

Community Water Fluoridation

Consumer Information

Effectiveness

Prior to the wide-spread use of water fluoridation, 98 out of 100 Americans experienced some tooth decay by the time they reached adulthood. In the 1940s, with the advent of community water fluoridation, there began a 56 % reduction in caries for children 12 -14 years of age.

In general, children now show up to a 63 % caries reduction in the primary teeth (Thylstrup, 1990) and a 20 - 40 % caries reduction over a lifetime (U.S. Health and Human Services, 1994). The reduction in decay in the permanent teeth is not as pronounced as it was in the early years, but there is still an 18 - 40 % reduction in dental caries as reported by the Center for Disease Control and Prevention (CDC MMWR, August, 2001). The Centers for Disease Control continue to recommend fluoridating community water supplies.

The National Academy of Sciences report of June 2002 states:

“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.”

“Exposure to fluoride at all ages prevents dental caries and both pre- and post-eruptive exposure to fluoride has cariostatic effects.”

“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.”

Safety

Since the inception of water fluoridation, there have been unsubstantiated claims that water fluoridation causes a variety of health problems - cancer, Down Syndrome, Alzheimer's, bone disease, kidney problems, allergic reactions, etc. To ensure the public that these claims are false, the following are a few of the organizations that have publicly endorsed or have published supportive statements regarding the safety and effectiveness of water fluoridation (2007):

Centers for Disease Control and Prevention
American Medical Association
British Medical Association
Canadian Medical Association
American Cancer Society
National Academy of Sciences
American Academy of Pediatrics
National Down Syndrome Society
American Osteopathic Association
National Alzheimers Association
National Kidney Foundation
and others

U.S. Public Health Service
World Health Organization
American Society for Nutritional Sciences
National Council Against Health Fraud
National Parent Teachers Association
National Institutes of Health
American Academy of Pediatric Dentistry
American Academy of Family Practice
American Dietetic Association
European Organization for Caries Research
American Academy of Allergy, Asthma, and Immunology

For more information about community water fluoridation, visit the following websites:

www.healthyteeth.us (where you may click on the following websites); or go directly to:
www.ada.org/public/topics/fluoride/facts/index.asp
www.ada.org/prof/resources/positions/statements/fluoride2.asp
<http://fluoridationcenter.org>
www.dentalwatch.org/fl/fluoride.html
www.fluorideworks.org