August 22, 2014

Dear Congressman:

In 2013, the American Dental Association launched Action for Dental Health (ADH) a nationwide, community-based movement to help end the dental crisis in America by providing care now to people suffering with dental disease, strengthening and expanding the public/private safety net, and bringing dental health education and disease prevention into underserved communities.

A key AHD prevention initiative is the expansion of the availability of community water fluoridation.

Because of the important role it has played in the reduction of tooth decay, the Centers for Disease Control and Prevention has proclaimed community water fluoridation one of ten great public health achievements of the 20th century. Water fluoridation continues to be effective in reducing dental decay by at least 25% in children and adults, even with the widespread availability of fluoride from other sources, such as fluoride toothpaste.

The Health and Human Service’s Administration’s Community Guide to Community Preventive Services is a resource to aid local officials in choosing programs and policies to improve health and prevent disease in their communities. The Guide recommends community water fluoridation based on strong evidence of effectiveness in reducing tooth decay.

The number of communities and people who benefit from water fluoridation continues to grow. According to the CDC, in 2012 74.6% of the U.S. population on public water systems (210.7 million people) had access to fluoridation water. This is an increase of more than six million people from 2010.

The ADA and its constituent dental societies, often in collaboration with other organizations, are working to extend the proven benefits of community water fluoridation to the greatest possible number of people. The ADH Fluoridation Initiative Goal is to provide fluoridated water to 80% of the U.S. population on public water systems by 2020.

As fluoridation nears its 70th anniversary, ADA continues to endorse and support fluoridation as the single most effective public health measure to prevent tooth decay, and provides technical assistance to fluoridation efforts at the national, state and local levels.

Sincerely,

/s/

Charles H. Norman, D.D.S.
President

Enclosure
10 Reasons to Fluoridate Public Water Systems

**Single most effective public health measure to prevent tooth decay.** The Centers for Disease Control and Prevention (CDC) has proclaimed community water fluoridation one of 10 great public health achievements of the 20th century.¹

**Fluoride is naturally occurring, already present in all water sources, even the oceans.** Water fluoridation is simply the adjustment of fluoride that occurs naturally to a recommended level for preventing tooth decay.

**Similar to fortifying other foods and beverages.** Ensuring that drinking water is optimally fluoridated is similar to fortifying salt with iodine, milk with vitamin D, orange juice with calcium and bread with folic acid.

**Prevents dental disease.** It is the most efficient way to prevent one of the most common childhood diseases – dental decay. An estimated 51 million school hours are lost each year due to dental-related illness.²

**Protects all ages against cavities.** Studies show that community water fluoridation prevents at least 25 percent of tooth decay in children and adults, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.³,⁴

**Safe and effective.** For nearly 70 years, the best available scientific evidence consistently indicates that community water fluoridation is safe and effective.

**Saves money.** The average lifetime cost per person to fluoridate a water supply is less than the cost of one dental filling. For most cities, every $1 invested in water fluoridation saves $38 in dental treatment costs.⁵

**Recognized by more than 125 organizations.** The American Dental Association (ADA) as well as the Centers for Disease Control and Prevention, the American Medical Association, the World Health Organization and more than 125 national and international organizations recognize the public health benefits of water fluoridation for preventing dental decay.⁶

**Meet the Healthy People 2020 Objective for Fluoridation.** The Healthy People 2020 objective is for 79.6 percent of the population on public water systems to have access to fluoridated water.⁷ In 2012, 74.6 percent of the U.S. population on public water systems (210.7 million people) received fluoridated water. This is an increase of almost ten percent from 2000.⁸

**Endorsed by the American Dental Association.** One of the most widely respected sources for information regarding fluoridation and fluoride is the American Dental Association. Learn more on the ADA’s website at [ADA.org/fluoride](http://ADA.org/fluoride).


