

Milton only municipality with no fluoride in water

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those in the new housing developments are provided with fluoridated water from the 'Big Pipe'.

Milton is the only municipality in Halton that still provides non-fluoridated water.

Dr. Nosal's report to the committee outlined the 2003-2005 dental survey results from 2,463 students — aged five, seven, nine and 13 — at randomly-selected elementary schools throughout the Region. In Milton, all of the schools surveyed were located in the non-fluoridated area.

The prevalence of dental decay found in the students is as follows:

- Five-year-olds — Milton, 49 per cent, Burlington, 31.8 per cent, Halton Hills, 31.3 per cent and Oakville, 40.4 per cent
- Seven-year-olds — Milton, 65.4 per cent, Burlington, 52.4 per cent, Halton Hills, 54.1 per cent and Oakville, 62.2 per cent
- Nine-year-olds — Milton, 72.2 per cent, Burlington, 65.1 per cent, Halton Hills, 58.4 per cent and Oakville, 63.3 per cent
- 13-year-olds — Milton, 44.4 per cent, Burlington, 38.2 per cent, Halton

Low-income residents less able to buy healthy food

Low-income residents in the region are more likely to use the money they have for rent and bills than on healthy food for themselves and their families.

That's one of the findings in the Halton health department's annual Nutritious Food Basket report, which measures the cost of an adequate diet against the financial resources of those at the low-income level.

For example, the report illustrates the case of a single mother living in Halton with a seven-year-old daughter who receives assistance through Ontario Works.

Her income would be \$1,212.92 per month; with rent accounting for \$849 of that amount and food, about \$236.

That would only leave around \$125 for things like heat, hydro, transportation, non-prescription drugs and unexpected expenses.

"Families who find themselves in this kind of situation are more likely to pay the rent and necessary bills and have little or no money left for food," the Food Basket report states.

A Nutritious Food Basket survey was conducted with six grocery stores in Halton last year to determine the price of a healthy diet. This showed the average cost for a family of four to eat healthy is \$120.96 per week.

The information gathered is shared with a variety of community groups, which will use it to demonstrate the difficulty people on low incomes have in affording a nutritious diet and to advocate for increases to minimum wage and social assistance benefits.

Hills, 40.8 per cent and Oakville, 44.9 per cent

Milton students were also found to have the highest number of teeth affected by dental decay.

Local seven and 13-year olds had more occurrences of gingivitis than their counterparts in Halton Hills, Burlington and Oakville, while five-year-olds were pretty much on par with others. Halton Hills topped the list in the nine-year-old category.

On a more positive note, the survey showed that the prevalence of dental fluorosis, or patchy white flecks on the tooth's surface caused by excessive fluoride intake, was lower in Milton than the other municipalities.

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Public can comment on waste strategy

Have your say on the Region's proposed 2006-10 Solid Waste Management Strategy at an open house next Tuesday.

The session will be held at Hugh Foster Hall, located beside Town Hall Victoria

Park, from 5 to 8 p.m.

During the open house, Region staff will be on hand to answer questions and gather feedback from residents regarding the draft strategy.

The plan identifies the proposed waste diversion initia-

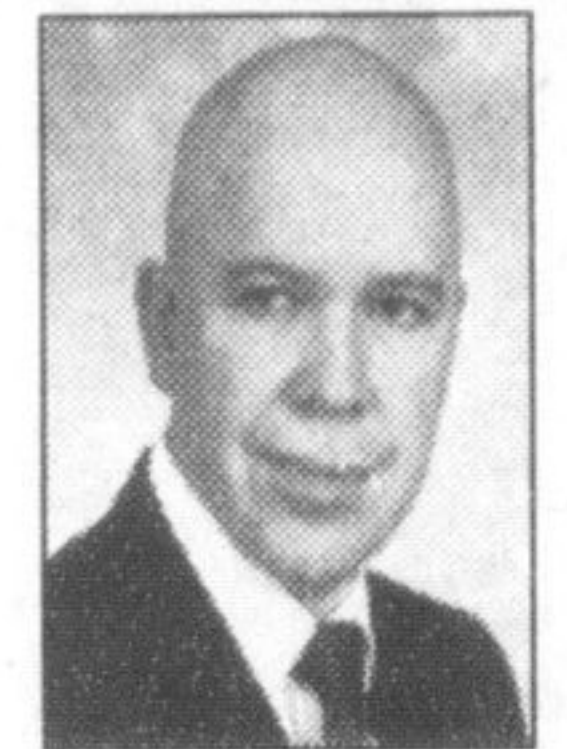
tives for the next five years, as well as choices for managing Halton waste beyond 2010. It's intended to help extend the life of Halton's landfill.

For more information on the plan, visit www.halton.ca or call (905) 825-6000.

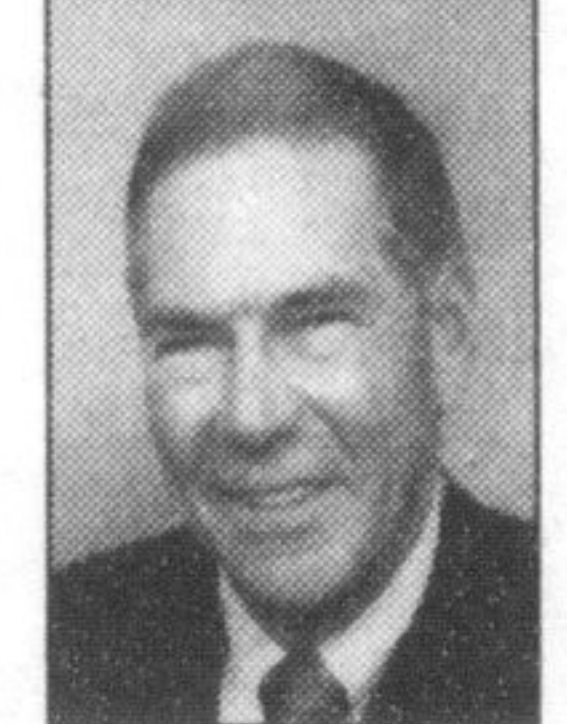
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