

OREGON HEALTH AUTHORITY: PUBLIC HEALTH DIVISION

Oral Health Unit

## Current Research on the Safety and Effectiveness of Fluoride



This Power Point, with operational links, will be sent to your school. Right-click on the links to the research and then left-click "Open hyperlink" to access the actual research.



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

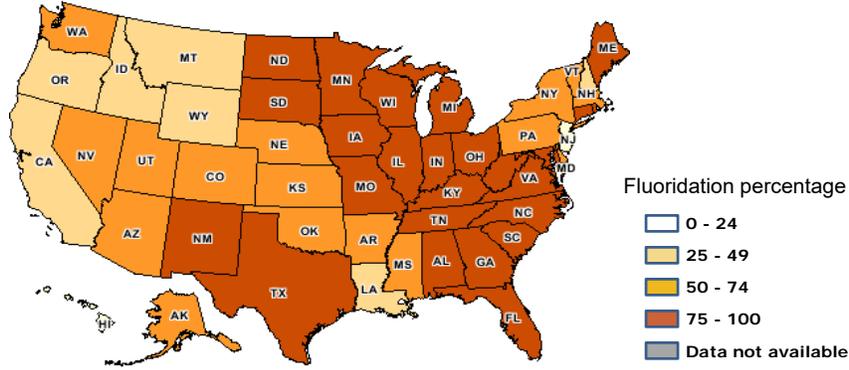
- Despite being preventable, tooth decay remains a significant public health concern and causes needless pain and suffering for many of our children in Oregon.
- More than one in two children (52%) between 6-9 years of age have had a cavity, representing about 66,000 Oregon school children. This cavity 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.

<http://public.health.oregon.gov/PreventionWellness/oralhealth/Documents/SmileSurvey2012.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:

[The Story of Fluoridation](#)

## **Centers for Disease Control and Prevention (2013)**

“Nearly all naturally occurring water sources contain fluoride—a mineral that has been proven to prevent, and even reverse, tooth decay.”

[CDC: Water Fluoridation Basics](#)

## **Centers for Disease Control and Prevention (2013)**

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

[CDC: 10 Great Public Health Achievements](#)

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

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

"[The] AMA: (1) 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."

[AMA Policy Statement on Water Fluoridation](#)

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

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

[APHA Position Paper on Water Fluoridation](#)

## **Richard Carmona, Surgeon General (2004)**

“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.”

[Statement by the Surgeon General](#)

### **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.”

[NAS Research on Selected Nutrients and Disease Relationships – Fluoride and Dental Caries](#)

### **Amer. Acad. of Family Physicians (2013)**

“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.”

[AAFP Policy Statement](#)

## 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:

[Healthy People 2020: Oral Health Objective OH-9.3](#)

## Cochrane Collaboration (2016)

Systematic Review\*: There is a 27% reduction in decayed, missing, and filled tooth surfaces in permanent teeth with fluoride mouthrinse compared with placebo or no mouthrinse.”

[Cochrane Collaboration Systematic Review - Mouthrinse](#)

\*Systematic reviews are the gold standard in research.

## **Cochrane Collaboration (2011)**

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

[Cochrane Collaboration Systematic Review – Tablets](#)

\*Systematic reviews are the gold standard in research.

## **Association of State and Territorial Dental Directors (ASTDD) (2014)**

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

[ASTDD: Confirmation of the continued value of school fluoride 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!**