

**Oral Health Task Force Minutes**  
**Friday, August 13, 2010**

**PRESENT:**

Diane Buyer  
Terrie Cloud  
Joel Conner  
Denise Conrad  
Judy Ganser  
Gerardo Maupome  
James Miller  
Patty Morris  
Jeffrey Platt  
John Richard  
Matthew Ritchey  
Calvin Roberson  
Keith Roberts  
Ed Rosenbaum  
Jack Windsor  
Karen Yoder

Dr. Miller began the meeting at 2:30 p.m. by welcoming the attendees and allowing them to introduce themselves and state whom they represented. He also highlighted the presentations that would be given at this meeting.

The motion was made to accept the minutes from the June 11, 2010, meeting and they were accepted.

**Announcements:**

Dr. Miller announced that he hasn't heard back from the CDC on a grant for which he recently applied that would help pay for infrastructure and some other activities. He also applied for a Delta Dental Community Mini-grant to collaborate with Ball State University to develop a dental digital video to train young children on good oral hygiene. He hasn't heard from them regarding the award.

Dr. Miller explained that the Oral Health Program is considering an annual award to recognize individuals who have given so much of their time to help promote the general welfare of the residents with respect to oral health. More information will be forthcoming.

**Survey Results:**

The survey was sent out to everyone on the Oral Health e-mail list that has around 100 people listed. The responses were from about 50-70% of these. Conclusions were that people prefer to have the Oral Health Task Force meeting on the Friday morning of the second week of the month. Plans at this time are to have quarterly meetings starting in 2011, which will be held on March 11th, June 10th, September 9th, and December 9th. The meetings will be held in the 8th floor training rooms at the Indiana State Dept. of Health.

### **“Drinks Destroy Teeth”:**

Dr. Buyer is a general dentist in the Indianapolis area and Chairman of the “Drinks Destroy Teeth” campaign, which is a statewide educational campaign from the Indiana Dental Association. The reason she got involved with this is because she got tired of seeing decay and erosion of teeth in young children through young adults. She stated that this is a public health issue. She said that educating the public about their drinks and the potential damage is one of the biggest oral health issues since the beginning of water fluoridation. Soft drinks, energy drinks, sports drinks, and juices pack a double dose of acid and sugar that destroy teeth. Acid softens the enamel. Sugar feeds the acid producing bacteria that cause tooth decay and erosion. Over-consumption of sugar-laden, acidic drinks is reversing more than 50 years of public health gains realized through preventive measures like fluoridated water and dental sealants.

Dr. Buyer also presented some medical problems that are caused by drinking these drinks.

Dr. Buyer explained that sports drinks and soft drinks are ruining an entire generation of teeth. We need to educate everyone to change their habits.

Part of the “Drinks Destroy Teeth” Campaign is to target fourth and fifth graders. To help the students understand what is an acid, she has them do an experiment called “The Disappearing Egg”. The students will soak several hard-boiled eggs in soft drinks or sports drinks and observe the results. She showed the results on one such experiment where she had one hard-boiled egg soaking in Coca-Cola and another egg was soaking in 4% white vinegar. She explained that both eggs will have no shell left on it after soaking for 24 hours and eventually both eggs will totally disappear. This experiment shows everybody that what they drink matters. The acid, sugar, quantity, and timing—all matter.

She gave some helpful tips such as to drink water to rehydrate, drinking with a straw, waiting one hour to brush after an acidic drink, and she encourages everyone to drink milk and water.

She said that all this information and more can be found on their website at <http://www.drinksdestroyteeth.com>.

### **“SharePoint”:**

John Richard gave a presentation on SharePoint. SharePoint is the state standard for collaboration tools. Mr. Richard has set up a SharePoint for Oral Health. It can be used as a tool to help the committees implement some of their goals by collaborating on SharePoint. Multiple persons can use it at the same time. It will give each of the eleven committees working on their oral health goals their own space. They can set up meetings on their calendar or share it on the general calendar for all to see; you can share your own documents, they have their own chat room for team discussion, you can have a workspace to keep to yourself or share with others. It can be set up to alert you when there are changes to your document that your group is working on. It is as easy as clicking on it and choosing to read or work on an item. Rights can be set up for particular individuals. There are ways for each committee to set up their own surveys. There is a Team Discussion area (it is like a Blog). It is easy to add content. Everything should be familiar to you if you are used to browsing the Internet. Everybody can put in their contact information on the directory and can even place a photo or use an icon to personalize it. Mr. Richard will need information from each person interested in working with the Oral Health SharePoint. John Richard is the technical support for this

project and will respond to any issues a committee member may have. You can e-mail him at [jrichard@isdh.in.gov](mailto:jrichard@isdh.in.gov).

### **Committees and Discussion:**

Dr. Miller said that we are trying to find some way to develop a surveillance system in the state for measuring oral disease. Dr. Miller said that surveillance systems are designed to surveil the population and to identify disease patterns early that may not be appreciated easily by the individual practitioner. If you can collect the data and see the trend then you might be able to intervene before it becomes such as serious problem. Another point Dr. Miller made was that oral disease is more than dental decay. With the changing demographics a lot of people have periodontal disease; we have a baby-boom generation that is going to be aging and they are going to have dental decay on their root surfaces that is difficult and expensive to treat. If we could measure disease better than in the past, it will be a valuable tool to help us understand how to direct our limited resources.

There was discussion about the information from the Drinks Destroy Teeth campaign presentation and how children's dental decay and disease is worse today than 25 years ago. Dr. Miller was asked if he could include erosive lesions in his survey. Dr. Miller explained that CDC requires states to use a valid instrument to measure treated and untreated dental decay. When we use federal grants we must comply with government rules when conducting a survey. However, it might be possible to supplement this survey if other resources are available.

### **OHTF Meetings, Online Collaboration, Committees:**

Dr. Miller would like for the SharePoint to be available for use by each committee member so work can be done outside of the quarterly meetings. Dr. Miller said that he hopes that the directory and the formal SharePoint site are up and running by the October meeting. By the December meeting, the new format should be ready to be used by each committee member to contact other people in their group, and each member should be able to start collaborating with other committee members by SharePoint. When this happens, each committee should choose a chairperson as the spokesperson for their committee. This person will be responsible for reporting on what the committee has been doing and what progress they are making at the OHTF meetings.

There were no other updates and so the meeting was adjourned at 3:45 p.m.

The next meeting will be Friday, October 8, 2010, from 10:45 to 12:30 in 8T1 and 8T2 at the Indiana State Department of Health, 2 North Meridian Street, Indianapolis.