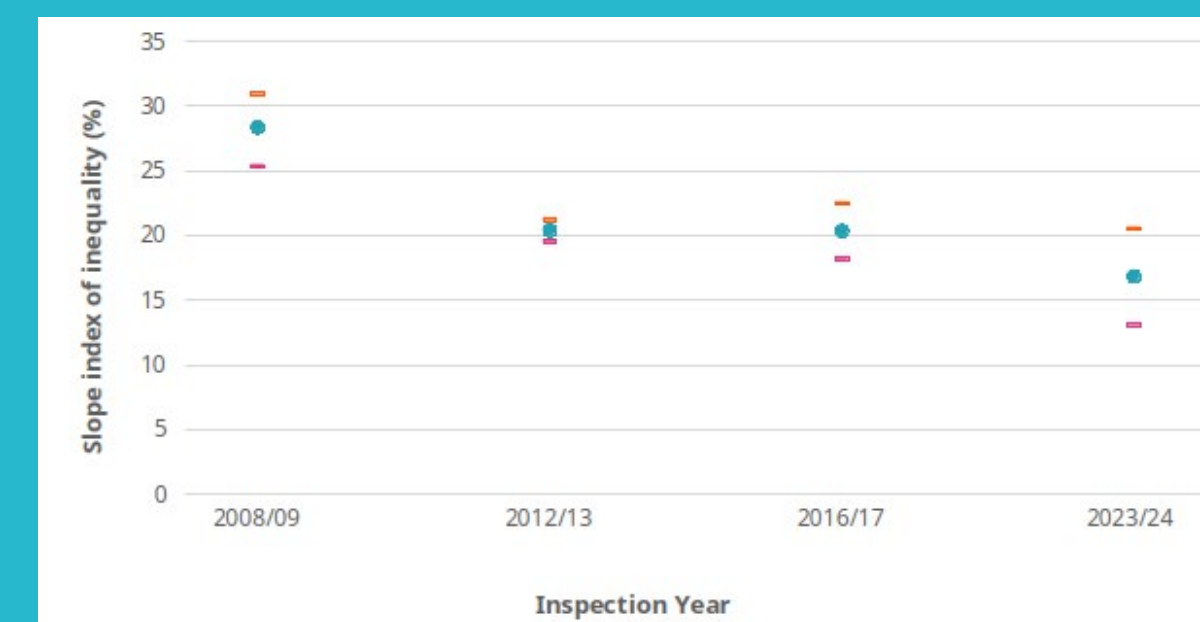
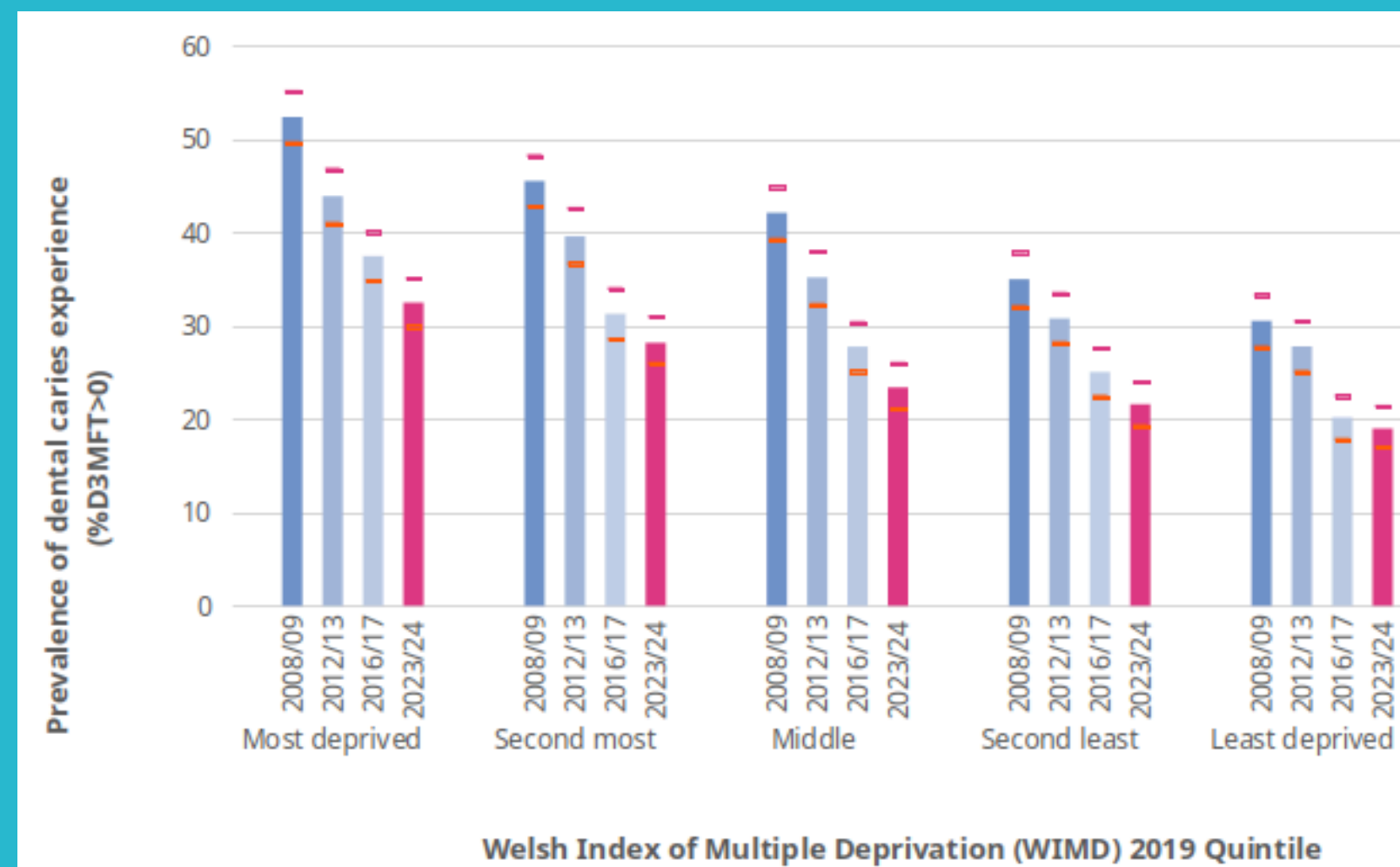
# Anghydraddoldeb Inequality

Mae graddiant cymdeithasol clir o ran cyffredinrwydd a difrifoldeb y profiad o bydredd dannedd ymhlith plant yng Nghymru. Mae unigolion o'r cymunedau mwyaf difreintiedig yn fwy tebygol o brofi pydredd dannedd ac fe fydd mwy o ddannedd wedi'u heffeithio arnynt.

Mae mynegai llethrau anghydraddoldeb o ran cyffredinrwydd pydredd dannedd wedi gostwng rhwng 2008/09 a 2023/24

There is a clear social gradient in both the prevalence and severity of dental caries experience amongst children in Wales. Individuals from the most deprived communities are more likely to experience dental caries and have more teeth affected.

The slope index of inequality of dental caries prevalence has decreased between 2008/09 and 2023/24



# Byrddau Iechyd Health Boards

Mae cyffredinrwydd pydredd dannedd yn amrywio o 21.9% yn BIPCT [19.0-24.8] a BIAP [16.6-27.2] i 28.6% [26.3-31.0] yn BIPAB. Ers 2016/17 bu:

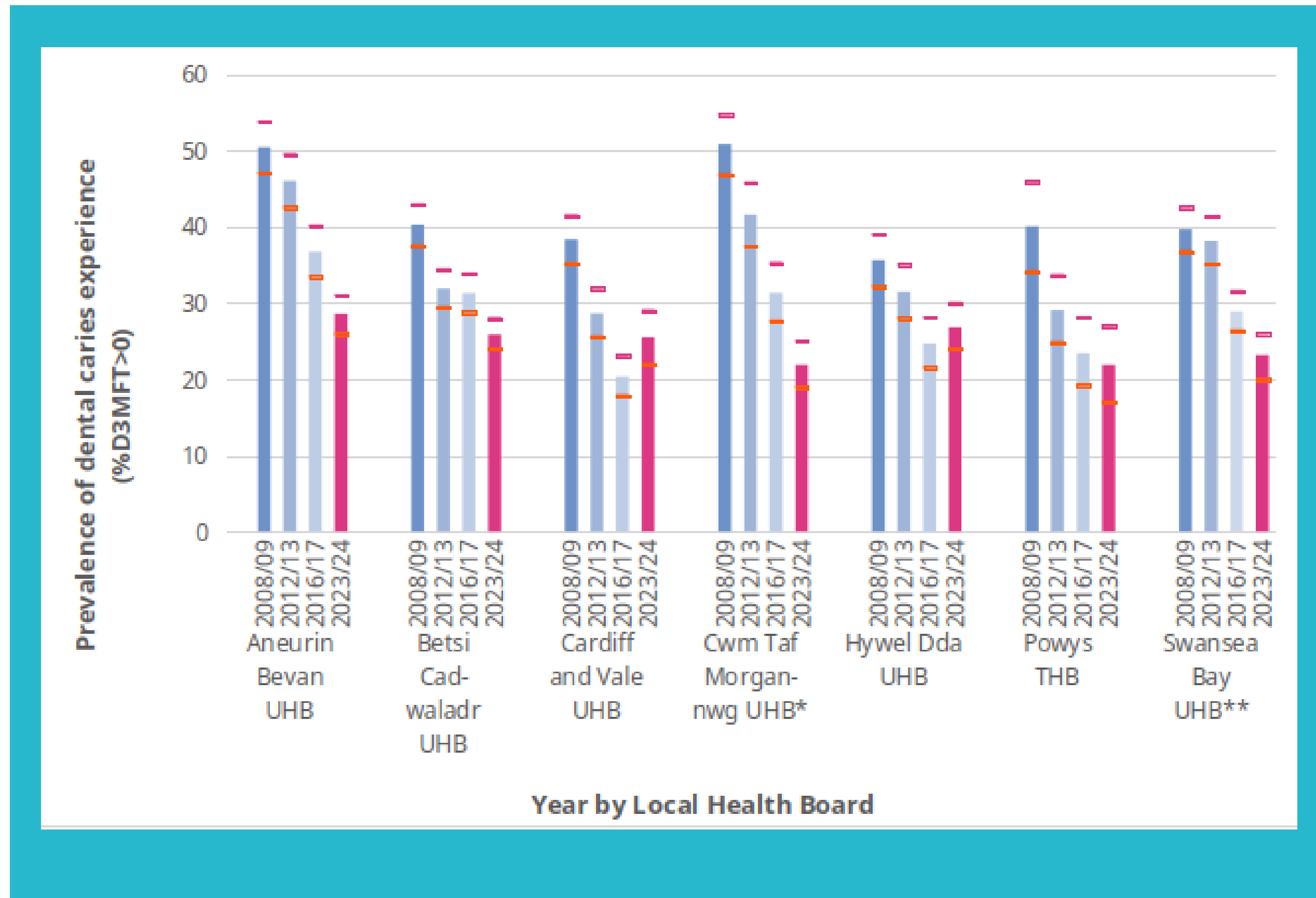
Gostyngiad yn BIPAB a BIPBC  
Dim newid yn BIPCF, BIPHDD na BIAP

Oherwydd y bu newid i ardal Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr, nid yw'n bosibl dehongli newidiadau o ran cyffredinrwydd clefydau yn BIPCTM na BIPBA

Prevalence of dental caries experience ranges from 21.9% in both CTUHB [19.0-24.8] and PTHB [16.6-27.2] to 28.6% [26.3-31.0] in ABUHB. Since 2016/17 there has been:

1. Reduction in ABUHB & BCUHB
2. No change in C&VUHB, HDUHB & PTHB

Due to the Bridgend County Borough Council area change, it is not possible to interpret changes in disease prevalence in CTMUHB and SBUHB



# Byrddau Iechyd Health Boards

Mae difrifoldeb pydredd dannedd yn amrywio o 0.46 [0.38-0.53] yn BIPCTM i 0.58 [0.52-0.64] yn BIPAB. Ers 2016/17 bu:

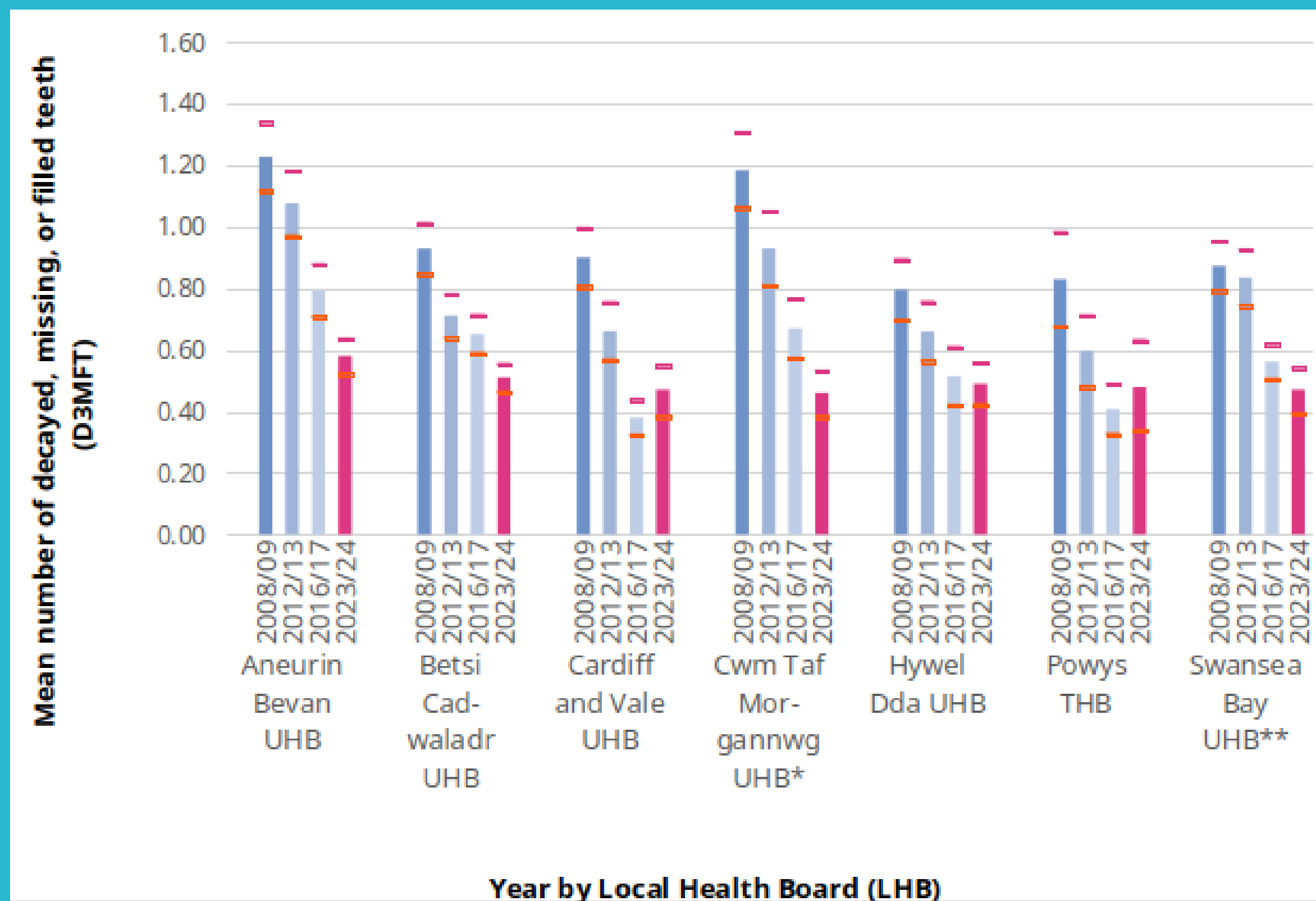
Gostyngiad yn BIPAB a BIPBC  
Dim newid yn BIAP, BIPHDD na BIPCF

Oherwydd y bu newid i ardal Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr, nid yw'n bosibl dehongli'r newidiadau o ran difrifoldeb y clefyd yn BIPCTM na BIPBA

Severity of dental caries ranges from 0.46 [0.38-0.53] CTMUHB to 0.58 [0.52-0.64] in ABUHB. Since 2016/17 there has been:

1. Reduction in ABUHB and BCUHB
2. No change in PTHB, HDUHB & C&VUHB

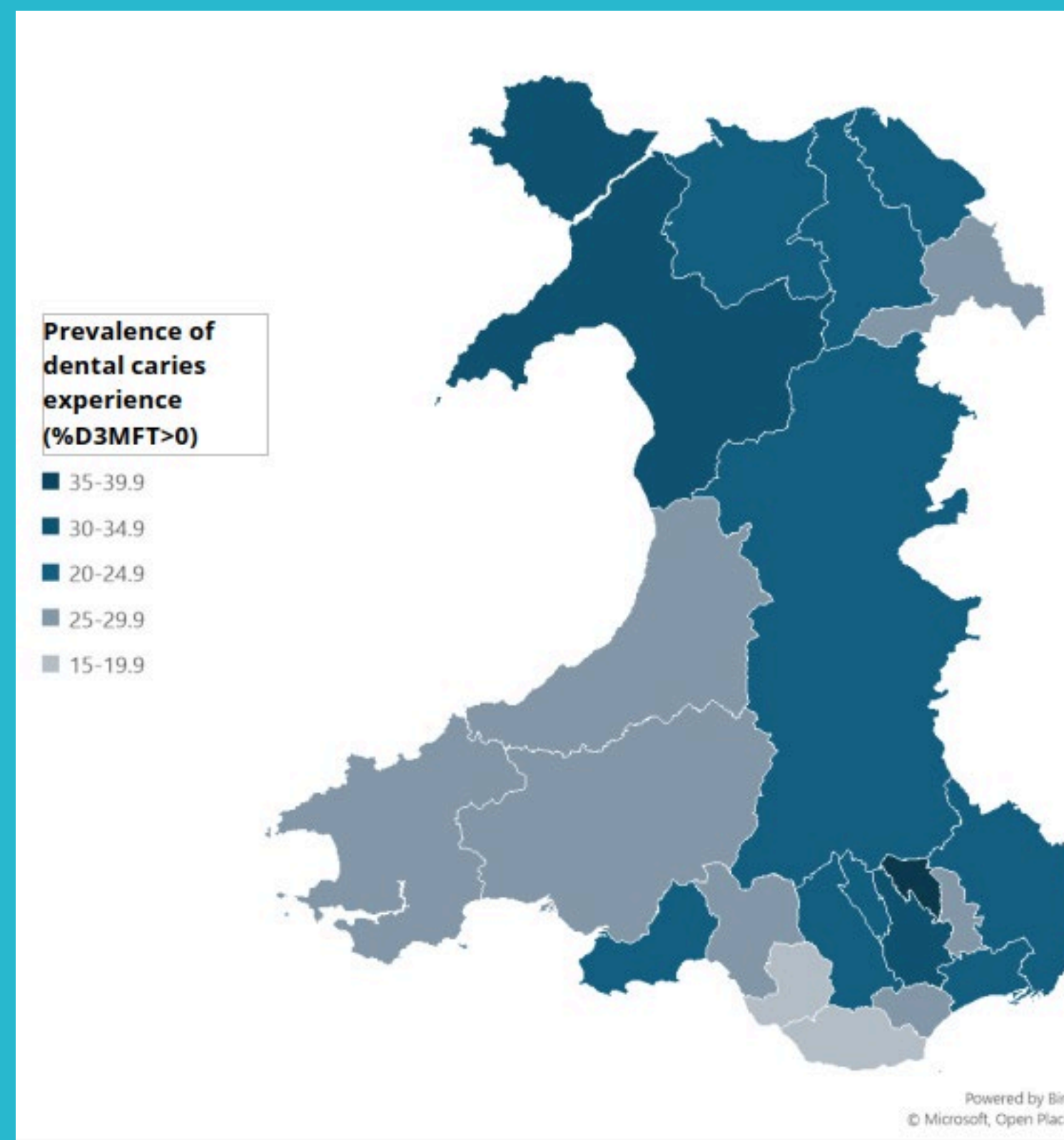
Due to the Bridgend County Borough Council area change, it is not possible to interpret changes in disease severity in CTMUHB and SBUHB



## Awdurdodau Unedol Unitary Authorities

Ar lefel Awdurdod Unedol, mae cyffredinrwydd pydredd dannedd yn amrywio o 16.8% [12.4-21.2] ym Mhen-y-bont ar Ogwr i 36.4% [32.0-40.9] ym Mlaenau Gwent

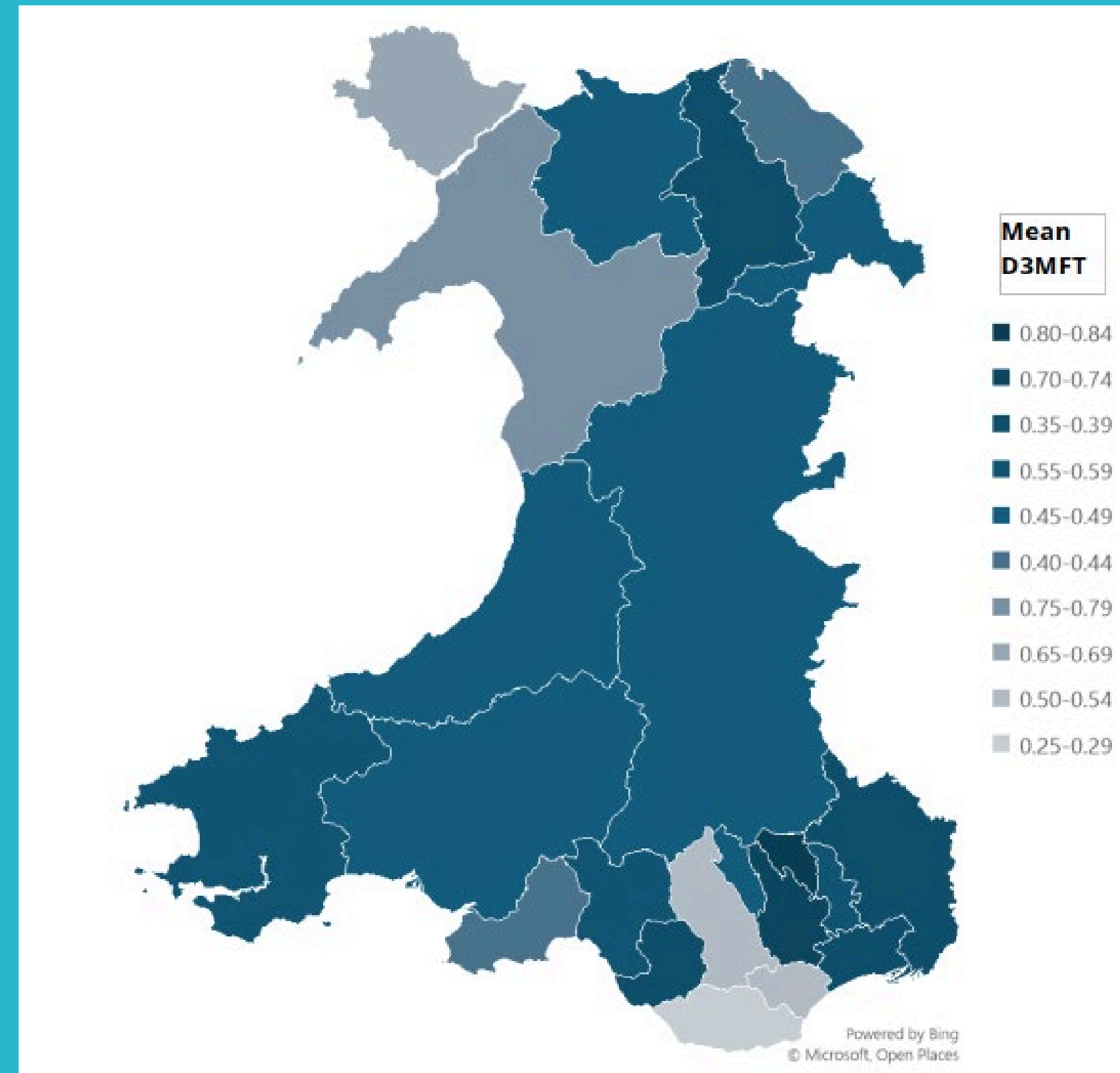
At a Unitary Authority-level, dental caries prevalence ranges from 16.8% [12.4-21.2] in Bridgend to 36.4% [32.0-40.9] in Blaenau Gwent



## Awdurdodau Unedol Unitary Authorities

Ar lefel Awdurdod Unedol mae difrifoldeb y clefyd yn amrywio o 0.29 [0.20 i 0.38] ym Mro Morgannwg i 0.81 [0.68-0.94] ym Mlaenau Gwent

At a Unitary Authority-level disease severity ranges from 0.29 [0.20 to 0.38] in the Vale of Glamorgan to 0.81 [0.68-0.94] in Blaenau Gwent







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Cymru  
Public Health  
Wales

Gweithio gyda'n gilydd  
i greu Cymru iachach

Working together  
for a healthier Wales

