



The Bellwether

Leading Local Efforts to Improve the Nation's Oral Health

A Newsletter of the
American Association
for Community
Dental Programs

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News from the President Nancy Rublee

The fall equinox arrived on September 23. On the equinox, the length of day and night are nearly equal everywhere around the world. In the Northern Hemisphere, people are enjoying cool autumn temperatures, shorter days, and longer nights. South of the equator, spring has arrived and trees are beginning to bloom. It is amazing to think about change from a global perspective. We can also look at public health changes that have impacted billions of people worldwide. One such global change has come about as the result of community water fluoridation (CWF). In the United States, 2015 marks the 70th anniversary of CWF, one of public health's greatest achievements. This issue of *The Bellwether* highlights the important contribution of CWF to reducing dental caries; pays tribute to Dr. Myron Allukian Jr., an American Association for Community Dental Programs (AACDP) member, for his lifelong efforts to promote CWF; and features CWF resources to help providers working in community dental programs promote optimally fluoridated water for all.



CWF does not exclude those with low incomes or who are vulnerable but instead provides protective benefits to all people. In the 1930s, Dr. Frederick McKay and Dr. Henry Trendly Dean discovered that residents of communities with naturally occurring fluoride in the water exhibited reduced incidence of dental caries. The two began their investigation by developing the first fluorosis index comparing fluoride dosage rates in communities with naturally occurring fluoride in the water to the extent of discoloration (mottled enamel) in residents' teeth. Through this work, they established a standard of one part fluoride per million parts of water to reduce caries rates without causing discoloration.

Earlier this year, the U.S. Public Health Service (PHS) updated and replaced its 1962 drinking water standards related to CWF. For community water systems that add fluoride, PHS now recommends an optimal fluoride concentration of 0.7 milligrams/liter (mg/L). In this guidance, the optimal concentration of fluoride in drinking water is the concentration that provides the best balance of protection from dental caries while limiting the risk of dental fluorosis. The earlier PHS recommendations for fluoride concentrations were based on outdoor air temperature of geographic areas and ranged from 0.7 to 1.2 mg/L. Recent data do not show a clear relationship between water intake and outdoor air temperature. Thus, there is no need for recommendations for fluoride concentrations to differ in response to outdoor air temperature differences. For more information, see [U.S. Public Health Service Recommendation for](#)



Fluoride Concentration in Drinking Water for the Prevention of Dental Caries.

Today, over 210 million people, or 3 in 4 Americans, live in communities with fluoridated water, including an estimated 10 million who live in communities with water supplies that are naturally fluoridated at the optimal level. Research demonstrates a 25-percent reduction in dental caries throughout a person's lifetime for those living in communities with fluoridated water. For every \$1 spent on CWF, \$38 is saved in health care costs. Long-range studies show conclusively that children who grow up from infancy until age 6 drinking fluoridated water are much less prone to dental caries and other oral diseases for the rest of their lives, compared to those who drink non-fluoridated water during this period.

AACDP continues to wholeheartedly endorse CWF. We call upon local and state health departments and every level of the public health system to advocate for extending CWF as widely as possible. To quote a dear friend, Dr. Myron Allukian Jr., "fluoridation is nature's way to prevent tooth decay."

As we move from fall to winter, AACDP executive committee members have been busy planning another extraordinary symposium. Attending the 2016 AACDP Symposium in Cincinnati is a must! ■

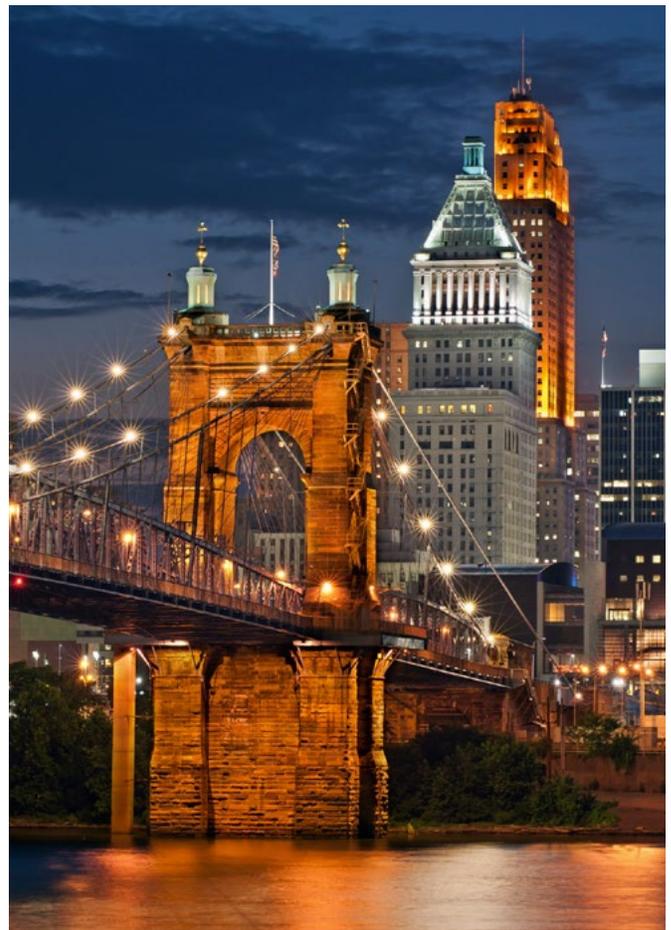


AACDP Annual Symposium April 16–17, 2016— Save the Date!

Larry Hill, AACDP Executive Director and Cincinnati Resident

Cincinnati, OH, is proud to host the 2016 AACDP Symposium, which will focus on topics of particular interest to those working at the local, county, and regional levels. The symposium will be followed by the National Oral Health Conference (NOHC). AACDP's planning committee is working hard to develop another stimulating and thought-provoking symposium to help us improve the oral health of our communities.

Cincinnati, known as the Queen City, enthusiastically awaits you. Once a major center of commerce owing to its entrepreneurial spirit and its location on the Ohio River, Cincinnati has experienced a rebirth over the past 10 years and has become an increasingly popular tourist destination.



to the freedom of all people everywhere, which is located on a site of the Civil War-era underground railroad.

Several blocks to the north is the Over the Rhine (OTR) neighborhood, another entertainment district. OTR is named for the city's German influence, which is the result of large influx of Germans into Cincinnati in the mid-1800s. OTR is located across Central Parkway, a main thoroughfare that was once a canal; thus the "Rhine" part of OTR's name.

Other Cincinnati points of interest include the Harriet Beecher Stowe House, the birth home of William Howard Taft, and Kings Island amusement park. Come early and bring the family to Kings Island, or stay after the meeting and take in a Reds game.

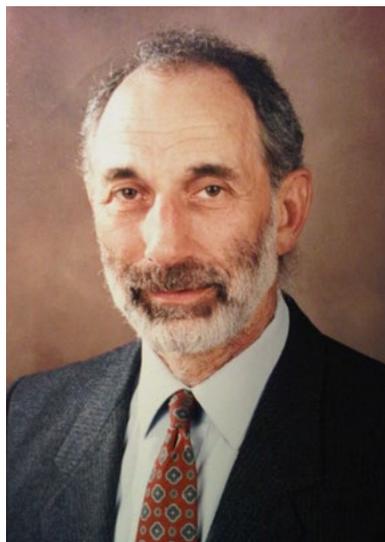
Please mark April 16–17, 2016, on your calendar, and plan to attend the AACDP Symposium. Cincinnati's picturesque river region, unique cultural events, sports teams, and much more await you! ■



The NOHC headquarters hotel is located half a block from Fountain Square in the center of the bustling downtown business and shopping district. Three blocks south you'll find The Banks, a restaurant and entertainment district located along the Ohio Riverfront. The riverfront connects the Cincinnati Reds Great American Ball Park (where the 2015 Major League All-Star Game took place) and the Cincinnati Bengals' Paul Brown Stadium. Also on the riverfront is the National Freedom Center, a museum dedicated

Myron Allukian Jr. Receives Fluoridation Lifetime Achievement Award

Myron Allukian Jr., D.D.S., M.P.H., a past president of AACDP, received the **Lifetime Achievement Award** from the American Academy of Pediatrics' Campaign for Dental Health during its annual fluoridation meeting, *Broadening Our Sphere of Influence*, on June 9, 2015, in Chicago, IL. An internationally recognized public health expert, Dr. Allukian was honored for his numerous contributions to promoting and supporting CWF and public health at local, state, and national levels since the 1960s. Dr. Allukian became interested in public health as a result of treating children in orphanages, schools, and refugee camps in Vietnam while serving with the Third Marine Division at the Marine field hospital during the Vietnam War.



When Dr. Allukian became involved with fluoridation in Massachusetts in 1967 as a graduate student at the Harvard School of Public Health, only 7 percent of Massachusetts' water supplies were fluoridated. Today, thanks in large part to his tireless efforts, 63 percent of the state's residents living on a public water supply—over 4 million people in 140 cities and towns—enjoy the benefits of fluoridation.

Dr. Allukian also worked to ensure that fluoridation and oral health were included in the *Promoting*

Health/Preventing Disease: Objectives for the Nation (1980), which subsequently became *Healthy People: National Health Promotion and Disease Prevention Objectives* (1990, 2000, 2010, 2020). In addition, he was chair of the U.S. Surgeon General's Work Group on Fluoridation and Dental Health for the 1990 national-disease-prevention objectives.

Dr. Allukian has authored over 150 publications and abstracts and has consulted on or spoken about fluoridation and public health across the United States and in many other countries. Last year he coauthored a study that documents for the first time the preponderance of CWF junk science (see "Community Water Fluoridation on the Internet and Social Media" published in the *Journal of the Massachusetts Dental Society* in 2014).

Dr. Allukian is a past president of at least nine state and national dental and public health organizations, including the American Public Health Association, where he was the second dentist in 118 years and the first Vietnam veteran to be elected president. He is also a member of the Institute of Medicine, National Academy of Sciences. Currently, he is serving as president of the Massachusetts Coalition for Oral Health and as vice chair of the Oral Health Working Group of the World Federation of Public Health Associations. ■

Please consider sharing the work that you do in your local community with our members. Do you have an accomplishment, innovative program, or client story to tell us about? AACDP is "all about you" and wants to celebrate your experiences and learn from them. Submit your article, vignette, or photos to info@aacdp.com.

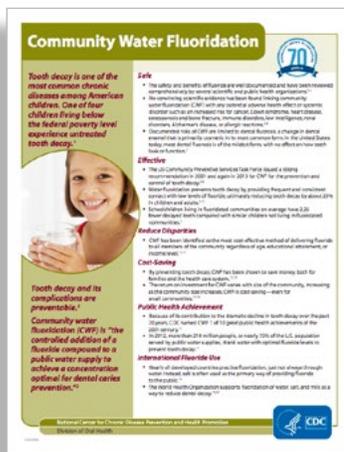


New and Noteworthy Resources

Community Water Fluoridation

National Center for Chronic Disease Prevention and Health Promotion, Division of Oral Health

This fact sheet provides information about the safety and benefits of CWF in preventing tooth decay and its complications in children and adults. Topics include the effectiveness of CWF in reducing disparities and saving money and the use of fluoride nationally and internationally.



Community Water Fluoridation Brief: Highlights and Lessons Learned from 2014 Harder+Company Community Research

This brief highlights the experiences of five communities across the country that voted to retain CWF, and it summarizes key factors that contributed to their successes. Contents include questions to ask and considerations related to understanding the local context, involving key players, establishing a strategy, obtaining necessary funding, and understanding the opposition.

Evidence-Based Approaches for Promoting Oral Health

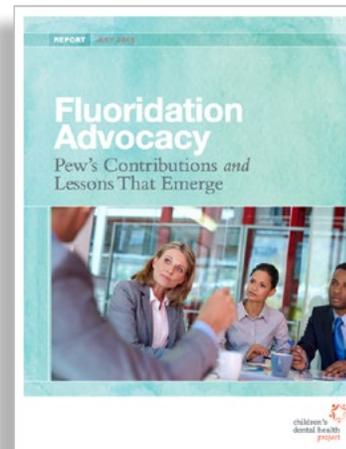
Association of State and Territorial Health Officials

This document describes state options, opportunities, and resources for implementing evidence-based oral health interventions. Contents include recommendations for CWF, action steps for translating the recommendations into public health practice and policy, and state experiences.

Fluoridation Advocacy: Pew's Contributions and Lessons That Emerge

Children's Dental Health Project

This report summarizes the Pew Charitable Trusts' efforts to support and strengthen advocacy that supports CWF. The report examines the impact that Pew's work has had on advancing CWF and the lessons that have emerged from Pew's experiences. Examples from Pew-assisted state campaigns' efforts to initiate water fluoridation or reaffirm its value are included.



Fluoridation Toolkit: A Resource for Health Advocates

Campaign for Dental Health

This toolkit provides resources for educating communities about CWF. Contents include sample blog posts, a memo for newspaper editors, letters to the editor, tips for talking to reporters, remarks to help parents and health professionals talk to city council or local board members, a resolution observing CWF's 70th anniversary, and social media messages.

Fluoride in Our Water: Facts You Need to Make a Healthy Choice

Pew Charitable Trusts

This video provides information about how CWF has benefitted children and adults by preventing tooth decay. Topics include information about the number of people on public water systems in the United States who live in places where their communities have decided to adjust fluoride in the water to the optimal level to prevent dental caries, and federal, professional, and international support for CWF.

Resource Highlights: Focus on Community Water Fluoridation

National Maternal and Child Oral Health Resource Center

This resource for health professionals highlights key facts supported by references, recent materials (briefs, federal agency statements, and reports) and websites maintained by federal agencies and national professional associations with information related to CWF.

Statement on the Evidence Supporting the Safety and Effectiveness of Community Water Fluoridation

Centers for Disease Control and Prevention

This statement focuses on the safety and benefits of CWF. Contents include evidence showing that CWF programs are an effective, cost-saving, and safe intervention for preventing tooth decay and promoting oral health. The effectiveness of CWF compared with other methods of fluoride delivery is discussed, along with the return on investment of CWF, both for families and for the health care system as a whole. Risks that may accompany CWF are addressed.

Water Fluoridation and Your Health

Association of State and Territorial Dental Directors

This video provides information about the value and safety of CWF. Topics include research on water fluoridation, what fluoride is, locating reputable sources of information about CWF, the relationship

If you would like to join AACDP, complete the online membership form at <http://www.aacdp.com/membership/index.html>.

Membership is free, and benefits include information about AACDP's annual symposium, publications, and a subscription to the Community Oral Health Programs discussion list.



between oral health and overall health, the impact of oral health on learning, fluoride and tooth decay in children, brushing with fluoridated toothpaste, the cost-effectiveness of CWF, and recommendations for CWF.

Water Fluoridation: Issue Brief Network for Public Health Law

This brief for public health professionals describes the water-fluoridation process, the public health impact of water fluoridation, and the legal framework governing CWF. Topics include the complementary roles that federal, state, and local governments play in implementing CWF.

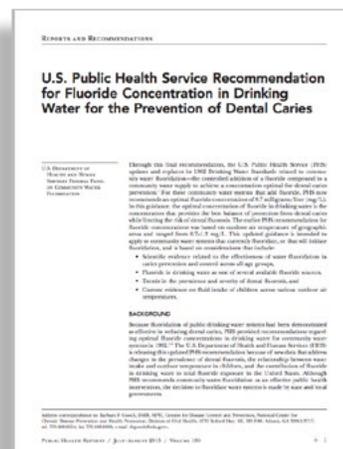


U.S. Public Health Service Recommendation for Fluoride Concentration in Drinking Water for the Prevention of Dental Caries

U.S. Department of Health and Human Services,
Federal Panel on Community Water Fluoridation

This report describes recommended U.S. standards related to CWF. Contents include the rationale, the process, public comments, implementation, and conclusions. The recommendations are based on scientific evidence about the effectiveness of CWF in the prevention and control of dental caries, fluoride in drinking water as one of several available fluoride sources, trends in the prevalence and severity of

dental fluorosis, and current evidence on fluid intake of children across various outdoor air temperatures. ■



AACDP Awards Call for Nominations

The AACDP awards committee is seeking nominations for the following two awards:

AACDP's Myron Allukian Jr. Lifetime Achievement Award for Outstanding Contributions in Community Dental Programs was first awarded to Myron Allukian Jr. to commemorate his outstanding contributions to oral health at the local, state, and national levels. The award is presented to an individual who has shown outstanding lifetime achievement in community programs to improve oral health. For a list of past recipients, see <http://www.aacdp.com/awards/index.html>. The award criteria include:

- Throughout the recipient's career, outstanding contributions to and achievements in community dental programs to improve oral health.
- Exemplary programmatic and/or policy accomplishments that have resulted in significant improvements in the community's oral health.
- Exceptional and distinguished leadership and service in promoting community dental programs at the local, state, or national level.

AACDP's John P. Rossetti Community Oral Health Impact Award commemorates John Rossetti's significant

impact on oral health at the local, state, and national levels. The award is presented to an individual who has demonstrated outstanding service, commitment, and leadership to improve oral health, especially to the underserved.

The award criteria include:

- Notable service at the local, state, or national level to improve the health of the community by making comprehensive oral health preventive and treatment services available, especially to the underserved.
- Visionary, innovative, and original thinking that leads to action, bringing improved oral health policy, access, and/or practices to the community.
- Leadership in consensus-building by finding common ground upon which to act and overcoming barriers or opposition to efforts to improving community oral health.

Nomination for the awards will be accepted through January 11, 2016. For more information about the awards and to obtain the award nomination form, go to <http://aacdp.com/awards/index.html>. ■



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