

Mosaic

THE  CANADIAN
ASSOCIATION OF PUBLIC
HEALTH DENTISTRY

ASSOCIATION  CANADIENNE
DE LA SANTÉ DENTAIRE
PUBLIQUE

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Dental health of adults and seniors in Windsor-Essex Survey Results 2018- Report

Shannen Janisse

MSc, is a Health Promotion Specialist in the Oral Health Department of the Windsor-Essex County Health Unit (Ontario).



In January 2018, the WECHU launched a survey to learn more about the dental health needs of adults across Windsor and Essex County (Ontario). Over 1,594 residents completed the Dental health of adults and seniors in Windsor and Essex County survey, which focused on self-reported dental health of respondents. The survey was available online and in hard copy. The online survey was available in English only, while the hard copies were available in English, Arabic, Chinese, French and Spanish. Promotional material (i.e., posters and post cards) inviting residents to complete the survey were distributed to social services agencies, community partners and other locations (e.g., grocery stores and libraries) across Windsor and Essex County. The promotional material was also available in the above-mentioned languages.

The survey findings show that dental health insurance was an important factor for access to dental health care among survey respondents, regardless of household income. Specifically, adults without dental insurance were approximately:

- 2 times more likely to experience a dental concern (e.g., tooth or mouth pain; missing, loose, or broken teeth; and cavities).
- 2.3 times more likely to have an unmet dental need that affected their life, such as one's eating, socializing, and/or self-esteem.
- 17 times more likely to have problems accessing dental health services compared to adults with dental insurance.

The findings also showed that the cost of dental care was a barrier for the majority of adults regardless of their household income. The results of this survey reinforce the need for adult dental health services in our community, first identified in >

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the WECHU's 2016 Community Needs Assessment. The survey findings provide an opportunity for the WECHU to work with community partners, locally and provincially, to find a comprehensive solution to this pressing need.

For more information on WECHU's dental health program, please visit the Windsor-Essex County Health Unit website, www.wechu.org.

The full report can be viewed at <https://www.wechu.org/reports/dental-health-adults-and-seniors-windsor-essex-survey-results-2018-0> 🍁

CAPHD Endorses Bill S-228

Stop Marketing to Kids Coalition
Advocates for restricting food and beverage marketing to kids

www.stopmarketingtokids.ca

CAPHD 2019 CONFERENCE

In Collaboration with Ontario Association
of Public Health Dentistry and University of
Toronto's Faculty of Dentistry

September 20-21, 2019
Toronto, Ontario
University of Toronto
Chestnut Conference Centre



President's Message

Message du Président

Dr. Mario Brondani, Ph. D.

It is indeed an honor to enter my second and final year as your Canadian Association of Public Health Dentistry's President. As the national voice for dental public health in Canada, CAPHD is dedicated to improving oral health to all, and assuring oral health equity is promoted within, Canadians. Together with the CAPHD Board of Directors and Administrator, I have been fostering open dialogue, assuring transparency and accountability, supporting our current and new members, and exchanging proactive ideas with government, institutions, organizations, universities and agencies from coast to coast to coast.

The ever-changing Canadian demographics and political scene offers a great platform for advocacy and leadership to ensure that all voices are heard. As much continues to change since the CAPHD was formally introduced as an organization, we are focused in growing our membership with oral health providers, allied members and many others committed professionals to dental public health in Canada. In order for such an ongoing collaboration to be in effect, I'm ensuring that our practices are based on flexible approaches that adapt to the needs and priorities of Canadians.

One of our main events includes the annual Conference. With our passionate volunteers, we wrapped up the 2018 CAPHD Conference held in Vancouver, and we are already working hard to make sure that the 2019 conference to be held in Toronto remains current, keeps you interested, engaged and of course, challenged. We will encourage your continued participation since the conference is developed with you in mind. Stay tuned for updates!

I would like to echo what our past presidents have committed to, and tell you that as we move forward and >

C'est pour moi un honneur d'amorcer ma seconde et dernière année à titre de président de l'Association canadienne de la santé dentaire publique. L'ACSDP, porte-parole national de la santé dentaire publique au Canada, se consacre à améliorer la santé buccodentaire et s'assure d'en promouvoir l'équité pour tous les Canadiens et toutes les Canadiennes. En collaboration avec le conseil d'administration et l'administratrice de l'ACSDP, j'ai encouragé le dialogue ouvert, assuré la transparence et la responsabilisation, soutenu nos membres actuels et nouveaux et échangé des idées proactives avec des gouvernements, institutions, organisations, universités et agences de tout le pays.

Le contexte démographique et la scène politique sont en constante évolution au Canada. Ils fournissent une plateforme idéale pour faire valoir les intérêts de la population et pour jouer un rôle de chef de file afin de nous assurer que toutes les voix sont entendues. Comme les changements ont été nombreux depuis la création de l'ACSDP, nous nous efforçons de recruter plus de membres auprès des professionnels de la santé buccodentaire, des membres alliés et des nombreux autres professionnels qui ont à cœur la santé dentaire publique au Canada. Pour réussir une telle collaboration continue, je m'assure que nos pratiques sont fondées sur des approches souples qui s'adaptent aux besoins et aux priorités de la population canadienne.

Le congrès annuel est l'un de nos principaux événements. Grâce à nos bénévoles motivés, nous avons mené à bien le congrès 2018 de l'ACSDP, à Vancouver, et nous faisons déjà tous les efforts pour nous assurer que le congrès 2019, qui se tiendra à Toronto, demeure actuel, intéressant, mobilisateur et, bien entendu, stimulant. Nous encouragerons votre >

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face challenges ahead, I am confident that together with you, the CAPHD will continue to advocate for dental public health issues and access to care across Canada, for all.

I would like to extend my sincere thanks to all our collaborators and members who remain the real champions of dental public health. 🍁

MEET YOUR BOARD OF DIRECTORS

<http://www.caphd.ca/board-directors>

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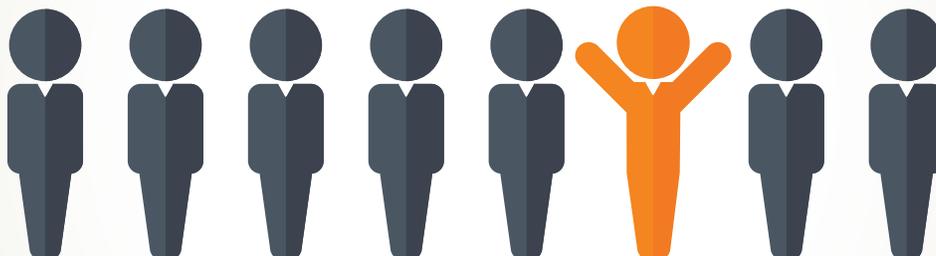
participation continue, puisque ce congrès est organisé pour vous. Nous vous tiendrons informés sur le sujet!

Je voudrais me faire l'écho de nos anciens présidents pour vous dire qu'alors que nous allons de l'avant et que nous relevons les défis qui se présentent, j'ai confiance qu'avec vous l'ACSDP continuera de défendre les enjeux liés à la santé dentaire publique et l'accès aux soins pour tous, dans tout le Canada.

J'aimerais remercier sincèrement tous nos collaborateurs et nos membres qui demeurent les véritables champions de la santé dentaire publique. 🍁



Canadian Association of Public Health Dentistry
Association canadienne de la santé dentaire publique



BELONGING TO A COMMUNITY IS A LITTLE THING THAT MAKES A BIG DIFFERENCE!

Renew your membership today
www.caphd.ca/membership

The Canadian Dental Connection website: promoting access and quality of care among northern, remote and isolated communities in Canada

Geneviève Castonguay, BSc, PhD
Project coordinator; Research Associate, Faculty of Dentistry, McGill University, genevieve.castonguay@mcgill.ca

Elham Emami, DDS, MSc, PhD
Professor and Dean of the Faculty of Dentistry, McGill University, elham.emami@mcgill.ca

Belinda Nicolau, DDS, MSc, PhD
Associate Professor, Faculty of Dentistry, McGill University belinda.nicolau@mcgill.ca

Communities in northern, remote and isolated areas of Canada suffer disproportionately from oral health problems, exacerbated by poor access to care. In addition, oral health professionals are often unfamiliar with the socio-cultural environment of these communities and lack training in cultural competency, which compounds the impact of limited oral health care. To facilitate dental care access and improve competencies of oral health professionals in northern, remote and isolated communities in Canada, a group from the McGill University Faculty of Dentistry led by Drs. Belinda Nicolau and Elham Emami has recently launched a web platform titled Canadian Dental Connection / Connexion dentaire canadienne (www.dentalconnection.ca).

The website was developed with several partners and a financial contribution from the Public Health Agency of Canada. It offers a job matching service and training modules for northern, remote and isolated communities across Canada and oral health professionals interested in working within these communities. The development of this online platform was conceptualized by the McGill team as a multi-phase mixed methods study. Using a participatory research framework, we first created an advisory committee with a diversity of stakeholders. We then performed a comprehensive literature review, conducted a qualitative study (ongoing) with dental students to better address their training needs, developed the website in close



collaboration with a technological partner, and designed a mixed methods evaluation of the use of the platform (ongoing). While we faced logistical challenges to create the advisory committee, we succeeded in including all key stakeholders (Indigenous people, policy makers, oral health and computer professionals, researchers and students). The outcomes of our consultations have been valuable: through consensus, we consolidated project phases, and finalized the design of the web platform. We also improved the protocol for our ongoing study and refined the evaluation components of the study.

This process has resulted in a user-friendly, free and bilingual website that supports mobile devices. The job matching component of the Canadian Dental Connection website links communities with professionals. Through this component, clinics can post an oral health position, and professionals can set up a profile and apply for positions.

The component of the website comprising training modules was designed to help oral health professionals prepare to work in northern, remote and isolated communities, and to ultimately increase the quality of care offered and retention rates in these areas. However, anyone interested in learning more about cultural competency, trauma-informed care and the application of these notions in Indigenous settings in Canada can benefit from this resource. To increase oral health professionals' readiness for health care interactions in a multicultural context, the cultural competency training module helps them understand culture and cultural competency, describes the need for and impact of cultural competency in health care, and explains how to provide culturally competent care. Because most Canadians will experience trauma within their lifetime, the second training module focuses on trauma-informed care. In addition to learning about trauma and its effects, oral health professionals completing this module will understand the benefits of a trauma-informed approach in a health care setting and how to provide such care. The third training module applies the notions acquired on cultural competency and trauma-informed care to Indigenous settings. To provide appropriate care to Indigenous >

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people, health professionals will gain an understanding of some aspects of their cultures, including their histories and traditional healing practices. Each module is followed by a test. Once the oral health professional has successfully completed a module, their website profile is immediately updated to provide this information to those viewing their profile. The oral health professional also receives an electronic certificate attesting the successful completion of each module.

A mixed methods evaluation of the Canadian Dental Connection web platform is currently underway. Preliminary quantitative results indicate that, two months after its public launch, it has already been visited over 2,700 times by more than 1,900 unique visitors, suggesting that it fills an important gap for oral health professionals and underserved communities across Canada. Comments received thus far are overwhelmingly positive, highlighting the useful features of the website, valuable content and pleasing design. The website also seems to afford opportunities beyond those originally intended; for example, some oral health professionals have used the training modules as a continuing education tool, gaining knowledge they may not have easily accessed otherwise. In

addition, the team is committed to improving the platform, notably using comments received via the “Contact Us” page of the website. We are also planning to build on this experience to gradually develop a network of connected websites focusing on a range of underserved populations. We believe that the participatory research approach and mixed methods used in the development of this virtual tool can be replicated by other teams to promote access and quality of care among underserved populations globally.

Visit the Canadian Dental Connection website on your computer, tablet or phone at: www.dentalconnection.ca/en (Connexion dentaire canadienne: www.connexiondentaire.ca/fr). 

Call for Submissions

Now accepting submissions for the
June 2019 issue of the Mosaic Newsletter.

Submission guidelines can be found here:

<http://www.caphd.ca/programs-and-resource/the-mosaic-newsletter>

CAPHD AWARDS

CAPHD Life Membership Award 2018 **- Dr. Luke Shwart**

Dr. Shwart received his DMD in 1976 from University of Manitoba and an MBA from Nova Southeastern University in 1998. As one of three kids of a single mother, his first exposure to dental public health was receiving care from a dentist in the Winnipeg School system. During his private practice job (1976-1979), his interest in public health was reignited when he saw families who couldn't afford appropriate care for their children.



In 1980, Dr. John Willey recruited Dr. Shwart as a clinic dentist in the City of Calgary program for disadvantaged children. In 1997 Luke became Manager of Oral Health Services and participated in the 1998 plebiscite which approved water fluoridation in Calgary. In 2009 Dr. Shwart became the first Dental Public Health Officer for Alberta Health Services. He served as Committee Member of the Commission on Dental Accreditation of Canada (2006 - 2012), and from 2004 - 2010 he served on the Southern Alberta Institute of Technology's Dental Assisting Program Advisory Committee (as Chair from 2008 - 2010). During Dr. Shwart's years on the Board and as President (2005 - 2007), CAPHD helped develop Canada's Core Competencies for Dental Public Health; hired a contract staff person to lighten the workload on Secretary/Treasurer; and initiated a website archive. As President, Luke's emails to CAPHD/ACSPD members used (sometimes questionable) French (kindly, our Quebec members never complained). Collaborating with Dr. Peter Cooney, CAPHD/ACSPD had a very successful 2005 conference in conjunction with the World Chief Dental Officers in Montreal (where then-President Dr. Joanne Clovis was shocked to find a body in a closet - one of the hotel staff was using it as a secret napping place).

Significant achievements at the provincial level included leading the Committee organizing the 2007 Early Childhood Caries Conference in Calgary; working with Vickie McKinnon on the Oral Health Action Plan 2010-2012, the Oral Health Provincial Plan 2008-2018 (promoting fluoride varnish and dental sealants), the Calgary Dental Survey; the Provincial Dental Survey; leading the development of Alberta's Provincial Oral Health Office; and working with Dr. Lindsay McLaren to plan the Calgary fluoridation-cessation dental survey (Calgary City Council made its own political decision to end fluoridation in 2011 after refusing to ask voters or to commission an expert panel review). During Dr. Shwart's leadership, Alberta made significant progress in developing oral health standards in seniors' facilities, and Dental Public Health staff created a series of innovative Health Promotion campaigns including: ReThink Your Drink; Lift the Lip; Healthy Mouth, Healthy Body; and an evidence-based one-page decision algorithm about fluoride supplements.

Dr. Shwart had the privilege of working alongside many dedicated people to improve the lives of Canadians; numerous frontline staff and the individuals named above. A major influence was Dr. Steve Patterson, whose University of Alberta connections and knowledge of indigenous and rural populations provided stepping stones facilitating progress on provincial oral health initiatives. Dr. Shwart summed up his career by saying, "Standing on the shoulders of others, we see farther and accomplish more. For that generous spirit of cooperation and teamwork I am very grateful".

Merit Award

The CAPHD Merit Award recognizes the efforts of groups and individuals, who are not oral health professionals, in improving the oral health of all Canadians. These efforts can include, but are not limited to, administrative work, inter-professional education and health promotion.

Positive Living Society of British Columbia

The Positive Living Society of British Columbia was funded in 1986 in Vancouver, and exists to enable persons living >

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with AIDS and HIV disease to empower themselves through mutual support and collective action. From the personal struggles and challenges of those living with HIV come the courage and strength: <https://positivelivingbc.org/about/history/>

Among the many services offered by the society, 2018 marked another milestone: the opening of the Positive Living Community Dental Clinic, a brand-new, state of the art space for dental care for people living with HIV and other underserved communities. For those living with HIV, access to dental care is of the utmost importance as studies show that dental issues can arise as symptoms of HIV disease. The clinic promotes oral health as a means of advancing holistic health through the facility that is equipped to offer the best in inclusive dental care, along with other existing services. The dental team and the staff understand the specific barriers to accessing dental care for people living with HIV/AIDS and are working toward meeting their needs.

The aim of the clinic is to provide access to solutions for dental issues, but also to prevent issues before they arise. The clinic understands that prevention and early intervention can minimize future dental and medical costs, but also solve issues even before they become serious problems. After all, good dental health leads to good physical and emotional health, and good piece of mind.

The Positive Living Society of British Columbia Community Dental Clinic offers and provides access to restorative dentistry, endodontics, minor oral surgery, oral medicine, and oral support with timely and valuable oral hygiene advice. The clinic hopes to fill in the gaps and deliver dental care in an understanding and compassionate environment for which Positive Living BC has a long and proud history. Through both oral health promotion, education and care to underserved communities, this new clinic is truly making a difference in the lives of many people living with HIV and their families and is a deserving recipient of the CAPHD Merit Award.

2018 Inaugural Alliance for a Cavity Free Future (ACFF) Student Travel Bursary



The CAPHD and the ACFF, US Canada Chapter have partnered to offer an annual student travel bursary to encourage students to present their research at the CAPHD annual conferences. The inaugural recipient was Dr. Keith DaSilva for his research: An Ontario primary health care system to support a cavity-free future

Dr. Keith Da Silva is an assistant professor at the College of Dentistry, University of Saskatchewan where he teaches and conducts research in the disciplines of dental public health, pediatric dentistry, and health policy. After practicing as a pediatric dentist for ten years, he recently completed his MSc in dental public health at the University of Toronto, and is now working towards his PhD in public policy. He is a Fellow of the Royal College of Dentists of Canada in pediatric dentistry, and a candidate for fellowship in dental public health. Dr. Da Silva has also been very engaged with organized dentistry at the provincial and local level, having served as President of the Halton-Peel Dental Association in 2017-2018 as well as numerous committees for the Ontario Dental Association.

2018 CAPHD Dr. James Leake Student Bursary Recipients

The 2019 recipients of the Dr. James Leake Student Bursary were Anil Menon and Abdulrahman Ghoneim.

Anil Menon

Anil Menon completed his Masters of Science in Dental Public Health from the University of Toronto in 2018. His thesis titled, "Effect of Age and Immigration Status on the Oral Health and Dental Care Utilization of the Canadian Population" is available online at: <http://hdl.handle.net/1807/91525>

Older immigrants in Canada are an ever-growing segment of the aging population, which triggers a need to understand their oral health and dental-services use >

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when compared to non-immigrant elders. In this regard, Anil's study utilized data from Statistics Canada's Healthy Ageing Component (Canadian Community Health Survey 2008/9), which included 30,865 respondents aged 45 and over. The outcome variables in the study were self-reported oral health and dentist visits in the past 12 months. Descriptive statistics and binary logistic regression were performed to analyze the data. The study's results indicated that household income and level of education were significant predictors for both immigrant and non-immigrant elders. Significant predictors for immigrant elders include age, sex, marital status, household income, level of education and physician visits, while for non-immigrant elders, household income and level of education were significant. These results suggest that approaches for improving the oral health status of immigrant elders should include: incorporating oral health education, dental screening, and awareness-raising of oral health in to community-based initiatives. Finally, the results support strategies for improving dental utilization among immigrant elders include: changing legislation to improve the availability and access to dental insurance, and awareness-raising of existing dental public health resources.

Abdulrahman Ghoneim

Abdulrahman Ghoneim is an internationally trained dentist, Registered Dental Hygienist and holds a Master of Science degree in Dental Public Health from the University of Toronto. His thesis titled, "How does competition affect the clinical decision-making of dentists in Ontario?" is available online at: <http://hdl.handle.net/1807/91528>



Clinical decision-making in dentistry is a complex process that is influenced by many 'clinical' and 'non-clinical' factors. In Canada's privatized oral health care system, provider competition has been suggested to be a 'non-clinical' factor that may affect decision-making. There is growing concern that the oversupply of dentists, along with increased student and practice debt, might induce overtreatment, particularly in new graduates. Abdul's thesis explored the association of competition and 'non-clinical' factors on dentists' clinical decision-making among a sample of general dentists in Ontario.

The data was collected through a self-administered survey sent to a random sample of Ontario general dentists. The survey collected information on demographic characteristics, clinical factors, dentists' perceptions about practice and student loans, and their perceived professional role. Competition was measured by geographic spatial analysis and the reported perceived pressure from other dental clinics. The survey yielded a representative sample size of Ontario dentists with 1075 returned useable surveys. Results suggest that dentists who were 40-years old or younger, perceived practice loans to be large, perceived large competitive pressure from other dentists, and practiced in very low dentist-density areas were more likely to be aggressive in their treatment decisions.

This is the first study to investigate the association of various 'non-clinical' factors with dentists' decision-making among Canadian dentists. The results from this study have educational regulatory and professional implications. It underscores the importance of preparing the future generations of dentists on how to manage their debts and financial challenges without jeopardizing their patients' quality of care and their professional role as trusted healthcare providers. 🍁

From left to right: Dr. Mario Brondani CAPHD President, Abdulrahman Ghoneim, Anil Menon, Dr. Carlos Quiñonez, CAPHD Scientific Committee Chair.

Highlighting CAPHD Member Success

Dr. Peter Cooney applies Irish charm to public health dentistry in Canada

It would be all too easy to be misled by the twinkling eyes, soft Irish accent, and easygoing conversation of Dr. Peter Cooney into thinking that he is just a regular, meet-in-a-pub sort of guy. And he is. But that's far from the whole story.

In conjunction with Dalhousie University's 200th anniversary celebrations, at the Faculty of Dentistry's annual White Coat ceremony in September 2018, Dalhousie University conferred on Dr. Cooney an honorary doctorate in recognition of the many important roles he has had during his career: clinician, mentor, public health practitioner and advocate, administrator, and public servant. It was an honour he has earned.

From Ireland to Newfoundland

Born and educated in Ireland, Dr. Cooney received his Bachelor of Dental Surgery in 1977 from the National University of Ireland. He practiced general dentistry near London, England, before moving to Newfoundland in 1979 with his wife, a Newfoundlander. And thus his life in Canada began.

A diploma in public health and a variety of increasingly influential roles in public health in Manitoba and Ottawa led finally to his appointment as Canada's inaugural Chief Dental Officer for Canada in 2004. This was a role to which Dr. Cooney brought great expertise, energy, diplomacy, humanity and humour so as to engage health professionals, government decision-makers, academics, and individuals in the pursuit of better oral health for all Canadians.

"No single individual in Canada has achieved as much in promoting oral health and acquiring and using the evidence to support advances in oral health program planning and policy," says Dr. Joanne Clovis, adjunct professor in Dalhousie's School of Dental Hygiene. "Dr. Cooney inspired so many to move forward on so many levels in a collective effort to raise the status of oral health out of the doldrums and into the health spotlight."



A game-changing survey of oral health in Canada

As Canada's chief dental officer, Dr. Cooney lobbied for dentistry to be included in the Canadian Health Measures Survey, undertaken in 2007. This was the first national dental survey in 40 years and was, as Dr. Ferne Kraglund, assistant dean of students at Dalhousie's Faculty of Dentistry says, "a game changer for public health dentistry in Canada".

It revealed that one person in three (33%) in Canada has a clinical dental need, half of whom (16%) do not go for care because they cannot afford it. The results were the launch pad for numerous consultations and collaborations aimed at formulating strategies to improve the health care of Canadians.

Respect for Indigenous voices

Dr. Cooney also broke new ground through his leadership in the Inuit Oral Health Survey and the First Nations Oral Health Survey, which took place in 2008 and 2009 respectively.

Dr. Mary McNally, assistant dean of research in the Faculty of Dentistry at Dalhousie University says that these surveys "will have enduring importance and value" as the first and only surveys of this nature to be conducted in Canada, not least for Dr. Cooney's "inimitable diplomacy coupled with tireless networking", which enabled him to bring "appropriate Indigenous voices to guide and support the work". >

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Improving the oral health of vulnerable populations remains a passion and a mission. In his address at the White Coat ceremony, Dr. Cooney urged new students to consider the many for whom there are barriers to receiving oral health care.

“As future ambassadors of the dentistry and dental hygiene professions, I would ask you to think about these less fortunate folks who will need care from you in future years. Being a dentist or hygienist really means that you will have a decent standard of living. . .But doing well does not mean that we cannot also do good.”

Now retired from his position as chief dental officer, Dr. Cooney remains active in the dental public health community, committed to water fluoridation and looking forward to the next national survey in 2022.

“Despite his innumerable professional accomplishments, he remains one of the most humble, compassionate and thoughtful people I have ever had the pleasure of knowing,” says Dr. Kraglund. “His successes have undoubtedly come through his hard work, passion, and dedication to his profession and to the people it serves.” 🍁



From left to right: Chancellor Anne McLellan, Dr. Peter Cooney and Dr. Ben Davis, Dalhousie University, Faculty of Dentistry, Dean.



CALENDAR OF EVENTS

Canadian Agencies for Drugs and Technologies in Health (CADTH), 2019 Symposium

April 14-16, 2019 in Edmonton

Canadian Public Health Association Conference

April 30-May 2, 2019 in Ottawa

International Association of Dental Research General Session

June 19-22, 2019 in Vancouver

Canadian Dental Association 2019 Dental Convention

September 12-14, 2019 in Saskatoon

Canadian Association of Public Dentistry

September 20-21, 2019 in Toronto

Canadian Dental Hygienists 2019 National Conference

October 2-5, 2019 in St. John's



STUDENT CORNER

In the upcoming issues of the Mosaic Newsletter, the CAPHD will aim to publish articles from dental students from across the country pertaining to dental public health. If you have interest in submitting something email Andrea Richard at info@caphd.ca. We look forward to hearing from you!



I'm Clodelle McKay-Hamelin, member and volunteer for the Canadian Association of Public Health Dentistry (CAPHD). I am currently a dental hygiene student at CEGEP de l'Outaouais, graduating in the class of 2019. I am always eager to learn about new topics and skills. As a continuous

learner, I'm very passionate about public health dentistry, nutrition and research. Enjoy my article!

Reflections on the New Food Guide

Clodelle McKay-Hamelin

Dental Hygiene student, clodelle.mh@hotmail.com

Health Canada has published an interesting food guide this year. In fact, many changes have occurred from the past guide - Variations on the food choices, on the portions and on the perspective given to healthy eating habits in the 21st century. Moreover, there is a specific focus on oral health and tooth decay and the impacts of certain foods on oral health conditions. For instance, the guide narrows down tips and tricks about how dried fruits can be sticky and may increase the risk of decay, therefore those foods should be combined with a meal. (p.4). Additionally, confectionaries should be limited because they can adhere to teeth and cause decay as well. (p.25)

The Variations of food

Changes appear along the whole 2019 food guide. If we take a look at the choices of foods that are given as a replacement option for protein consumptions, plant based protein foods appear to be highly recommended more often than not. Variations in the suggested foods are among soy, beans, legumes, nuts, as they may have rather positive effects on health than animal based protein does. (p10). The mention of cancer linked to some eating habits also convey in relation to processed meat such as hot dogs, sausage and so on... Furthermore, the choice of beverage has been revised to a healthier option: Water. Thus, while nutrition plays a critical role on the overall health and metabolism of the body, it also has an impact on dental and oral health.

Daily portions

Every person is different, just like we all have different energy needs, appetite, genetics and so on. In fact, factors such as physical activity can influence energy needs. Nevertheless, the new 2019 guideline is considering those aspects. The guideline stands out this year, changing the portions per meal per day. (p.14-15) As you may have or may have not noticed, portions aren't really a subject matter anymore according to this new 2019 guide. The way one will eat will depend on his/her appetite and activity level. A voracious way of imposing to the population to eat moderately but moreover to eat at your own hunger and pace. Thus, it is not specifically pre-determined for each and every one of us, but only suggested as a source of reference and guidance. What I mean by that is that the range of suggested portion is not imposed as much as it used to be in the past guide. For instance, there is no longer a number representing a specific amount of food, portion per meal per day that we should ingest. (p.1) The picture on the cover page gives an idea about the amount of each type of food you should ingest but no numbers appear.

The impact of food on the environment

Interestingly enough, this new guide suggests plant based protein for health purposes among other purposes such as the environmental impact of consumption of certain kind of foods. It acknowledges the damage that some industries may have caused to the environment. For instance, the impact of meat industry and the correlation between some health conditions and some environmental issues because those industries may include a greater usage of soil, water and air. (p.9) (p.15) Moreover, food waste is another important factor that may trigger landfill greenhouse gas emission.

Diverse factors can influence environment we live in. Together we can collectively change and move forward for a better and healthier place to be, by contributing each a little bit with the choices we make as a community.

REFERENCES :

Public Health Canada. Canadian Food guide 2019. [Published on February 23, 2019] <https://food-guide.canada.ca/static/assets/pdf/CDG-EN-2018.pdf> 🍁

A Re-cap on the CAPHD 2018 Conference: Universalism and Oral Health: Local Solutions to a Global Problem

Andrea Richard, RDH, *CAPHD Administrator*

Dental Public Health Professionals from across the country gathered at University of British Columbia's Robson Square Campus to hear from international speakers, a variety of local speakers and to learn the latest research through the scientific oral and poster presentations.

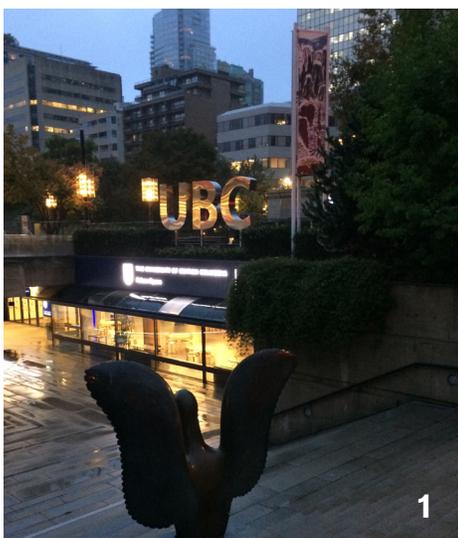
World renowned speaker, Dr. Richard Watt, University College of London, Department of Epidemiology and Public Health reflected on the experiences in the UK and how programs can respond to challenges such health inequalities, reduced budgets and quality care. In depth discussion and questions were centralized around the concept of universalism versus proportional universalism and these lively discussions held strong into the breaks and evening dinners.

Dr. Burton Edelstein, Professor of Dental Medicine and Health Policy & Management at the Columbia University Irving Medical Center and Chair, Population Oral Health at the Columbia University College of Dental Medicine in New York City, provided a thought provoking session on universalism and described a US program titled "My Smile Buddy".

CAPHD was pleased that Canadian Senator Dr. Mary Jane McCallum accepted the invitation to provide an opening address. She opened the conference with powerful reflections and need for improved access to oral health care in Canada. The CAPHD Board of Directors took this opportunity to meet with Dr. McCallum to discuss access to care for Canadians and to advocate for more accessible dental care for all. Many members of CAPHD continue to meet and discuss this issue with Senator McCallum.

The energy and enthusiasm continued into the second day of the conference. Culture, health equity, trauma and violence informed care were among some topics explored.

I would like to thank Dr. Mario Brondani, CAPHD President and the volunteers on the 2018 Conference Committee including Dr. Kavita Mathu-Muju, Dr. Carlos Quiñonez and Leanne Donnelly for leading such a well-rounded conference! CAPHD members and dental public health professionals from across the country have expressed their thanks for having this national conference as a venue to keep in >



1. UBC Robson Square Campus 2. Dr. Kavita Mathu-Muju

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touch with colleagues, keep-up-to date on research and take the time to explore our great Canadian cities. Be sure to join us for the next conference in Toronto from September 20-21, 2019.

For those members who could not attend the conference this year, a selection of power point presentations can be found on the members-section of the website. 🍁



3. Bottom row (from left to right): Anil Menon, Cynthia Wejis, Heather Biggar, Carol Yakiwchuk, Senator Mary Jane McCallum, Musfer Aldossri, Keith Da Silva. Middle row (from left to right): Richard Watt, David Zamarinuk, Abiola Adeniyi, Abdulrahman Ghoneim, Joe Gallagher, Melanie Braker, James Taylor. Top row (left to right): Robert Schroth, Alaa Kabbarah, Abbas Jessani, Kavita Mathu-Muju, Chris Hacker, Mario Brondani **4.** Dr. Bob Schroth, Dr. Keith DaSilva, Dr. Mario Brondani **5.** From left to right: Mario Brondani, Herenia Lawrence, Anna Millest, Senator Mary Jane McCallum, Kavita Mathu-Muju, Andrea Richard, Jodi Shaw, Sonica Singhal **6.** From left to right: Dr. Mario Brondani, UBC, Melinda Markey: Provincial Secretariat Director, Health Systems Lead at Community Action Initiative, Stephen Learey: ED, Strathcona Health Society, Linda Ferris: Dental Clinic Coordinator, Victoria Cool Aid Society, Jeannie Villanueva: Dental Office Administrator, Mid-Main Community Health Centre, Maria Botero: Dental Program Manager, Reach Community Health Centre **7.** Dr. Richard Watt