# Oral Health

## Healthy North Carolina 2020

### EVIDENCE BASED STRATEGIES

<table>
<thead>
<tr>
<th>FOCUS AREA</th>
<th>Oral Health</th>
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</thead>
<tbody>
<tr>
<td>OBJECTIVE</td>
<td>3. Decrease the percentage of adults who have had permanent teeth removed due to tooth decay or gum disease</td>
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<tr>
<td>EBS PROGRAM DESCRIPTION</td>
<td>Community water fluoridation</td>
</tr>
<tr>
<td>EBS LEVEL CDC Ranking</td>
<td>B = Best/Proven</td>
</tr>
<tr>
<td>REFERENCE/CITATION Data Supporting Level/Ranking</td>
<td><a href="http://www.thecommunityguide.org/oral/fluoridation.html">www.thecommunityguide.org/oral/fluoridation.html</a></td>
</tr>
</tbody>
</table>

### PROGRAM ATTRIBUTES
- **Influence Level**: Community
- **Target Population**: All ages
- **Intervention Setting**: Drinking water
- **Key Measures**: Water fluoridation benefits all who drink the water, reducing tooth decay by 20-40 percent. It has been proven to be safe and cost effective. Eighty-eight percent of North Carolina’s population who are on community water systems receive the benefits of fluoridation.
- **Cost**: The annual cost for a U.S. community to fluoridate its water is estimated to range from approximately $0.50 per person in large communities to approximately $3 per person in small communities. The average lifetime cost per person is less than the cost of one dental filling.
- **Time to Implement**: Organization: One year
- **Difficulty to Implement**: Resource Intensity: Moderate. In some areas, a small but vocal group may try to prevent implementation of or work to discontinue community water fluoridation.
- **ROI if known**: One dollar invested in community water fluoridation saves $8 to $49 in treatment costs, depending on the size of the community. Saves more than $4.6 billion annually in dental costs in the United States.

### PROGRAM CONTACT INFORMATION
- **Organization**: NC DHHS, Division of Public Health, Oral Health Section
- **Contact Person**: Kevin Buchholtz, DDS, Acting Chief, Oral Health Section
- **Email / Telephone**: Kevin.Buchholtz@dhhs.nc.gov (336) 294-4591
- **Web Site**: [www.ncdhhs.gov/dph/oralhealth/services/fluoride.htm](http://www.ncdhhs.gov/dph/oralhealth/services/fluoride.htm)

### CURRENT NC-DPH SUPPORT
- **T.A. – Yes/No**: Yes
- **Specific group? Other limitations?**: Yes. Community water systems implementing fluoridation or updating fluoridation equipment.
- **T.A. Contact**: Kevin.Buchholtz@dhhs.nc.gov (336) 294-4591
- **Funding – Yes/No**: Yes
- **Specific group? Other limitations?**: Community water systems implementing fluoridation or updating fluoridation equipment.
- **Funding Contact**: Kevin.Buchholtz@dhhs.nc.gov (336) 294-4591

### EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES
- #1 – Organization Name / Contact Information
- #2 – Organization Name / Contact Information
- #3 – Organization Name / Contact Information

### OTHER COMMENTS / NOTES
Information on fluoridation is available. Limited funding available to assist with community water fluoridation.
### Focus Area

**Oral Health**

### Objective

3. Decrease the percentage of adults who have had permanent teeth removed due to tooth decay or gum disease

### EBS Program

**Description:** Preventive dental sealants

### EBS Level

**CDC Ranking:** B = Best/Proven

**Reference/Citation**
- [www.thecommunityguide.org/oral/schoolsealants.html](http://www.thecommunityguide.org/oral/schoolsealants.html)
- [jada.ada.org/content/139/3/257.abstract](http://jada.ada.org/content/139/3/257.abstract)

### Program Attributes

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<tr>
<th>Influence Level</th>
<th>Individual</th>
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<tr>
<td>Target Population</td>
<td>Children at high risk for tooth decay, shortly after the eruption of permanent molars</td>
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<td>Intervention Setting</td>
<td>Dental clinic, either in a school setting or a dental office</td>
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<td>Key Measures</td>
<td>Dental sealants have been proven to be safe and cost effective when targeted to children at high risk for tooth decay. The Oral Health Section monitors the proportion of children with dental sealants on an annual basis. Currently, 44 percent of North Carolina fifth grade children have sealants.</td>
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<td>Cost</td>
<td>The NC Medicaid program reimburses $28 per sealant.</td>
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</tbody>
</table>
| Time to Implement | Organization: with established program, one month; for a startup, to staff and purchase equipment, one year
Patient/Client: About 10 minutes per sealant |
| Difficulty to Implement | Resource Intensity: Moderate. Isolation and clinical technique are critical to assure good retention |
| ROI | Sealants are a proven decay preventive strategy. CDC states that school-based dental sealant programs are cost-saving when delivered to populations at high risk for tooth decay, such as children in low-income households. |

### Program Contact Information

- **Organization:** NC DHHS, Division of Public Health, Oral Health Section
- **Contact Person:** Martha S. Taylor, RDH, MBA, MHA, Prevention and School Health Coordinator,
- **Email / Telephone:** Martha.Taylor@dhhs.nc.gov / 919.707.5492
- **Web Site:** [www.ncdhhs.gov/dph/oralhealth/services/sealants.htm](http://www.ncdhhs.gov/dph/oralhealth/services/sealants.htm)

### Current NC-DPH Support

- **T.A. – Yes/No:** Yes
  - Specific group?
  - Other limitations?
- **T.A. Contact:** Martha.Taylor@dhhs.nc.gov / 919.707.5492
- **Funding – Yes/No:** No
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**OTHER COMMENTS / NOTES**

For information on portable dental equipment:
NC Oral Health Section
Danny Stafford, OHS Dental Equipment Technician Supervisor
Danny.Stafford@dhhs.nc.gov / 828.467.3084,