MANY SCIENTIFIC ARTICLES HAVE BEEN PUBLISHED!

The research team continues to be very busy analyzing study data and writing up the results for submission to major scientific journals in several disciplines. We have been quite successful in having scientific articles published in the past 12 months, as listed below.


The Numbers!
The numbers are amazing; look what we have accomplished together!

698 Five-year dental exams
630 Eight-year dental exams
552 Thirteen-year dental exams
464 Seventeen-year dental exams
45,234 Completed and returned questionnaires
3,650 Activity monitor studies
979 Parent bone exams
471 Five-year bone exams
539 Eight-year bone exams
483 Eleven-year bone exams
489 Thirteen-year bone exams
419 Fifteen-year bone exams
381 Seventeen-year bone exams
311 Nineteen-year bone exams

OUR 23rd YEAR
We hope you had a great holiday season and wish you all the best for a Happy New Year!

It’s been a year since we last updated you and it’s been quite busy for us here at the Iowa Fluoride Study! We would like to thank all of our families for their ongoing commitment to the Study.

This is the Iowa Fluoride Study’s 23rd year since recruitment started and we would like to look back at how much we have accomplished, thanks to you! Without the time and energy you and your families have dedicated to completing questionnaires and attending dental and bone exams, we would not be here today. Thanks again!

The research team continues to be very busy analyzing study data and writing up the results for submission to major scientific journals in several disciplines. We have been quite successful in having scientific articles published in the past 12 months, as listed above.


**Heather Pallister**

Heather has worked in the study in various capacities since nearly the beginning. She even recruited some of you right after you were born! Her role with the Iowa Fluoride Study has evolved from study recruiter, to data management and questionnaire editor, to her current position of scheduling for the clinical research unit (CRU) and obtaining city water samples. Heather graduated from The University of Iowa with her bachelor’s degree in Dental Hygiene, is married and has a 12 year old daughter and an 8½ year old son. In her spare time, she likes spending time with family and friends, exercising, and shopping. She said, “It has been AMAZING how fast time has gone and it’s been fun ‘watching’ you all grow up!!” Heather truly enjoys working with all of the wonderful Iowa Fluoride Study families and staff!!

**Barb Simon**

Barb has worked with the Iowa Fluoride Study (IFS) since its beginning. She helped to conduct a pilot study and entered the first data as each participant was recruited. As the 6-week surveys came in, each water source was entered and coded. Barb began sending out samples from wells, municipal waters, filtered sources, and out-of-state entries in order to have a fluoride value to assign to each child. The water procurement expanded as the participants attended some 155 daycares and preschools, 1,101 schools (including elementary, middle, and high schools) and now many colleges. In addition, water has been collected from 1,059 cities in both the U.S. and abroad. Barb sees to it that each water source is tested annually. She has seen many subjects for visits and feels as if she knows them all personally. There are a lot of stories she can relate about the IFS, its advances and events. If anyone has a question on the team, Barb is our point person.

Barb and her husband Rich have been married 51 years and live on a farm growing grain and sheep. They have 3 children and 3 grandchildren. All of this, plus the IFS, keeps her very busy. In her free time, she enjoys gardening vegetables and flowers, working with her dogs, riding with Rich on the Harley, taking the Model A to parades, but most of all, spending time with her family.

Who would have ever thought that a request for a 4-year commitment would continue for 23 years?

**Sasha Usacheva**

Sasha is a new research assistant for the Iowa Bone Development Study. She has been working in Dr. Janz’s lab to help recruit study participants and collect accelerometer data. Sasha is from Iowa City, Iowa, went to City High School and graduated from the University of Iowa with a B.S. in Human Physiology in 2013. In her free time, she enjoys traveling and exploring new places with her fiancé, spending time with family and friends, and teaching her puppy, Winston, new tricks!

**Lori Vick**

Lori is a new research assistant for the Iowa Fluoride and Bone Development Study. She has been working with Dr. Levy’s team in Preventive and Community Dentistry and enjoys all aspects of her work, from meeting participants in the clinical research unit to data management. Lori is a southeast Iowa native; she is married, has a busy family life, and is a PhD nursing student.
CURRENT HAPPENINGS

Study participant ages range from 19¾ - 22¾ years. This past summer, we launched our new 8th wave questionnaires using Qualtrics™. Participants electing to complete their questionnaires electronically are sent a link to their email. Then the questionnaires can be completed and submitted using the online format. Thanks to you, we have had a very successful 8th wave launch. Participants preferring to receive the questionnaires by mail, continue to have this option as well. Dr. Janz’s team collected accelerometer data this fall and will do so again next fall. We’re also continuing to collect questionnaire data by mail every 6 months and we use that information to identify water sources, track fluoride exposures, and assess dietary patterns. We continue to be very successful with all aspects of the studies because of your great participation!

ELECTRONIC QUESTIONNAIRES

When you come in for an age 19 visit, you will notice that we have changed the format for a few of the questionnaires that you complete. Two of the questionnaires are now completed on the computer using the Qualtrics™ survey software. One of the questionnaires about “Physical Activity” was previously completed on paper. The other is an entirely new questionnaire about “Lifestyle” that covers thoughts on diet, exercise and the influence of others on both of these topics. The Research Assistant will load the questionnaires for you, give some brief instructions and allow you time to complete them. We hope you enjoy this new format for this part of your visit!

GRANT Status

Because the Iowa Fluoride Study and Iowa Bone Development Study are such unique studies and you have all continued to participate so well, we are fortunate to have been able to receive several major grants to continue the studies. The Iowa Bone Development Study has received more than $15 million in total funding and the Iowa Fluoride Study has received more than $8 million in funding. However, because only 10-15% of federal grants are funded, we are always working very hard to continue to apply for new grant funds to keep things going.

We received a major National Institutes of Health (NIH) grant supplement in September 2011 to keep the Bone Study going and to conduct the age 19 exams, including the new advanced densitometry technologies and analytical approaches. We had support for age 17-18 dental examinations from grants from the Roy J. Carver Charitable Trust and the Delta Dental of Iowa Foundation.

We resubmitted and revised a major competitive renewal grant application in July 2014 to hopefully support age 23 examinations, with an anticipated start date in the summer of 2015. However, although the evaluation and scoring of the application improved from the first submission, the results of the review are not favorable enough for us to receive funding this year. Therefore, we will be working all winter to prepare a major new grant application to be submitted this spring/summer to support age 24 exams beginning in 2016. Also, we received a new two-year grant award for $302,000.00 from the NIH in August 2014 to conduct detailed statistical analyses relating fluoride, dietary, and other factors to new cavity rates from age 13 to 17.

Thank you for your continued participation making the studies’ successes possible!

Check out our website to find background information about the study, a list of publications and news articles related to this study. All of this would not be possible without your participation over the last 23 years!

www.dentistry.uiowa.edu/preventive-fluoride-study
THANK YOU

... for your continued participation in our studies.
We hope to keep receiving grant funding to continue working with you over the next few years!
As always, we will keep you informed.

Spring is just around the corner…

Funding for this newsletter was provided by a research grant from the National Institute of Dental and Craniofacial Research