



Community Water Fluoridation: Overview and Landscape

DentaQuest Foundation
February 10, 2014

Fluoridation Resources

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Division of Oral Health



Primary Resources

- Association of State & Territorial Dental Directors (ASTDD)
- American Dental Association (ADA)
- American Academy of Pediatric Dentistry (AAPD)
- Centers for Disease Control and Prevention (CDC)
- Children's Dental Health Project: FLUID
- Pew Charitable Trusts: Campaign for Dental Health
- American Academy of Pediatrics (AAP)
- Fluoride Science
- National Association of Local Boards of Health (NALBOH)
- American Water Works Association (AWWA)
- Fluoride Works: Washington State
- Videos: Brighter Futures Michigan and Dental Dental

Association of State and Territorial Dental Directors

The screenshot shows the website for the Association of State & Territorial Dental Directors (ASTDD). The header includes the ASTDD logo with the tagline 'Where oral health lives' and contact information: 1838 Fieldcrest Drive, Sparks, NV 89434, Phone 775-626-5008, and Fax 775-626-9268. A navigation menu on the left lists various sections like Home, About ASTDD, and Membership Roster. The main content area is titled 'Fluoridation and Fluorides' and contains a paragraph about the committee's role, a list of links for the Committee Roster and Logic Model, a statement in response to recent announcements, and a list of resources including the Pew Children's Dental Campaign and the American Dental Association.

astdd
Where oral health lives

Association of State & Territorial Dental Directors
1838 Fieldcrest Drive, Sparks, NV 89434
Phone 775-626-5008 Fax 775-626-9268

Home
About ASTDD
ASTDD Brochure
ASTDD Publications
A-Z Topics
State Programs
Territorial Programs
Federal Agencies
National Organizations
Membership Roster
Member Benefits
Members Only
Membership Renewal
Job Opportunities
ASTDD Competencies
ASTDD Guidelines

Search A-Z Login Print

Fluoridation and Fluorides

The committee assures that ASTDD positions and policies are presented in all appropriate venues and oversees all activities that the association may be involved in regarding fluorides, including the fluoride awards at the annual meeting.

- Committee Roster
- Committee Logic Model

ASTDD Statement in response to the recent Department of Health and Human Services and Environmental Protection Agency fluoridation announcements:

Community water fluoridation remains the cornerstone of dental caries prevention in the United States and has been demonstrated to be safe, cost-effective and beneficial through every stage of life and for all people, regardless of age, race, ethnicity or socio-economic status. Numerous worldwide academic and governmental studies have reaffirmed the association between optimal levels of natural and supplemental fluoride in water supplies with improved oral health and the absence of any negative health impacts. ASTDD continues to encourage communities to adjust the level of fluoride in drinking water to a level that prevents tooth decay while protecting the cosmetic appearance of teeth.

Resources:

- The Pew Children's Dental Campaign FAO about Water Fluoridation
- Fluoridation: What the Science Says: A number of researchers and health officials have publicly spoken about the scientific evidence supporting fluoridation
- Fluoride Legislative User Information Database (FLUID)
- Centers for Disease Control and Prevention
- EPA
- American Dental Association

<http://www.astdd.org/fluoridation-and-fluorides-committee/>

Association of State and Territorial Dental Directors



Association of State & Territorial Dental Directors
1838 Fieldcrest Drive, Sparks, NV 89434
Phone 775-626-5008 Fax 775-626-9268

lordin@cdc.gov | [Logout](#)



Member's Section

- Home
- About ASTDD
- ASTDD Brochure
- ASTDD Publications
- A-Z Topics
- State Programs
- Territorial Programs
- Federal Agencies
- National Organizations
- Membership Roster
- Member Benefits
- Members Only
- Membership Renewal
- Job Opportunities
- ASTDD Competencies

Member's Only

ASTDD members and associate members can access a variety of member resources.

- ASTDD Operations Manual
- Committee Chair and Consultants Guidance
- Board of Directors Meeting Minutes; [March 11, 2013](#)
- Calendar: lists ASTDD meetings, conference calls, and other events

National Oral Health Conference 2013

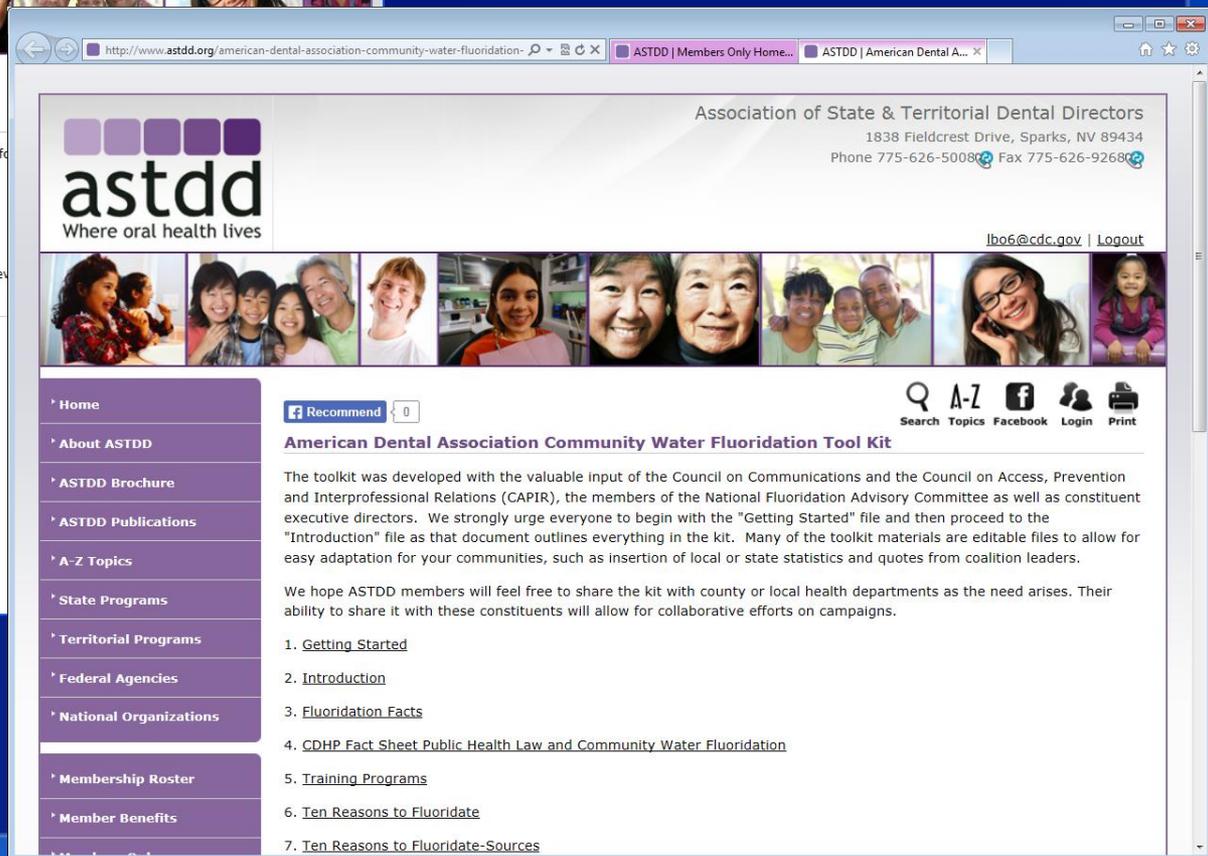
2013 Business Meeting and Member Sharing Agenda

[Questionnaire for one-year Director term: Bob Russell](#)

[Questionnaire for three-year Director term: Greg McClure](#)

Committee Reports:

- Best Practices
- Communications
- Children and Youth with Special Health Care Needs
- Data and OH Surveillance
- Evaluation
- Early Childhood
- Fluoride



Browser address bar: <http://www.astdd.org/american-dental-association-community-water-fluoridation>

ASTDD | Members Only Home... ASTDD | American Dental A...



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1838 Fieldcrest Drive, Sparks, NV 89434
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Home Recommend 0 Search Topics Facebook Login Print

American Dental Association Community Water Fluoridation Tool Kit

The toolkit was developed with the valuable input of the Council on Communications and the Council on Access, Prevention and Interprofessional Relations (CAPIR), the members of the National Fluoridation Advisory Committee as well as constituent executive directors. We strongly urge everyone to begin with the "Getting Started" file and then proceed to the "Introduction" file as that document outlines everything in the kit. Many of the toolkit materials are editable files to allow for easy adaptation for your communities, such as insertion of local or state statistics and quotes from coalition leaders.

We hope ASTDD members will feel free to share the kit with county or local health departments as the need arises. Their ability to share it with these constituents will allow for collaborative efforts on campaigns.

- [Getting Started](#)
- [Introduction](#)
- [Fluoridation Facts](#)
- [CDHP Fact Sheet Public Health Law and Community Water Fluoridation](#)
- [Training Programs](#)
- [Ten Reasons to Fluoridate](#)
- [Ten Reasons to Fluoridate-Sources](#)

ASTDD Member's Section

ADA Community Water Fluoridation Kit

- ▶ ASTDD Publications
- ▶ A-Z Topics
- ▶ State Programs
- ▶ Territorial Programs
- ▶ Federal Agencies
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- ▶ ASTDD Competencies
- ▶ ASTDD Guidelines
- ▶ Basic Screening Survey
- ▶ Best Practices
- ▶ National Oral Health Surveillance System
- ▶ Program Support
- ▶ Policy Statements
- ▶ State Activities
- ▶ Synopsis of State Programs 2012 (ASTDD.org)
- ▶ Synopsis of State Programs 2009 (CDC.gov)

Prevention and Interprofessional Relations (CAPIR), the members of the National Fluoridation Advisory Committee as well as constituent executive directors. We strongly urge everyone to begin with the "Getting Started" file and then proceed to the "Introduction" file as that document outlines everything in the kit. Many of the toolkit materials are editable files to allow for easy adaptation for your communities, such as insertion of local or state statistics and quotes from coalition leaders.

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1. [Getting Started](#)
2. [Introduction](#)
3. [Fluoridation Facts](#)
4. [Training Programs](#)
5. [Ten Reasons to Fluoridate](#)
6. [Ten Reasons to Fluoridate sources](#)
7. [Statements from leading organizations](#)
8. [FAQs](#)
9. [Responses to Misconceptions](#)
10. [News Stories](#)
11. [Fluoridation Presentation](#)
12. [Sample Public Testimony](#)
13. [Opinion Letter](#)
14. [Fluoridation Press Release Template](#)
15. [Fluoridation Ordinance](#)
16. [Social Media Tips](#)
17. [Campaign Summary-Aiken](#)
18. [Campaign Summary-Collier County](#)
19. [Campaign Summary-San Diego](#)
20. [Fluoridation Infographic](#)
21. [Sample Social Media Postings](#)

Member's Section



Tap in to Your Health: Fluoridation Toolkit Getting Started

This tool kit is intended for informational purposes, to provide you with background and assistance from the American Dental Association in getting started on building a community water fluoridation campaign.

The ADA has created a number of materials to support efforts to initiate or retain community water fluoridation. All of these materials are available as a toolkit on ADA Connect for downloading. Some of the materials are background information for you, and others are created so that they can be customized with specific local information and distributed publicly. Please view the document titled "Toolkit Intro" for the list of materials that can be publicly distributed and customized with local information, as these materials are available in an editable document format. After customization, it is possible and suggested to remove the ADA copyright so that the materials become those of the entire coalition.

The ADA stands ready to assist you. We strongly urge you to seek technical assistance from the staff of the ADA Council on Access, Prevention and Interprofessional Relations (CAPIR) for collaborative efforts.

American Dental Association

The screenshot shows a web browser window displaying the ADA website's fluoride page. The browser's address bar shows the URL <http://www.ada.org/fluoride.aspx>. The website's header includes navigation links for "Join ADA", "Member Log In", "Join/Renew Membership", "Member Directory", "Contact Us", and "ADA e-Catalog". The main navigation bar features categories such as "About ADA", "Professional Resources", "Public Resources", "Education & Careers", "Science & Research", "Advocacy", and "News & Events". The page title is "Fluoride & Fluoridation", and the breadcrumb trail reads "HOME » ADVOCACY » FEDERAL & STATE ISSUES » FLUORIDE & FLUORIDATION".

The page content is organized into several sections:

- Left Sidebar:** Contains a list of links including "Federal Legislation & Regulation: Issues & Actions", "State Legislation & Regulation: Issues & Actions", "Fluoride & Fluoridation", "Recent Fluoridation Issues", "ADA Fluoridation Resources", "ADA Fluoridation Policy & Statements", "Internet Resources", and "Oral Health Assessments for School Children". There is also a "Videos" section with a video player showing a woman speaking.
- Main Content Area:** Features a large header image with four photos: a smiling woman, a man with a water bottle, a woman with a child, and a child drinking water. Below the image is the text "Welcome to your best resource for information on fluoride".
- Recent News and Resources:** A list of five items:
 - Surgeon General Dr. Regina M. Benjamin Endorsement of Community Water Fluoridation
 - 2013 Community Water Fluoridation Awards
 - [ADA Applauds HHS Action on Recommended Fluoride Level in Drinking Water](#) — ADA press Statement
 - ADA Fluoridation Policy and Statements
 - Centers for Disease Control and Prevention — Community Water Fluoridation: Q & A
- Footer:** A paragraph stating: "On January 25, 1945 Grand Rapids, Michigan became the world's first city to adjust the level of fluoride in its water supply. Since that time, fluoridation has dramatically improved the oral health of tens of millions of".

American Dental Association



10 Reasons to Fluoridate Public Water

Single most effective public health measure to prevent tooth decay. The Centers for Disease Control and Prevention (CDC) has proclaimed community water fluoridation one of 10 great public health achievements of the 20th century.

Centers for Disease Control and Prevention. "Ten Great Public Health Achievements – United States, 1990–1999." *MMWR* 1999;48(12):241-3.

Natural. Fluoride is already present in all water sources, even the oceans. Water fluoridation is simply the adjustment of fluoride that occurs naturally in water to a recommended level for preventing tooth decay.

Similar to fortifying other foods and beverages. Water that has been fluoridated is similar to fortifying salt with iodine, milk with vitamin D, orange juice with calcium and bread with folic acid.

Prevents dental disease. It is the most efficient way to prevent one of the most common childhood diseases – dental decay. An estimated 51 million school hours are lost each year due to dental-related illness.

Gill, H.C. "Oral Health Outcomes Research: Challenges and Opportunities." In Staele, G.D., ed., *Measuring Oral Health and Quality of Life*. Chapel Hill, NC: Department of Dental Ecology, University of North Carolina 1997:25-46.

Protects all ages against cavities. Studies show that community water fluoridation prevents at least 25 percent of tooth decay in children and adults, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.

Griffin S.O., et al. "Effectiveness of Fluoride in Preventing Caries in Adults." *J Dent Res* 2007;86(5):410-415.

Task Force on Community Preventive Services. "Promoting Oral Health: Interventions for Preventing Dental Caries, Oral and Pharyngeal Cancers, and Sports-related Craniofacial Injuries: A Report on Recommendations of the Task Force on Community Preventive Services." *MMWR*. 001501(RR21)11-13. View information at thecomunityguide.org/oral/fluoridation.html and cdc.gov/mmwr/preventive/commwth/0502111.htm

Safe and effective. For more than 65 years, the best available scientific evidence consistently indicates that community water fluoridation is safe and effective.

Saves money. The average lifetime cost per person to fluoridate a water supply is less than the cost of one dental filling. For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs.

Griffin S.O., Jones, K., Tomar, S.L. "An Economic Evaluation of Community Water Fluoridation." *J Public Health Dent* 2001;51(2):78-86.

Recognized by more than 100 organizations. The American Dental Association (ADA) as well as the U.S. Public Health Service, the American Medical Association, the World Health Organization and more than 125 national and international organizations recognize the public health benefits of water fluoridation.

ADA Fluoridation Facts Compendium. Available at ADA.org/4378.aspx

Availability of fluoridation continues to grow. In the United States, 73.9 percent of the population on public water systems receive fluoridated public water, or a total of 204 million people.* This is an increase of almost nine percent from 2009. The Healthy People 2020 goal is for 70.6 percent of the population on public water

- Official ADA policies and statements in support of CWF
- Statements from 10 leading health authorities
- Water fluoridation ordinance
- Media kit including general fact sheet, 10 Reasons to Fluoridate Public Water, and support statements

www.ada.org/fluoride.aspx

ADA Fluoridation Resources

- » [Recent Fluoridation Issues](#)
- » [ADA Fluoridation Resources](#)
 - [ADA Publications](#)
 - [Fluoridation Facts](#)
 - [Fluoridation Awards](#)
- » [ADA Fluoridation Policy & Statements](#)
- » [Internet Resources](#)

Fluoridation Facts

Fluoridation Facts contains answers to frequently asked questions regarding community water fluoridation. This 71-page booklet is a comprehensive encyclopedia of fluoridation facts with over 350 scientific references. Fluoridation Facts includes information from scientific research in an easy to use question and answer format on the topics of effectiveness, safety, practice and cost-effectiveness of fluoridation. Additionally, the booklet contains a Compendium of more than 125 "National and International Organizations That Recognize the Public Health Benefits of Community Water Fluoridation for Preventing Dental Decay."

- [View Fluoridation Facts](#)

Statements from Ten Leading Health Authorities Regarding Community Water Fluoridation

This one-page item encapsulates the statements on fluoridation made by ADA, CDC, AMA, AAP, US Surgeon General, ASTDD, AAPHD, APHA, WHO and IADR.

- [View Statements from Ten Leading Health Authorities Regarding Community Water Fluoridation \(PDF\)](#)

Fluoridation Ordinance—Suggested Provisions

This document contains suggested elements that provide a starting point for communities looking to enact a fluoridation ordinance. Be sure to consult with an attorney as you finalize your local ordinance.

- [View Fluoridation Ordinance—Suggested Provisions \(PDF\)](#)

Media Press Kit

For more in-depth information on community water fluoridation, please view our electronic press kit which combines text, video and other images into one, easy-to-navigate format.

- [Media Press Kit](#)

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Evidence-based Clinical Recommendations

- [Professionally-Applied Topical Fluoride](#)
- [Professionally-Applied Topical Fluoride \(Executive Summary\) \(PDF\)](#)
- [Chairside Guide: Topical Fluoride \(PDF\)](#)

» [Return to Top](#)

Fluoridation Facts

American Academy of Pediatric Dentistry

Official Policy

Parent Brochure

Policy on Use of Fluoride

Originating Committee

Liaison with Other Groups Committee

Review Council

Council on Clinical Affairs

Adopted

1967

Revised

1978, 1995, 2000, 2001, 2003, 2007, 2008, 2012, 2013

Reaffirmed

1977

Purpose

The American Academy of Pediatric Dentistry (AAPD), affirming that fluoride is a safe and effective adjunct in reducing the risk of caries and reversing enamel demineralization, encourages public health officials, health care providers, and parents/caregivers to optimize fluoride exposure.

Methods

An electronic database search using the terms “fluoride”, “fluoridation”, “acidulated phosphate fluoride”, “fluoride varnish”, “fluoride therapy”, and “topical fluoride” was conducted to update this policy. Expert opinions and best current

to determine the patient’s true exposure to fluoride.^{1,5,6} Fluoride content of ready-to-use infant formulas in the US and Canada ranges from 0.1 to 0.3 mg/L⁷, which provides only a modest source of fluoride. The more important issue, however, is the fluoride content of concentrated or powdered formula when reconstituted with fluoridated water. Considering the potential for mild fluorosis, caution is advised for infants consuming formula that is reconstituted with optimally-fluoridated water.⁸ As the Environmental Protection Agency/Department of Health and Human Services’ recommendation⁹ for optimizing community water supplies to 0.7 ppm F is instituted, fluorosis due to reconstituting infant formula with fluoridated

www.aapd.org

ASK YOUR DENTIST ABOUT
FLUORIDE



AMERICAN ACADEMY OF PEDIATRIC DENTISTRY



Centers for Disease Control and Prevention

- Basic information on CWF benefits and safety
- Fact Sheets
- Qs and As on HHS proposed recommendation
- *My Water's Fluoride* with information on the fluoridation status of water systems in the U.S.

The screenshot shows the CDC website page for Community Water Fluoridation. The page features a navigation menu on the left with categories like Oral Health, Community Water Fluoridation, and Infection Control. The main content area includes a search bar, a navigation bar with A-Z index, and a main heading 'Community Water Fluoridation'. Below this, there is a social media share section with 'Recommend' (1,081), 'Tweet' (51), and 'Share' buttons. The main text states: 'For 65 years, community water fluoridation has been a safe and healthy way to effectively prevent tooth decay. CDC has recognized water fluoridation as one of 10 great public health achievements of the 20th century.' The page is divided into several sections: 'Fluoridation Fundamentals' (with sub-sections for Overview of Fluoridation Basics, Benefits of Community Water Fluoridation, and Reports, Journal Articles), 'Community Water Fluoridation Topics' (with sub-sections for Safety, Data & Statistics, and Engineering & Operations), and 'Guidelines & Policy' (with sub-sections for Guidelines & Recommendations and Fluoridation Policy Tool). A 'Contact Us' section on the right provides the CDC's address, phone number (800-CDC-INFO), and TTY number (888) 232-6348, along with a link to CDC-INFO.

www.cdc.gov/fluoridation

Centers for Disease Control and Prevention

- Engineering fact sheets
- Training Program
- Poster for water plant operators

The screenshot shows a web browser window displaying the CDC website. The address bar shows the URL: <http://www.cdc.gov/fluoridation/engineering/index.htm>. The page title is "CDC Home" and the main heading is "Centers for Disease Control and Prevention CDC 24/7: Saving Lives. Protecting People.™". The page is titled "Community Water Fluoridation" and "Engineering and Operations".

The left sidebar contains a navigation menu with the following items:

- Oral Health home
- School-Based Dental Sealant Programs
- Community Water Fluoridation
 - Fluoridation Basics
 - Benefits
 - Guidelines
 - Safety
 - Data & Statistics
 - Engineering & Operations**
 - Training Programs
 - Other Fluoride Products
 - Links to Other Organizations
 - Infection Control in Dental Settings
 - Children's Oral Health
 - Adult Oral Health
 - Periodontal Disease
 - Oral Cancer
 - Disparities in Oral Health
 - Data Applications

The main content area features several sections:

- Water Fluoridation Training Program**: CDC provides water fluoridation training designed to build the capability of state fluoridation programs and to help water treatment professionals develop and refine their skills related to operations. Courses include a 3-day annual training on the Principles and Practice of Water Fluoridation and a newly developed 6-hour water plant operator training course template designed for use by state fluoridation programs. More information on these training programs may be found at the CDC-sponsored training page.
- Fluoridation Data Applications**: Fluoridation Reporting System (WFRS) is the main tool used by CDC to help state and tribal water fluoridation programs. WFRS also is the basis for national reports on the percentage of the U.S. population receiving fluoridated drinking water. State and tribal officials approved by the state dental director or a tribal authority can participate in this password-protected system, entering state fluoridation data, and printing operational reports.
- Technical Assistance to State Programs**: CDC provides technical assistance to state programs regarding engineering support, facility management, and operational support and also provides responses to...
- Recommendations for Fluoridation Engineering and Administrative Recommendations for Water Fluoridation**, 1995. *MMWR*, September 29, 1995;44(RR-13):1-40 [PDF-338KB]

The right sidebar contains contact information and related links:

- Contact Us:** Centers for Disease Control and Prevention, Division of Oral Health, Mail Stop F-80, 4770 Buford Highway NE, Atlanta, GA 30341. Phone: 800-CDC-INFO (800-232-4636), TTY: (888) 232-6348, 8am-8pm ET/Monday-Friday, Closed Holidays. Email: CDC-INFO
- Related Links:** Overview for Engineering and Operations, Fact Sheets for Engineering and Operations

CDC Fluoridation Communications: Hager Sharp



SMILE,
BECAUSE YOU CAN

For nearly 70 years, people in the United States have enjoyed the benefits of drinking water with fluoride, leading to better overall dental health. Adding fluoride to drinking water has been extensively studied and reviewed to be sure it is safe and effective.

Fluoride in water. Nearly 70 years and going strong.
As a faucet near you. CDC.gov/Fluoridation



WATER WITH FLUORIDE BUILDS A FOUNDATION FOR HEALTHY TEETH



- Brush with fluoride toothpaste.
- Visit the dentist regularly.
- Drink water with fluoride.

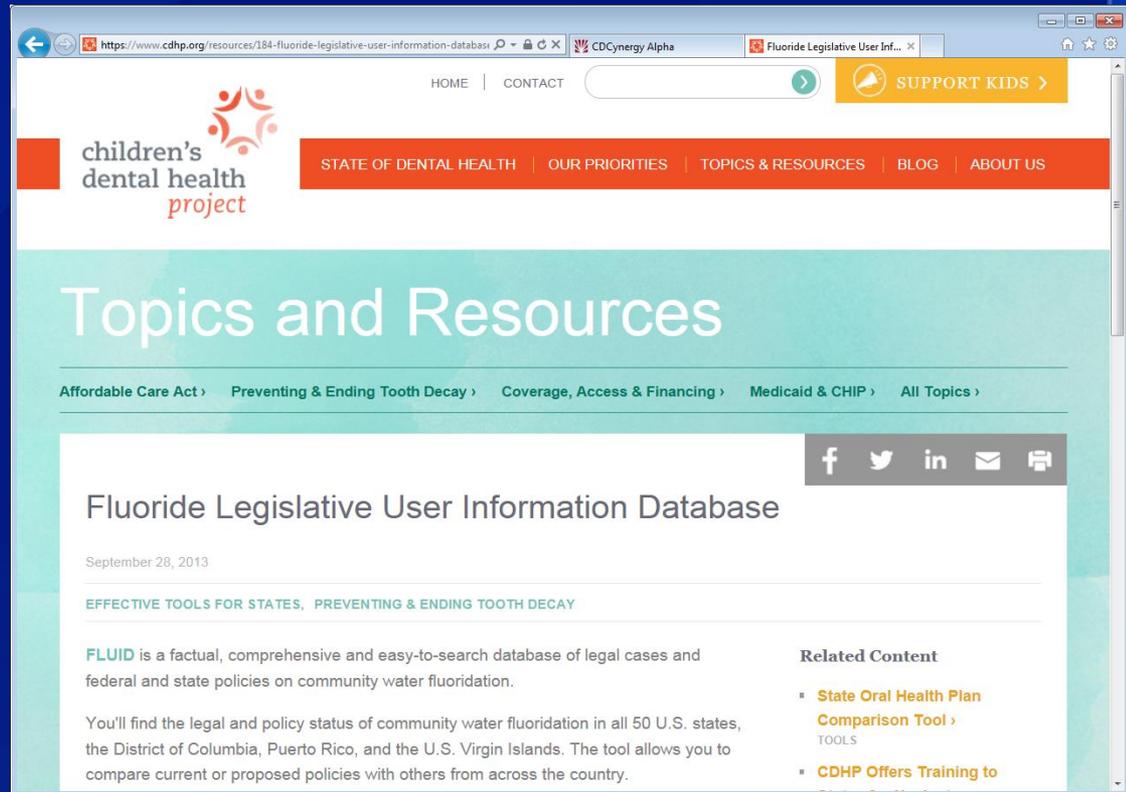
Water with fluoride provides the building blocks to good oral health by strengthening teeth throughout our lives.

Build a better foundation for healthy teeth and keep your teeth stronger, longer. Find out if your community has fluoride in the water at CDC.gov/Fluoridation.



Children's Dental Health Project

- Fluoride Legislative User Information Database (FLUID)
- Historical information on legal cases
- Current information on federal and state policies regarding fluoridation



The screenshot shows a web browser window displaying the Children's Dental Health Project website. The URL in the address bar is <https://www.cdph.org/resources/184-fluoride-legislative-user-information-database>. The page features the project's logo, navigation links (HOME, CONTACT, SUPPORT KIDS), and a main heading "Topics and Resources". Below this, there are links for "Affordable Care Act", "Preventing & Ending Tooth Decay", "Coverage, Access & Financing", "Medicaid & CHIP", and "All Topics". The main content area is titled "Fluoride Legislative User Information Database" and includes a date of "September 28, 2013". It describes FLUID as a factual, comprehensive, and easy-to-search database of legal cases and federal and state policies on community water fluoridation. A "Related Content" section lists "State Oral Health Plan Comparison Tool" and "CDHP Offers Training to".

www.cdph.org//topics/prevention

Pew Charitable Trusts

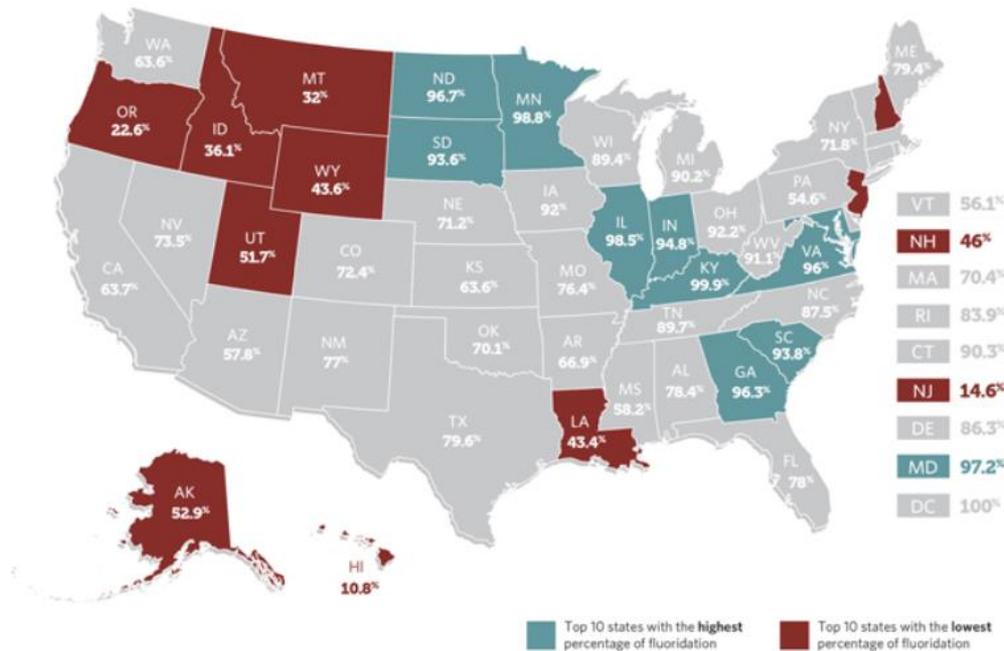


THE PEW CHARITABLE TRUSTS

Jan 2014

Community Water Fluoridation: The Top 10 and Bottom 10

The percentage of residents served by public water systems in each state who are receiving fluoridated water.¹



72 million

Americans who are served by public water systems **lack** access to fluoridated drinking water

The CDC has recognized water fluoridation as one of "10 great public health achievements of the 20th century."²



www.pewtrusts.org

Pew Charitable Trusts

THE PEW CHARITABLE TRUSTS INFOGRAPHIC

Community Water Fluoridation by the Numbers

Millions of Americans do not have access to fluoridated water in their communities, leading to higher rates of tooth decay and greater costs to taxpayers. Fluoridation can reduce states' expenditures for emergency room care, Medicaid, and other public health services.



72,323,833

Number of Americans served by public water systems that do not provide fluoridated drinking water¹



830,590

Number of Americans treated at hospital emergency rooms in 2009 for preventable dental problems²

25%



\$1 =

SPENT



www.pewtrusts.org

Campaign for Dental Health

- Network of children's and oral health advocates supporting community water fluoridation

life is better
WITH TEETH

Log In Search

ISSUES LOCAL CAMPAIGNS NEWS & REPORTS BLOG ABOUT US CONTACT

what's needed?
Fluoridation
Access
Education

The power of
fluoridation

Adding fluoride to community water supplies reduces tooth decay — significantly. Even if you brush with fluoridated toothpaste, you'll get a lot more cavity protection with fluoridated water. Surprised?

FIND OUT MORE

JOIN US

Get fact sheets, t-shirts, downloadable signage and more.

Your Email

SIGN UP

U.S. Surgeon General Endorses Community Water Fluoridation

U.S. Surgeon General Regina Benjamin, MD officially endorsed community water fluoridation on April 22, 2013 as "one of the most effective choices communities can make to prevent health problems while actually improving the oral health of their citizens."

READ MORE

Report: Falling Short: Most States Lag On Dental Sealants
January 11, 2013

Pew's report finds that most states are not doing enough to use sealants, which are plastic coatings that are brushed onto molars — the most cavity-prone teeth among children. Sealants prevent 60% of tooth decay at only one-third the cost of a filling. The use of sealants are endorsed by the Centers for Disease Control and Prevention.

www.ilikemyteeth.org

Fluoride Is Effective: A Summary of the Research

Decades of research confirm the benefits of water fluoridation. Some people may question the value of fluoridating water at a time when fluoride toothpaste is widely used and children can get fluoride treatments from dentists. The following peer-reviewed studies and reports answer this question because many of them were conducted within the past 20 years — when both fluoride toothpaste and fluoride treatments were widely available. This research demonstrates the crucial, added protection against tooth decay that fluoridated water provides. The following research is only a small sample of studies confirming the value of fluoridating public water systems. (Click [here](#) to download a PDF version of this web page).

ISSUES LOCAL CAMPAIGNS NEWS & REPORTS BLOG ABOUT US CONTACT



1. Fluoridation reduces tooth decay among children

* The U.S. Task Force on Community Preventive Services (2000) concluded that fluoridated water reduces tooth decay among children of ages 4 to 17.

* A study of **Alaska** children (2011) conducted had a 32% higher rate of decayed, missing or filled teeth among children of ages 4 to 17.

* A study of **Illinois** and **Nebraska** children (2011) found that children in the two non-fluoridated states had a higher rate of tooth decay than children in the two fluoridated states using fluoridated toothpaste.

* A **Nevada** study (2010) examined teenager risk factors associated with high rates of decayed teeth.

* A study of more than 17,000 **Australian** children (2007) found that after eruption (i.e., when teeth first appear) fluoride is the only effective way to secure fluoride in the tooth.

2. Fluoridation also protects adults' teeth

* Nine studies were analyzed (2007) in the Journal of Public Health. The researchers found that fluoridation reduced decay by 27%. The researchers noted that this lack of coverage "increases the need for dental services."

* A study in the American Journal of Public Health (2007) found that people who drank fluoridated water (decay) less likely 40 or 50 years later when they were older.

* A study of nearly 3,800 adults in **Australia** (2007) found that people who drank fluoridated water had a 27% lower risk of tooth decay.

- Fluoridation
- How Fluoride Works
- Fluoride Questions
- Fluoride Myths and Facts
- What Opponents Say
- Expert View on Fluoridation
- Health & Medical Authorities
- Savings from Fluoridation
- Is Toothpaste Enough?
- Fluoride and IQs
- The Fluoridation Trend
- Fluoride Is Effective
- Access
- Education

ISSUES LOCAL CAMPAIGNS NEWS & REPORTS BLOG ABOUT US

Home » Fluoridation » Fluoride Myths and Facts

Fluoride Myths and Facts

Opponents Claim:
"Fluoride doesn't belong in drinking water."

The Truth:
Fluoride occurs naturally in water, though rarely at the optimal level to protect teeth.

- The Facts**
- It's already there. Fluoride exists naturally in virtually all water supplies and even in various brands of bottled water. If the people making this statement truly believed it, they would no longer drink water or grape juice — or eat shellfish, meat, cheese or other foods that contain trace levels of fluoride.
 - What's at issue is the amount of fluoride in water. There are proven benefits for public health that come from having the optimal level of fluoride in the water — just enough to protect our teeth. In 2011, federal health officials offered a new recommended optimal level for water fluoridation: 0.7 parts per million. That's our goal: getting just enough to help all of us keep our teeth longer.

Opponents Claim:
"Adding fluoride is like forcing people to take medication"

The Truth:
Numerous scientific studies and reviews have recognized fluoride as an important nutrient for strong healthy teeth.

- The Facts**
- Fluoride is not a medication. It is a mineral, and when present at the right level, fluoride in drinking water has two beneficial effects: preventing tooth decay and contributing to healthy bones.
 - U.S. court decisions have rejected the argument that fluoride is a "medication" that should not be allowed in water. The American Journal of Public Health summarized one of these rulings, noting that "fluoride is not a medication, but rather a nutrient found naturally in some areas but deficient in others."
 - There are several examples of how everyday products are fortified to

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Community Water Fluoridation
Preventing Tooth Decay for a Lifetime Two Ways



When children are young, fluoride that is swallowed enters the bloodstream and combines with calcium and phosphate as the tooth is formed under the gums.



These teeth are more resistant to decay throughout childhood and the teenage years.

For people of all ages, fluoride in beverages and foods mixes with the saliva.



Saliva neutralizes acid produced by bacteria on teeth, and the fluoride heals the teeth and protects them from further decay.



American Academy of Pediatrics

- Oral Health Web page
- State Oral Health Advocates
- Risk assessment and fluorides

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Children's Oral Health

Home

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- EDUCATION AND TRAINING
- ORAL HEALTH PRACTICE TOOLS
- ADVOCACY
- SECTION ON ORAL HEALTH
- CHAPTER ORAL HEALTH ADVOCATES
- FAMILY RESOURCES
- EVENT CALENDAR
- CONTACT US

How do I order, apply, and get reimbursed for fluoride varnish?

Join the Section on Oral Health

Find your state's Oral Health Advocate

Where can I get training?
Protecting All Children's Teeth

Oral Health and Children

- Early childhood caries (cavities) is the number 1 chronic disease affecting young children.
- Early childhood caries is 5 times more common than asthma and 7 times more common than hay fever.
- Tooth pain keeps many children home from school or distracted from learning.
- Children are recommended to have their first dental visit by age 1.

Yet many children and their families have trouble accessing oral health care and pediatricians may not know where to turn to help them.

The American Academy of Pediatrics Section on Oral Health and Chapter Oral Health Advocates provide education, training, and advocacy for pediatricians, dentists, other health professionals, and families.

The importance of improving children's oral health and strategies to do so are included in the **Academic Pediatrics Special Issue on Children's Oral Health**.

Together we can make a difference by improving communication and collaboration between the medical and dental homes and making pediatricians and other health

NEWS AND HIGHLIGHTS

- Chapter Oral Health Advocates: A Nationwide Model for Pediatrician Peer Education and Advocacy about Oral Health
- Celebrating Our Wins - More Medicaid Programs Pay for Children's Oral Health Prevention Services in Doctors' Offices
- EQIPP Oral Health in Primary Care Course! Enroll now to learn how to incorporate oral health into your practice and track your progress.
- Pediatricians can become members of the AAP Section on Oral Health for free! Simply e-mail oralhealth@aap.org. All new members receive a free flip chart (while supplies last)!

<http://www2.aap.org/commpeds/doch/oralhealth/index.htm>



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THE CENTER FOR
FLUORIDE RESEARCH ANALYSIS

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TOPIC:

Select a Topic

SEARCH

OR

RESEARCH REVIEWS

AUTHOR:

TITLE:

YEAR:

TOPIC

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Topic Search

Kidney Health

Fluoride is present in drinking water at varying concentrations. Fluoridated water at concentrations between 0.7 and 1.2 mg/L reaches over 184 million people in the United States. After drinking water or beverages, or eating food which contains fluoride, roughly half of the fluoride is absorbed and retained mainly in bones and teeth. The remaining fluoride is filtered out by the kidneys and cleared from the body in urine. Because of this relationship with the kidneys, some people have questioned whether or not adding fluoride to the water is safe for kidney health. In the United States, more than 10% of people age 20 or older suffer from chronic kidney disease, making the question of kidney safety especially important.

In 2006, the National Research Council released the report *Fluoride in Drinking Water*, which assessed the health effects of naturally-occurring fluoride at concentrations which are four times or more than the level found in fluoridated drinking water (1). Further reviews of the research were conducted by Kidney Health Australia in 2007 and 2011 and the National Kidney Foundation in 2008 (2-4). The overall conclusions were that, although research on the topic is limited, the evidence of the safety of fluoridation supported the continued use of water from fluoridated community water systems for people both with healthy kidneys and those with kidney disease, for drinking water purposes.

- (1) National Research Council. *Fluoride in Drinking Water: A Scientific Review of EPA's Standards*. Washington, DC: The National Academies Press; 2006.
- (2) Kidney Health Australia. The risks of consumption of fluoridated water for people with chronic kidney disease: a position statement. Australia: 2007 September.
- (3) Kidney Health Australia. 2011 Review of Kidney Health Australia fluoride position statement. Australia: 2011 September 13.
- (4) National Kidney Foundation. Fluoride intake in chronic kidney disease. 2008 April 25.

Summaries of External Relevant Research

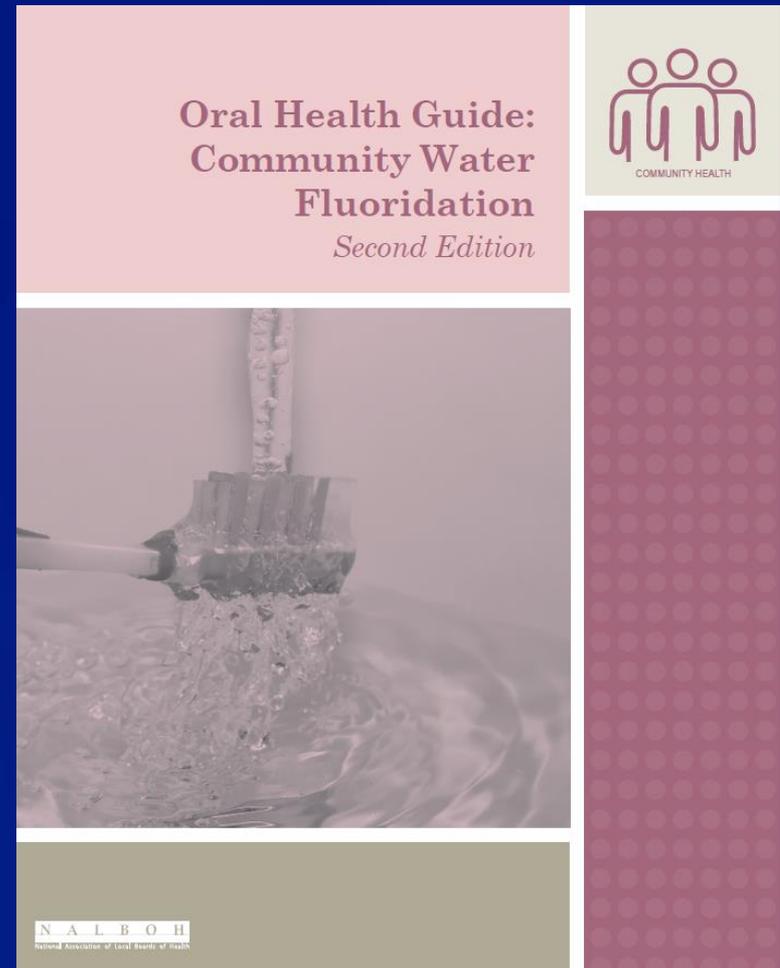
Kidney Health Australia. 2011 Review of Kidney Health Australia fluoride position



National Association of Local Boards of Health

- Board of Health Opportunities and Best Practices
- Board of Health Examples
- FAQs
- Oral Health Resources

www.nalboh.org/Oral_Health.htm



American Water Works Association

- Policy statement on support for fluoridation of public water supplies
- Contacts for local sections
- Communications toolkit for water operators/providers

The screenshot shows the American Water Works Association (AWWA) website. The header includes the AWWA logo and tagline "Dedicated to the World's Most Important Resource™". Navigation links for "About Us", "Contact Us", and "Log In" are present. A main menu bar contains "MEMBERSHIP", "CONFERENCES & EDUCATION", "RESOURCES & TOOLS", "PUBLICATIONS", and "LEGISLATION & REGULATION". A search bar is located on the right. The left sidebar lists navigation options: "ABOUT US", "HISTORY", "LEADERSHIP", "STRATEGIC PLAN", "FIND US", "GOVERNANCE", "WORK WITH US", "POLICY STATEMENTS", "CONTACT US", and "WEBSITE FAQ". The main content area displays the breadcrumb "Home > About Us > Policy Statements > Policy Statement" and the title "Fluoridation of Public Water Supplies". The text states that AWWA supports the recommendations of the WHO, AMA, CMA, CDC, ADA, and CDA for the fluoridation of public water supplies as a public health benefit. It also mentions that AWWA supports the application of fluoride in a responsible, effective, and reliable manner, including monitoring and control of fluoride levels. A "Printable version" link is provided at the bottom right. The footer includes social media links for RSS, LinkedIn, Twitter (@AWWAACE), Facebook (4.8k likes), and YouTube, along with the phone number 800.926.7337.

www.drinktap.org

www.awwa.org

Fluoride Works



Fluoridation Benefits | Parent Information | Research | Fluoridation in My Community | Resources | News |



fluoride
a natural part of
our environment



News & Resources

Sign of a system in crisis

It's teeth-grinding news to read that more Americans are heading to hospital emergency departments for dental care. Well, not for dental care, exactly, since it's a hospital, not a dental office.

[Read Full Article>>](#)

More Americans visit ER for costly and inefficient dental care

(CBS/AP) Toothaches can be incredibly painful, but painful enough to send you to the emergency room?

[Read Full Article>>](#)

Home

Fluoride is an important part of a healthy lifestyle.

More than two-thirds of Americans live in communities with fluoridated drinking water and receive the benefits of this safe, naturally occurring element.

A commitment to fluoridation in your community means less tooth decay, better oral health and improved overall health for you and your family.

Learn more about this [safe](#), [natural](#) and [effective](#) way to fight dental disease.

"I am proud of my family's healthy lifestyle and yet my children have needed a lot of dental work. I grew up in a fluoridated city and never had this kind of dental decay. All kids need the benefits of fluoridation, no matter where they live."



<http://fluorideworks.org/>

New Video Resources

Fluoridate Water: Tap Into It

www.youtube.com

Oral Health Video Series by Brighter Futures MI



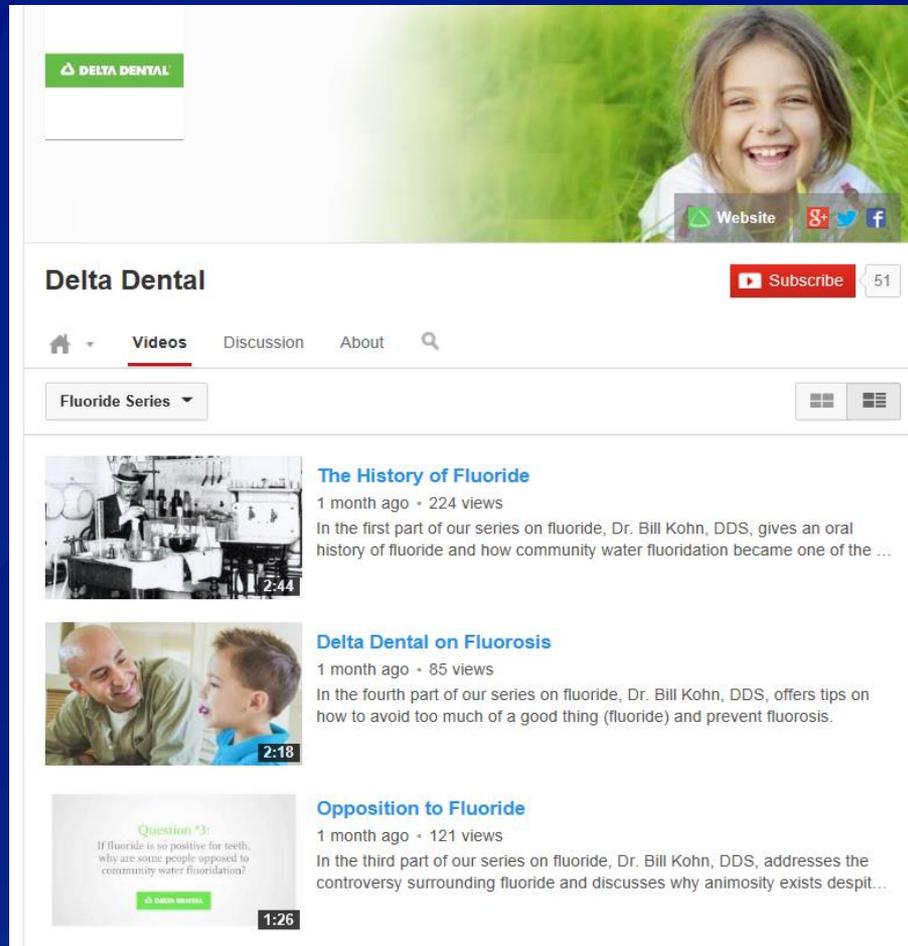
0:16 / 2:25

Fluoridated Water - Tap into it!

 Brighter Futures MI · 5 videos

New Video Resources: Delta Dental



The screenshot shows the YouTube channel page for Delta Dental. At the top, there is a banner image of a smiling young girl. Below the banner is the channel name "Delta Dental" and a "Subscribe" button with a subscriber count of 51. The navigation menu includes "Home", "Videos", "Discussion", and "About". A dropdown menu is set to "Fluoride Series". Three video thumbnails are visible:

- The History of Fluoride**: 1 month ago • 224 views. Description: "In the first part of our series on fluoride, Dr. Bill Kohn, DDS, gives an oral history of fluoride and how community water fluoridation became one of the ...". Duration: 2:44.
- Delta Dental on Fluorosis**: 1 month ago • 85 views. Description: "In the fourth part of our series on fluoride, Dr. Bill Kohn, DDS, offers tips on how to avoid too much of a good thing (fluoride) and prevent fluorosis.". Duration: 2:18.
- Opposition to Fluoride**: 1 month ago • 121 views. Description: "In the third part of our series on fluoride, Dr. Bill Kohn, DDS, addresses the controversy surrounding fluoride and discusses why animosity exists despit...". Duration: 1:26.

<http://ow.ly/rTcUe>

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Office of the Director

Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion