

From the Health Community: Statements Supporting Community Water Fluoridation



American Academy of Family Physicians (2007)

“Fluoridation of public water supplies is a safe, economical, and effective measure to prevent dental caries. Dietary fluoride supplements should be considered for children from ages 6 months through 16 years when drinking water levels are suboptimal.”

<http://www.aafp.org/x1585.xml>

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American Academy of Pediatric Dentistry (2007)

“The AAPD endorses and encourages the adjustment of fluoride content of domestic community water supplies where feasible.”

http://www.aapd.org/members/referencemanual/pdfs/02-03/P_FluorideUse.pdf

American Academy of Pediatrics (2007)

Dental caries is the most common chronic disease affecting children in the United States. It is 5 times more common than asthma and 7 times more common than hay fever. Despite advances in oral health, dental and oral diseases continue to plague children. Factors contributing to an oral health decline include lack of access to care, inadequate availability of preventive measures such as water fluoridation and dental sealants, and lack of knowledge of the importance of oral health.

<http://www.aap.org/healthtopics/oralhealth.cfm>

The American Council on Science and Health (2005)

The American Council on Science and Health (ACSH) is a consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment, and health. ACSH is an independent, nonprofit, tax-exempt organization. The nucleus of ACSH is a board of 350 physicians, scientists, and policy advisors - experts in a wide variety of fields - who review the Council's reports and participate in ACSH seminars, press conferences, media communications, and other educational activities.

In 2005, the ACSH published, "The facts are clear: fluoride, one of Earth's most abundant elements, is a mineral found naturally in many water supplies. Low dosages of ingested fluoride will cause developing teeth to greatly increase their resistance to decay. Fluoridation of community water supplies is the most extensively investigated public health measure in history. Entire populations have been studied, and there is not a shred of bona fide evidence that anyone has been harmed by proper fluoridation of community water supplies. Fluoridation is widely considered one of the century's great public health achievements."

http://www.acsh.org/factsfears/newsID.657/news_detail.asp

American Dietetic Association (2005)

Fluoride is an important element in the mineralization of bone and teeth. The proper use of topical and systemic fluoride has resulted in major reductions in dental caries (tooth decay) and its associated disability. The Centers for Disease Control and Prevention have named fluoridation of water as one of the 10 most important public health measures of the 20th century. Nearly 100 national and international organizations recognize the public health benefits of community water fluoridation for preventing dental caries. However, by the year 2000, over one third of the U.S. population (over 100 million people) was still without this critical public health measure.

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap1000_ENU_HTML.htm

American Medical Association (1996)

“The AMA urges state health departments to consider the value of requiring statewide fluoridation (preferably a comprehensive program of fluoridation of all public water supplies, where these are fluoride deficient), and to initiate such action as deemed appropriate.” (1996) (Sub. Res. 9, I-86; Reaffirmed: Sunset Report, I-96)”

http://www.ama-assn.org/apps/pf_new/pf_online?f_n=browse&doc=policyfiles/HnE/H-440.972.HTM

American Public Health Association (2003)

”We believe that the single most important thing that a community can do for the oral health of its citizens is to fluoridate its drinking water.”

http://www.healthyteeth.us/Statements_from_Health_Communi/documents/FluoridationSurgeonGeneral2004.pdf

American School Health Association (2007)

The ASHA recommends that communities “make fluoridation available to all people” and added, “All publicly funded dental health plans should require individual participation in personal dental care (oral hygiene, dietary control, and fluoridation) along with essential dental treatment to insure success.”

<http://www.ashaweb.org/pdfs/resolutions/Denthlthed.pdf>

The American Society for Nutritional Sciences (2007)

“Appropriate fluoridation of public water is a safe, economical, and effective measure to prevent dental caries. The most favorable and persistent benefits accrue to those who have had continuous exposure to optimum fluoride levels in drinking water. This public health measure is supported by the U.S. Public Health Service and more than 60 health professional and technical associations including the American Medical Association and the American Dental Association. Therefore, the Joint Public Information Committee of the American Society for Nutritional Sciences and the American Society for Clinical Nutrition agrees that fluoridation of community water supplies to an optimum level wherever the natural level is less than optimum is a safe, economical, and effective measure to improve dental health by improving nutrition.”

<http://www.asns.org/fluoridation.html>

Center for Disease Control and Prevention (2007)

“Extensive research conducted over the past 50 years has demonstrated that fluoridation of public water supplies is a safe and effective way to reduce the incidence of dental caries for all community residents. A comprehensive review of the benefits and potential risks of fluoridation confirmed its safety and value.”

<http://www.cdc.gov/OralHealth/factsheets/fl-faqs.htm>

Head Start Bureau (2007)

“Fluoride is the most effective agent to prevent tooth decay. It can be added to community water supplies, as needed, and occurs naturally in some areas. However, a number of communities needing additional fluoride have not added it to their water.”

http://www.headstartinfo.org/infocenter/ehs_tipsheet/tip18.htm (may have to copy & paste this link)

The Institute of Medicine (2000) (established in 1970 by the National Academy of Sciences)

“In regions where only 19 percent of the population is served with fluoridated water [Oregon 20%], the difference in caries scores between fluoridated and nonfluoridated areas was 61 percent. In regions where 74 percent of the population is served with fluoridated water, the difference was only 6 percent.”

This phenomenon is known as the “halo effect.” In regions where there is a high percentage of fluoridated areas, the products (pop, juices, produce, etc.) that are produced in those areas are used by and benefit the people in neighboring nonfluoridated areas.

<http://books.nap.edu/books/0309063507/html/297.html#pagetop>

The International Association for Dental Research (1999)

“Considering that dental caries (tooth decay) ranks among the most prevalent chronic diseases worldwide; and recognizing that the consequences of tooth decay include pain, suffering, infection, tooth loss, and the subsequent need for costly restorative treatment; and taking into account that over 50 years of research have clearly demonstrated its efficacy and safety; and noting that numerous national and international health-related organizations endorse fluoridation of water supplies; fully endorses and strongly recommends the practice of water fluoridation for improving the oral health of nations.

<http://www.iadr.org/about/iadr/policy.html> (Scroll down to "Fluoridation of Water Supplies.)

Mayo Clinic (2004)

“Fluoride has been found to be helpful in reducing the number of cavities in the teeth. It is usually present naturally in drinking water. However, some areas of the country do not have a high enough level of fluoride in the water.”

<http://www.mayoclinic.com/invoke.cfm?objectid=BFCC7C58-C3ED-4855-AC2EA552BC8819E2>

National Academy of Sciences (2002)

“Claims about nutrient-disease relationships are more easily made than scientifically supported. Because the implications for public health are so important, caution is urged prior to accepting such claims without supportive evidence from appropriately designed, typically large, clinical trials.”

“Research provides conclusive evidence that fluoridation of the water supply or supplemental fluoride reduces dental caries, and of all dietary components exhibiting a protective effect against caries, the most effective is fluoride.”

“The earlier children are exposed to fluoridated water or dietary fluoride supplements, the greater the reduction in dental caries in both the primary and permanent teeth.”

<http://books.nap.edu/books/0309083087/html/19.html#pagetop>

Office of the Surgeon General (2001)

“Water fluoridation has helped improve the quality of life in the United States through reduced pain and suffering related to tooth decay, reduced time lost from school and work, and less money spent to restore, remove, or replace decayed teeth. Fluoridation is the single most effective public health measure to prevent tooth decay and improve oral health over a lifetime, for both children and adults.”

<http://www.cdc.gov/OralHealth/factsheets/fl-surgeon2001.htm>

Office of the Surgeon General (2004)

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http://www.healthyteeth.us/Statements_from_Health_Communi/documents/FluoridationSurgeonGeneral2004.pdf

State of Utah (2004), who recently increased the availability of fluoridated water to 50% of their population (up from 2%)

“The nationwide goal to prevent cavities through community water fluoridation is similar to previous public health efforts to prevent other common health problems. These include adding iodide to salt to prevent thyroid problems, adding iron to infant formula to prevent anemia, adding Vitamin D to milk to prevent rickets, adding niacin to flour and other foods to prevent pellagra, and adding folic acid to cereal grain, products to prevent birth defects. Each of these public health efforts represent situations where a nutritional additive is provided to everyone or to large target populations since it is impossible to individually identify and effectively treat the significant number of people who are at risk. As a result of these programs thousands of cases of illness, disability, and death are prevented each year with no harm to the rest of the population.”

<http://www.health.utah.gov/oralhealth/Fluoridation04.PDF>

World Health Organization (2001)

“Many communities worldwide lack sufficient natural fluoride in their drinking water to prevent caries. Fluoridation of water supplies, where possible, is the most effective public health measure for the prevention of dental decay. Community water fluoridation is effective in preventing dental caries in both children and adults. Water fluoridation benefits all residents served by community water supplies regardless of their social or economic status.”

http://www.who.int/water_sanitation_health/oralhealth/en/index2.html

Ten Great Public Health Achievements -- United States, 1900-1999

“Fluoridation of drinking water began in 1945 and in 1999 reaches an estimated 144 million persons in the United States. Fluoridation safely and inexpensively benefits both children and adults by effectively preventing tooth decay, regardless of socioeconomic status or access to care. Fluoridation has played an important role in the reductions in tooth decay (40%-70% in children) and of tooth loss in adults (40%-60%).”

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00056796.htm>

Achievements in Public Health, 1900-1999: Fluoridation of Drinking Water to Prevent Dental Caries

“Although other fluoride-containing products are available, water fluoridation remains the most equitable and cost-effective method of delivering fluoride to all members of most communities, regardless of age, educational attainment, or income level.”

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm4841a1.htm>