THE BOARD OF HEALTH PRESENTS REPORT 07-010 AND RESPECTFULLY RECOMMENDS:

1. Nutritious Food Basket BOH07056 (City Wide) (Item 5.1)
   (a) That Report BOH07056 regarding the cost of a Nutritious Food Basket be received;
   (b) That a letter be written to the Premier of Ontario, the Minister of Community and Social Services and the Minister of Children and Youth Services to request the following:

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(i) an increase in social assistance and minimum wage rates to a level which will adequately meet the food and shelter needs for the residents of Hamilton;

(ii) whereas the City returns its 20% of National Child Benefit claw back through the Hamilton NCB Entitlement Program while still maintaining most social programs originally funded through the NCB, that the Province of Ontario discontinue the National Child Benefit claw back and fully implement the Ontario Child Benefit program as soon as possible;

(iii) that the Province support and implement the Ontario poverty reduction strategy as soon as possible.

2. General Anaesthetics for Children in Need of Treatment (CINOT) Program BOH07055 (City Wide) (Item 5.2)

That the Medical Officer of Health be authorized and directed to execute a contract with the Ministry of Health and Long-Term Care, allowing Public Health Services to administer payment for general anaesthetic services for children aged 5-13 years within the CINOT (Children in Need of Treatment) Program, and also to receive the administration fee to be spent within the Public Health Services Dental Program, in a form satisfactory to Legal Counsel.

3. Nurse Family Partnership Pilot Research Project BOH07035(a) (City Wide). (Item 5.3)

That the Board of Health approve the addition of 2.0 FTE to the complement for the Nurse Family Partnership component of the 100% funded Healthy Babies, Healthy Children Program 2007 budget.

4. 2007 Funding for Mandatory and Related Public Health Programs BOH07050 (City Wide) (Item 5.4)

That Report BOH07050 respecting 2007 Funding for Mandatory and Related Public Health Programs be received.

5. Youth Alcohol and Drug Use in Hamilton BOH07052 (City Wide) (Item 5.5)

(a) That the report Youth Alcohol and Drug Use in Hamilton BOH07052 be received for information;

(b) That the 2005 student drug use statistics item referred from the Board of Health on May 29, 2007 be identified as complete and removed from the Outstanding Business list.

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6. Cancer Survival Rates BOH07015(a) (City Wide) (Item 5.6)
That Report BOH07015(a) respecting Cancer Survival Rates be received.

7. Water Fluoridation BOH07057 (City Wide) (Item 7.1)
That Report BOH07057 respecting Water Fluoridation be received.

8. Dental Program Overview BOH07037 (City Wide) (Deferred from the July 11, 2007 Board of Health Meeting) (Item 7.2)
That Report BOH07037 respecting Dental Program Overview be received.

9. Child Health (0-6 years) Program Update BOH07042 (City Wide) (Item 7.3)
That Report BOH07042 respecting Child Health (0-6 years) Program Update be received.

10. Substance Abuse, Violence and Injury Prevention (SAVIP) Program Update BOH07054 (City Wide) (Item 7.4)
That Report BOH07054 respecting Substance Abuse, Violence and Injury Prevention (SAVIP) Program Update be received.

11. Healthy Babies/Healthy Children (HBHC) Program Update BOH07053 (City Wide) (Item 8.1)
That Report BOH07053 respecting Healthy Babies/Healthy Children (HBHC) Program Update BOH07053 be received.

12. Public Health Services Reserve BOH07051 (City Wide) (Item 8.2)
(a) That the Public Health Services Reserve be established and that it be funded in the amount of $42,300 to be transferred to the Public Health Services reserve from revenue account # 45630-677135.

(b) That any future surpluses of Enhanced Hepatitis Strain Surveillance System funding be directed to the Public Health Services reserve.

(c) That in keeping with Council’s reserve-use policy, that staff be directed to seek Council’s approval for the use of these funds either through the Budget Process or through a specific report to Council.
13. **Communications (Item 11.1)**

That the dispositions for the following Items of communication be approved:

(a) Judy Snider, e-mail respecting article concerning the health hazards of adding fluoride to drinking water. (See Items 6.1 and 7.1 of this agenda)

Recommendation: Be received.

(b) The Honourable Jim Watson, Minister of Health Promotion respecting Provincial strategy to prevent and control tobacco use. (Referred from Council September 12, 2007)

Recommendation: Be received.

(c) Copy of Staff Report from the City of Toronto dated September 5, 2007 plus attachments respecting Cost of the Nutritious Food Basket – Toronto 2007. (See Item 5.1 on this agenda.)

Recommendation: Be received.

(d) Copy of Updated Draft of the aPHa Board of Health Section Policies and Procedures which will be discussed at the next BOH Section meeting in Toronto.

Recommendation: Be received.

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**FOR THE INFORMATION OF COUNCIL:**

(a) **CHANGES TO THE AGENDA**

The Clerk advised of the following changes to the agenda:

(i) Added delegation request 4.1 from James Webb and Aaron Wisson of WEBB Planning Consultants requesting to address the Board at the November 26, 2007 meeting respecting obesity and the built environment.

(ii) Added delegation request 4.2 from Stefan Savelli of VP Development, Trinity Development Group requesting to address the Board at the November 26, 2007 meeting respecting retail built
(iii) Change in order: Item 7.1 will be heard after the consent Items and Items 6.2 and 6.1 will follow Item 7.1;
(iv) Added delegation from Carol Clinch respecting water fluoridation.
(v) Copies of Appendix “A” to Report BOH07057 respecting Water Fluoridation were distributed.

The agenda was approved as amended.

(b) DECLARATIONS OF INTEREST
None declared.

(c) Minutes of the September 13, 2007 Board of Health Meetings (Item 3.1)
The Minutes of the September 13, 2007 meeting were approved as presented.

(d) Minutes of the September 24, 2007 Board of Health Meetings (Item 3.2)
The Minutes of the September 24, 2007 meeting were approved as presented.

(e) Delegation requests (Item 4)
The following delegation requests were approved:
(i) James Webb and Aaron Wisson of WEBB Planning Consultants respecting obesity and the built environment. (Added Item 4.1)
(ii) Stefan Savelli of VP Development, Trinity Development Group respecting retail built form for Healthy Communities. (Added Item 4.2)

(f) Nutritious Food Basket BOH07056 (City Wide) (Item 5.1)
An amendment to add subsection (b)(ii) to Item 1 of this Report CARRIED on the following votes:

Total: 10
Nays: Clark
Total: 1
Absent: Ferguson, Jackson, Morelli, Pasuta and Whitehead
Total: 5
(g) STAFF PRESENTATIONS

(i) Water Fluoridation BOH07057 (City Wide) (Item 7.1)

Doctor. Peter Wiebe made a PowerPoint presentation and hard copies were distributed.

Doctor Wiebe's comments highlighted but were not limited to the following:

- This Report was requested by the Board of Health;
- The amount of natural Fluoride in Lake Ontario is 0.15 ppm;
- In 1966, after a referendum, water fluoridation was initiated in Hamilton
- 70% of Ontario municipalities add fluoride to drinking water;
- Methods of providing fluoride - Systemic – ingested or swallowed in drinking water;/Topical – applied after tooth eruption – more beneficial;
- Low level of fluoride is beneficial;
- High levels will have detrimental effects – i.e. dental fluorosis – stains on teeth
- In Hamilton, Public Works staff and Dr. Wiebe monitor the level of fluoride and maintain it between 0.5 – 0.8 ppm which is the recommended level;
- Although concerns have been raised, the weight of evidence does not support an association between fluoridation of water and adverse health effects;
- Not as beneficial today as there are more sources of fluoride;
- the City’s population which is in the lower income bracket are at risk of poor dental health;
- the City has a responsibility to protect them;
- halo effect – toothpaste, supplements, and professionally applied – may not be readily available to everyone;
- to stop fluoridation, it would be council’s decision – a by-law would be required;
- alternate programs would need to be in place to protect those at risk;
- effects of stopping water fluoridation – decay would not increase if programs are put in place for accessible and comprehensive education programs for all Hamilton children;
- also possible increased utilization of Ontario Works Dental Program and CINOT;
- continuing documentation and research would be required of the effects of eliminating fluoride;
- an Ontario fluoridation office is highly recommended.
Dr. Wiebe responded to questions posed by the Board.

(h) Public Hearings/Delegations

(i) Peter Van Caulart, Director, Environmental Training Institute, respecting Fluoride in drinking water. (Approved September 24, 2007) (Item 6.2)

Peter Van Caulart introduced himself and advised that he has personally trained 20,000 operators.

His statements included but were not limited to the following:

- Application of water fluoridation is a chemical process which does not improve quality or decrease contaminant levels of treated drinking water;
- Three major chemicals are used in the process: sodium fluoride, sodium silicofluoride and hydrofluosilicic acid, the latter of which is made from industrial waste and is a concern;
- Current fluoride limits were reduced from 1.0 – 1.2 mg in 2000;
- There are still problems with contaminants – (i.e. lead, arsenic, mercury, cadmium, radionuclides, and hydrogen fluoride;
  - Lead has been an issue in the City of Hamilton as in other cities
  - When hazardous wastes (hydrofluosilicic acid) from the phosphate fertilizer industry are used for fluoridation there’s a correlation between water fluoridation and the lead content of the consumers blood
- Temperature affects optimum fluoride dose rates – ineffective at lowered mandated dose rates;
- Studies have shown that even a drop of 0.2 mg/L significantly decreases the benefits;
- Safety concerns; harms water treatment workers and the infrastructure;
- Needless expense;
- A better alternative is dental fluoridation rather than water fluoridation.

Peter Van Caulart responded to questions posed by the Board.

The Mayor requested that he provide a copy of his presentation for the Clerk’s record.
(ii) Cindy Mayor, respecting information on water fluoridation chemicals in regard to the Safe Water Drinking Act. (Approved June 25, 2007.) (Item 6.1)

Cindy Mayor made a PowerPoint presentation entitled How should Hamilton best target fluoride use?; copies of which were distributed.

Her comments included, but were not limited to the following:

- Fluoride levels are higher today than 40 years ago - We now ingest fluoride from many other sources besides tap water (i.e. pesticides, phosphate fertilizers and air pollution increase the fluoride content of many foods);
- Over exposure of fluoride can cause health concerns to some members of the public;
- Some members of the public are unable to handle any amount of fluoride;
- People at risk of ingesting too much fluoride are formula fed babies, people with kidney disease and people who drink a large quantity of water;
- Dental fluorosis occurs when too much fluoride is ingested by a child before the teeth are fully erupted.

(iii) Carol Clinch, respecting information on water fluoridation chemicals in regard to the Safe Water Drinking Act. (Approved June 25, 2007.) (Added Item)

Carol Clinch addressed the Board and indicated that she is a secondary researcher.

She continued to present the PowerPoint document which was distributed as Item 6.1.

Her comments included but were not limited to the following:

- A quote from the Ontario Ministry of Health and Long Term Care, 1999 – 20% to 75% of children in fluoridated communities have dental fluorosis
- A quote from the Caledon-Brampton study, 2007: The effect of fluoridation on caries in these communities was not evident.
- Topical fluoride is more beneficial than ingested fluoride;
- Baby bottle tooth decay – a baby sleeping with a bottle will have tooth decay – not prevented by fluoridated water;
- Cost of water fluoridation vs cost of providing topical fluoridation;
- Staff advised that Topical fluoridation would reduce costs;
- Health risks of drinking water would be avoided.
• Conclusions: discontinue drinking water fluoridation in favour of targeted topical fluoride;
• Saves taxpayers money, better targets those who need help, avoids harming those who are sensitive to fluoride.

Carol Clinch responded to questions posed by the Board. The Board discussed the issues at length. Public Works staff stated that to their knowledge there’s no lead in the hydrofluosilicic acid that’s added to the City’s water. Dr. Wiebe clarified that staff doesn’t know the cost of providing topical fluoride.

On a motion (McHattie/McCarthy) staff were directed to report back on the following:

(a) Options to water fluoridation such as good nutrition, preventive dental care and targeted topical applications, including an evaluation of the effectiveness of water fluoridation vs topical applications;
(b) Costs for alternative programs should water fluoridation be discontinued;
(c) an objective review of data (i.e. National Research Council (NRC), 2006 National Academy of Science (NAS), 2006) on this issue including experience from other municipalities;
(d) Comparison of topical v.s. water fluoridation options in an evaluation of chemical composition and any potential toxicity concerns.

There being no further business, the meeting adjourned at 11:50 a.m.

Respectfully submitted,

Mayor F. Eisenberger, Chair
Board of Health