Community Water Fluoridation: Overview and Landscape
DentaQuest Foundation
February 10, 2014

Fluoridation Resources
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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

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 promoting the cosmetic appearance of teeth.

Resources:
- The Pew Children’s Dental Campaign FAQ 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

Member’s Section

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.

1. Getting Started
2. Introduction
3. Fluoridation Facts
4. COHP Fact Sheet Public Health Law and Community Water Fluoridation
5. Training Programs
6. Ten Reasons to Fluoridate
7. Ten Reasons to Fluoridate-Sources
ASTDD Member’s Section
ADA Community Water Fluoridation Kit

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” as 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) or begin your own efforts.
American Dental Association

- 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

[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.

- 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.

- 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.

- 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 $35 in dental treatment costs.

- 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.

- 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 10 million in just one year, and the population served by fluoridated water systems has increased by 20 million since 2007.
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, AAPHID, 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

Evidence-based Clinical Recommendations

- Professionally-Applied Topical Fluoride
- Professionally-Applied Topical Fluoride (Executive Summary) (PDF)
- Chairside Guide: Topical Fluoride (PDF)

- Return to Top
Policy on Use of Fluoride

Originating Committee
Liaison with Other Groups Committee

Review Council
Council on Clinical Affairs

Adopted
1967

Revised

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 evidence were used to determine the patient’s true exposure to fluoride. Fluoride content of ready-to-use infant formulas in the US and Canada ranges from 0.1 to 0.3 mg/L, 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.

As the Environmental Protection Agency/Department of Health and Human Services’ recommendation for optimizing community water supplies to 0.7 ppm F is instituted, fluorosis due to reconstituting infant formula with fluoridated water...
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.

www.cdc.gov/fluoridation
Centers for Disease Control and Prevention

- Engineering fact sheets
- Training Program
- Poster for water plant operators
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 safe and effective.

Fluoride is rare. Nearly 70% years and going strong. At a faucet near you, CDC.gov/Fluoridation

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**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

www.cdph.org//topics/prevention
Pew Charitable Trusts

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.

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."

www.pewtrusts.org
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 water

- 830,590
  Number of Americans treated at hospital emergency rooms in 2009 for preventable dental problems

25% $1 = $38

www.pewtrusts.org
Campaign for Dental Health

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

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 level where natural fluoride is below the threshold for benefits. However, the fluoride content of water supplies varies widely. There is no natural fluoride in water supplies in some areas or regions. Water supplies in other areas may contain fluoride at levels that are too high for health benefits. Fluoride levels in some water supplies may be too low for fluoride to be effective in preventing tooth decay. The fluoride content can be determined through analysis of water samples. This discussion focuses on the benefits of water fluoridation, but it is important to understand the risks associated with fluoride.
American Academy of Pediatrics

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

http://www2.aap.org/commpeds/dochs/oralhealth/index.htm
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 164 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.


**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

www.drinktap.org    www.awwa.org
Fluoride Works

http://fluorideworks.org
New Video Resources: Delta Dental

http://ow.ly/rTcUe
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.