

## Current Research on the Safety and Effectiveness of Fluoride



When children's oral health suffers, so does their  
ability to learn...

<http://www.mchoralhealth.org/PDFs/learningfactsheet.pdf>

Why is the School Fluoride Program  
so important in Oregon?

### **2012 Oregon Smile Survey results**

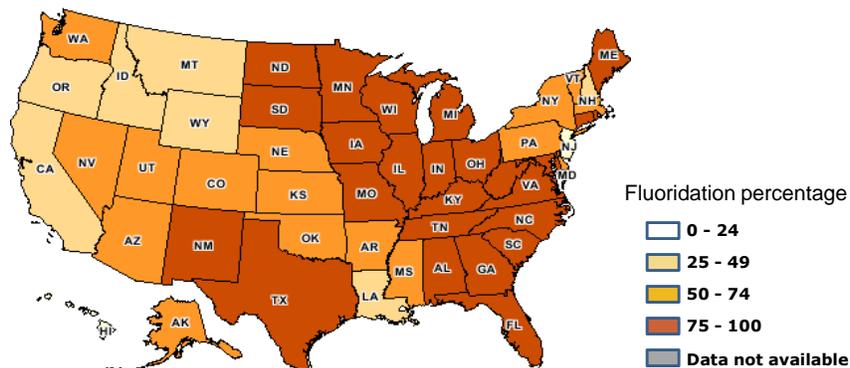
- Despite being preventable, tooth decay remains a significant public health concern and causes needless pain and suffering for many of our children in Oregon.
- More than one in two children (52%) between 6-9 years of age have had a cavity, representing about 66,000 Oregon school children. This cavity rate is above Healthy People 2020 goals, indicating there is more progress to be made in preventing tooth decay.

## 2012 Oregon Smile Survey (cont.)

- One in five children (20%) between 6-9 years of age had untreated decay in their primary or permanent teeth.
- More than 17,000 children had rampant decay — seven or more teeth with treated or untreated decay.

<https://apps.state.or.us/Forms/Served/le8667.pdf>

Oregon currently ranks 48 out of 50 states in access to fluoridated water. Only Hawaii and New Jersey rank lower.



- Only **27%** of Oregonians have access to fluoridated water, compared to **74%** of the rest of the U.S.

## The Story of Fluoridation

General information from the National Institute of Dental and Craniofacial Research (NICDR) about the origins of fluoride use for decay prevention:

<http://www.nidcr.nih.gov/OralHealth/Topics/Fluoride/TheStoryofFluoridation.htm>

### **International Food Information Council (1997)**

“Fluoride is a natural component of minerals in rocks and soils. All water contains fluoride, but it is sometimes necessary to add it to some public supplies to attain the optimal amount for dental health.”

[http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Fluoride\\_The\\_Wonder\\_Nutrient](http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Fluoride_The_Wonder_Nutrient)

### **Centers for Disease Control (CDC)**

Water fluoridation: One of the 10 greatest public health achievements of the 20<sup>th</sup> century.

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

## **American Medical Association (2013)**

American Medical Association's policy statement supporting the fluoridation of public water supplies:

<http://www.ama-assn.org/ama/pub/physician-resources/clinical-practice-improvement/clinical-quality/accreditation-collaboration/ada-council.page>

## **Amer. Public Health Association (2008)**

Position paper supporting community water fluoridation, emphasizing effectiveness and safety:

<http://www.apha.org/NR/rdonlyres/09CB427F-03A6-4000-875B-4747C8F7B85B/0/D2June08Resubmission.pdf>

### **Report of the Surgeon General (2000)**

“Community water fluoridation is safe and effective in preventing dental caries in both children and adults...regardless of their social or economic status. The use of fluoride mouthrinses...and dietary supplements and the application of dental sealants, are additional means of preventing dental caries.”

<http://silk.nih.gov/public/hck1ocv.@www.surgeon.fullrpt.pdf>

### **National Academy of Sciences (2002)**

“Research provides conclusive evidence that fluoridation of the water supply or supplemental fluoride reduces dental caries. The earlier that children are exposed to fluoridated drinking water or dietary fluoride supplements the greater the reduction in dental caries in both the primary and permanent teeth.”

[http://books.nap.edu/openbook.php?record\\_id=10379&page=21](http://books.nap.edu/openbook.php?record_id=10379&page=21)

### **Amer. Assoc. of Family Physicians (2008)**

“Fluoridation of public water supplies is a safe, economical, and effective measure to prevent dental cavities. 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/about/policies/all/fluoride.html>

### **Healthy People 2020**

Healthy People 2020 goals include increasing the percentage of school-based health centers with an oral health component including fluoride rinses, varnish, or supplements (OH-9.3):

<http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=32>

## **Cochrane Collaboration (2009)**

Systematic Review: The review of trials found that regular use of fluoride mouthrinse reduces tooth decay in children, regardless of other fluoride sources.

<http://summaries.cochrane.org/CD002284/fluoride-mouthrinses-for-preventing-dental-caries-in-children-and-adolescents>

## **Cochrane Collaboration (2011)**

Systematic Review: “The review indicates that in schoolchildren (greater than 6 years of age), fluoride supplements when compared with no fluoride supplementation had a preventive effect on caries in permanent teeth.”

<http://summaries.cochrane.org/CD007592/fluoride-supplements-tablets-drops-lozenges-or-chewing-gums-for-preventing-tooth-decay-in-children>

## **Association of State and Territorial Dental Directors (ASTDD) (2011)**

ASTDD supports the use of fluoride mouthrinse and supplement programs in school programs.

<http://www.astdd.org/use-of-fluoride-school-based-fluoride-mouthrinse-and-supplement-programs/>

**There is much work to be done.**

We will continue to offer the School Fluoride Program until the research indicates that it no longer benefits our children.

We are indebted to the school staffs who are assisting us in our endeavors.

**Thank you so much!**