

Community Water Fluoridation



"...one of the 10 great public health achievements of the twentieth century."¹



Oral Health in Texas: A Fact Sheet

Effective, Economical, and Safe

Community water fluoridation – the controlled addition of fluoride to prevent tooth decay – benefits everyone in a community, regardless of age, education level, and income.

Because of its contribution to the dramatic decline in tooth decay over the past 75 years, the US Centers for Disease Control and Prevention (CDC) named water fluoridation as **one of ten great public health achievements of the 20th century**.

Tooth decay is a problem – Community Water Fluoridation is a solution

Although preventable, tooth decay continues to affect Americans of all ages. It is the most common chronic disease of childhood, affecting a child's ability to speak, eat nutritious food, learn, and succeed in school.

Poor oral health can cause problems through adulthood, affecting self-esteem, nutrition, employability, and chronic diseases.¹

- Drinking fluoridated water reduces the prevalence of dental decay **by about 25%**, in children and adults.²
- Schoolchildren living in fluoridated communities on average have **2.25 fewer teeth with cavities** than those who live in non-fluoridated communities.²
- In communities of 1,000 or more people, there is a return on investment of **\$20 for every dollar invested** in costs associated with implementing and maintaining community water fluoridation.³
- In fluoridated communities, individuals save an average of **\$32** per person in avoided dental treatment costs.³

Healthy People: Objectives and Progress

Healthy People, the prevention agenda for building a healthier nation, is designed to establish national goals to reduce most significant preventable threats to health.

OH-2030-11 Increase the proportion of the U.S. population served by community systems with optimally fluoridated water systems

2020 National Goal = 79.6%
Texas Current Status = 72.5%

What Texas is doing to meet Healthy People 2030 goals?

-Governor signed House Bill 3552 requiring 60-day public written notice period for reduction or termination of community water fluoridation, effective 9/1/2019

-Public education campaigns

-Recognition of water systems and maintaining optimal levels of fluoride,

-Education and training of water system operators

-Water fluoridation workshops

¹ <https://www.cdc.gov/fluoridation/guidelines/cdc-statement-on-community-water-fluoridation.html>

² <https://www.cdc.gov/fluoridation/basics/70-years.htm>

³ <https://www.cdc.gov/fluoridation/statistics/cost.htm>

Safe and Beneficial

Water fluoridation prevents tooth decay by providing frequent and consistent contact with low levels of fluoride. By keeping the tooth surface strong and solid, fluoride stops cavities from forming and can even rebuild the tooth's surface.

Expert panels consisting of scientists from the United States and other countries, with expertise in various health and scientific disciplines, have considered the available evidence in peer-reviewed literature and have not found convincing scientific evidence linking community water fluoridation with any potential adverse health effect or systemic disorder.



What can you do in Texas?

- ✓ Provide public education explaining water fluoridation benefits
- ✓ Promote and utilize the Texas Fluoridation Campaign toolkit and materials
- ✓ Promote accurate, science-based information about fluoride to the public, policy makers, water system operators, and health professionals
- ✓ Monitor attempts to initiate fluoridation and challenges (rollback) where it exists
- ✓ Assure accurate monitoring and testing of fluoridated community water supplies, through collaborative initiatives and training
- ✓ Encourage and promote the testing of residential water wells

Support for Community Water Fluoridation

More than 100 scientific, professional, and medical associations have recognized the safety and benefits of water fluoridation, including:

- *American Academy of Family Physicians*
- *American Academy of Pediatrics, Campaign for Dental Health*
- *American Academy of Pediatric Dentistry*
- *American Water Works Association*
- *American Dental Hygienists Association*
- *American Dental Association*
- *Centers for Disease Control and Prevention*
- *Fluoride for Texas Campaign*
- *National Institute of Dental and Craniofacial Research*
- *Texas Oral Health Coalition*
- *World Dental Federation/FDI*
- *World Health Organization*



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