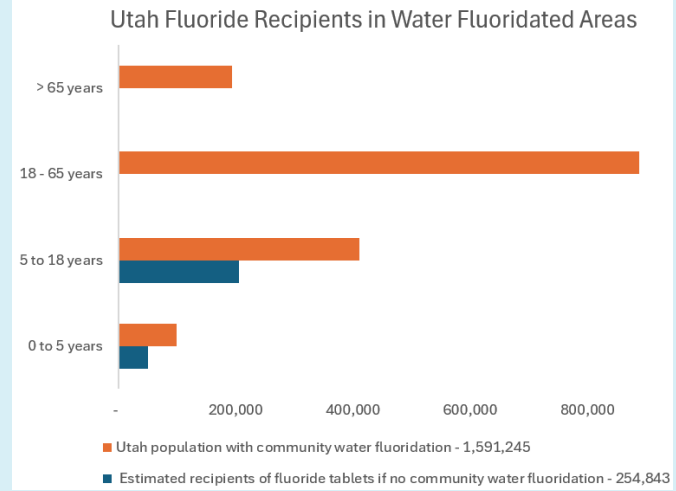


# RESEARCH SHOWS THAT FLUORIDATED WATER IS SAFE, BENEFICIAL AND SAVES MONEY.

House Bill 81 would increase tooth decay in children and adults.  
Let the voters choose.

- Fluoride is a naturally occurring mineral that is proven to prevent tooth decay. House Bill 81 would replace water fluoridation with fluoride supplements, which are formulated for children, not for adults. This means 2 out of 3 Utahns would get no benefit from this approach.
- Supplements cost \$30 to \$45 per child per year, much more than water fluoridation. Studies show that 30–50% of parents do not give the proper dose of fluoride supplements.
- Allow the communities that currently fluoridate their water to continue, so long as it has been approved by a vote of local residents.
- In 2023, 1,591,245 people in Davis County, Salt Lake County and Brigham City received the benefits of community water fluoridation (46.6% of state population). Nationally, 72.3% of the U.S. population received the benefit of community water fluoridation.



Tooth decay is the most common chronic disease of children and adults in the U.S.  
The negative impact of tooth decay is significant.

## Negative impact on learning

- Children with recent dental pain are 3 times more likely to be absent from school.
- Children with recent dental pain are 4 times more likely to earn lower grades.

## Negative impact on employment

- Adults with more dental health problems are more likely to be unemployed.
- Adults who had lost teeth are more likely to be employed temporarily rather than having a full-time continuous job.

## Negative impact on state budget

- Dental treatment procedures impose an added burden on families and taxpayers.
- A significant share of ER visits to address toothaches are billed to our Medicaid program.

Water fluoridation is the most effective method in fighting tooth decay.  
Water fluoridation is safe and saves money.

**\$6,160**

lifetime cost of decayed molar, 2015 ave.

**\$32.19**

savings of water fluoridation per person per year by reducing the need for dental treatment.

Northeast Delta Dental, "The true cost of a cavity", analysis of dental claims data reviewed and updated on February 9, 2021; J.M. O'Connell et al. Health Affairs, 2016



The benefits of fluoridation "may be larger than previously believed" by having a long-term impact on someone's dental health.

**"Your fluoridation exposure at birth is affecting your tooth loss in your 40s and 50s"**

Neidell M, et al. The association between community water fluoridation and adult tooth loss. American Journal of Public Health, 2010, 1980 -5. Doi: 10.2105/AJPH.2009.189555; Neidell's quote is from: "Fluoride in water prevents adult tooth loss, study suggests," ScienceDaily, August 28, 2010.

Fluoride is a mineral that exists naturally in lakes, rivers, and groundwater. Research in Colorado and other states showed that when a certain amount of fluoride was in the drinking water, local residents had lower rates of tooth decay.

Fluoride: Fact Sheet for Health Professionals, National Institutes of Health; updated August 15, 2023, <https://ods.od.nih.gov/factsheets/Fluoride-HealthProfessionals/>; The Story of Fluoridation, National Institute of Dental and Craniofacial Research, reviewed in July 2018.

Studies prove water fluoridation continues to be effective in reducing tooth decay by more than 25% in children and adults, even in an era with widespread availability of fluoride from other sources such as fluoride toothpaste. Fluoride strengthens tooth enamel, making it more resistant to decay, slows down the loss of minerals from tooth enamel, reverses early signs of tooth decay, and prevents the growth of harmful oral bacteria.

## Fluoride: Small Solution. Big Benefits.

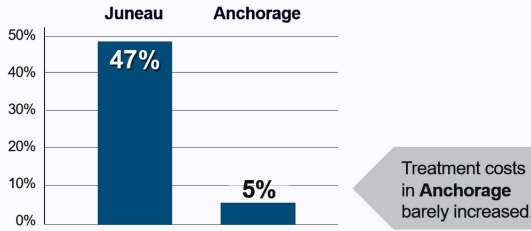
The U.S. Department of Health and Human Services announced a recommendation that community water systems adjust the amount of fluoride to 0.7 mg/L to achieve an optimal fluoride level to help prevent tooth decay.

Just how much is 0.7 milligrams per liter of water? It's like ...



# Ending community water fluoridation increases decay, increases oral health expense and decreases the quality of life for many individuals.

9 years after Juneau ended fluoridation, the city saw a big increase in the **average per-child cost for cavity treatments**:



A 2022 study of two cities in Alaska showed that when both cities were fluoridated, Anchorage (\$369) and Juneau (\$344) had similar average costs for treating cavities in low-income children. After fluoridation ended in Juneau, preschoolers needed an average of 1 additional cavity-related procedure each year and the average per-child cost for cavity treatment increased significantly.

J. Meyer et al., "The Impact of Water Fluoridation on Medicaid - Eligible Children and Adolescents in Alaska," Journal of Primary Prevention, 2022.

The Slade study of children & fluoridation analyzed health data for nearly 20,000 children. Imagine two classrooms – each with 20 children. One of the classrooms is in a fluoridated community and the other is in a non-fluoridated community. On average, the classroom of children in a fluoridated community has:

26 fewer decayed surfaces of primary (baby) teeth

6 fewer decayed surfaces of permanent (adult) teeth

Slade G., et al. Water Fluoridation and Dental Caries in U.S. Children and Adolescents, Journal of Dental Research, 2018, Vol. 97(10) 1122-1128.



## Community Water fluoridation is safe at the recommended levels.



**Everyone benefits, regardless of age, race, ethnicity, or income level.**

75+ years of research and experience confirm the safety of fluoridated water. Opponents have blamed fluoride for a long list of harms—migraines, cancer, acne, etc. However, nearly 7,000 research papers published on this topic show that these claims are baseless. Each time fact-checkers have reviewed a claim about the safety of fluoride, they have found it is false or misleading.

Source: Since 2011, PolitiFact has fact-checked seven claims that have been made about the safety or impact of fluoride.

The National Academies of Sciences, Engineering & Medicine did a peer-review of a report that described fluoride as harmful to IQs. The findings did not apply to low fluoride exposures such as those “typically associated with drinking-water fluoridation.”

National Academies of Sciences, Engineering & Medicine. Review of the Revised NTP Monograph on the Systematic Review of Fluoride Exposure and Neurodevelopmental and Cognitive Health Effects: A Letter Report, Feb 2021; the hazard classification was removed in March, 2023

### The "choice" reason

Fluoride is naturally present in the water source that is used for tap water. The real issue is what is the right amount of fluoride to improve our health.

Centers for Disease Control and Prevention, 'Fluoridation Basics,' web page updated January 28, 2021; Harold D. Saunders Jr, Karen M. Fluoride: A Review of Use and Effects on Health. NeuroEndocrinol Letters, 2019, 38:2

### Personal choice has its limits

Personal freedom is important—and so is the public's health and safety. Sometimes, health and safety should take priority.

According to the National Conference of State Legislatures, states, D.C., Puerto Rico, Guam and the U.S. Virgin Islands detain drivers from using handheld cell phones while driving. A total of 36 states as well prohibit text by novice or teen drivers. And texting by any driver is banned in 48 states, D.C., Puerto Rico, Guam and the U.S. Virgin Islands.

### Choice vs. community benefit

Individuals deserve freedom of choice with assets they own. But a public water system isn't owned by an individual; it is an asset owned by a community. Therefore, it should be a community choice, not a personal choice.

## Community water fluoridation is supported by these health and scientific related organizations

American Academy of Pediatrics  
American Academy of Pediatric Dentistry  
American Medical Association  
Centers for Disease Control and Prevention  
Mayo Clinic  
National Association of School Nurses  
National Indian Health Board

Roseman University College of Dental Medicine  
Salt Lake Donated Dental Services  
University of Utah School of Dentistry  
Utah Dental Association  
Utah Dental Hygienists' Association  
Utah Oral Health Coalition  
Voices for Utah Children

For more information about the benefits of community water fluoridation, visit these pages or contact a member of the Utah Oral Health Coalition

[WWW.ILIKEMYTEETH.ORG](http://WWW.ILIKEMYTEETH.ORG)  
[WWW.CDC.GOV/FLUORIDATION](http://WWW.CDC.GOV/FLUORIDATION)  
[EBOOKS.ADA.ORG/FLUORIDATIONFACTS](http://EBOOKS.ADA.ORG/FLUORIDATIONFACTS)  
[UTORALHEALTHCOALITION@GMAIL.COM](mailto:UTORALHEALTHCOALITION@GMAIL.COM)