

Episode 143 – Interview with Dr. S. Singhal: One Smile Research Program

October 24, 2025

Dr. Sonica Singhal, BDS, MPH, MSc, PhD, FRCD(C)
Dr. Sonica Singhal is a dentist from Delhi University, India, with a Masters in Public Health from the University of New South Wales, Australia, and a PhD in Dental Public Health from the University of Toronto. She is assistant professor and Program Director, Dental Public health discipline, at the Faculty of Dentistry, University of Toronto. She also works as a public health dentist at Public Health Ontario (PHO).

Dr. Singhal possesses diverse clinical, epidemiological, scientific research and health policy skills. Over the last few years, she has been actively involved in conducting scientific and programmatic research. At PHO, Dr. Singhal provides scientific analysis and expert consultative services to the Ministry of Health, Medical Officers of Health, government staff, public health dental professionals, and academics across the province concerning oral health issues, in order to promote oral health and prevent oral disease and related oral health inequities**.**

The One Smile Research Program

The One Smile Research Program comprises different research studies aimed at improving access to oral healthcare in Canada.[1] In its main study, participants will receive cost-free basic oral care over the course of five years. At the same time, a diverse group of researchers at the University of Toronto will study the long-term effects of receiving regular oral healthcare on oral health, stress, inflammation (e.g., oral inflammatory load),[2] wellness, chronic disease, as well as the impact on the economy and healthcare system. This research program will inform policy debates around the universal coverage of oral healthcare in Canada, and possibly worldwide. [1] [2]

Green Shield Canada (GSC) generously donated a research gift to the Faculty of Dentistry to establish the Green Shield Canada Clinic and to support research initiatives, including *The One Smile Research Program*, that advance knowledge around oral healthcare. GSC is not involved in the design of any research associated with their research gift. [3]

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[1] Refer to Episode 26 for the initial discussion on *The One Smile Research Program* with Dr. Carlos Quiñonez.
[2] Refer to Episodes 99, 119, and 138 for additional information on oral neutrophil counts and the oral inflammatory load.

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Research Team [4]

Researcher	Role
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Michael Glogauer, DDS, PhD, Dip. Perio	Co-principal investigator
Audrey Laporte, MA, PhD	Co-principal investigator
Noha Aziz Ezzat Gomaa, BDS, MDS, PhD	Co-investigator
Abdulrahman Ghoneim, BDS, MSc, FRCD(C)	Research assistant and PhD student
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Elis Batistella, DDS, MSc, PhD	Research associate
Diego Proaño Falconí, BDS, MSc	Research assistant and PhD student
Neethu Varghese, BDS, MPH	Research associate

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Additional Resources

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