



Bremer County Board of Health Position Statement on Fluoridation

The Bremer County Board of Health is strongly committed to the fluoridation of community water systems in Bremer County. Community water fluoridation has been extensively studied for over 70 years and has been proven to be safe and effective.ⁱ Water fluoridation improves oral health for people of all ages, income levels and racial and ethnic backgrounds.ⁱⁱ Fluoride in community water systems prevents at least 25 percent of tooth decay in children and adults.ⁱⁱⁱ

Today, fluoridation is still the most cost-effective way to prevent dental caries. The average lifetime cost per person to fluoridate a water supply is less than the cost of one dental filling, and in most cities, over \$1 invested in water fluoridation saves \$38 in dental treatment costs.^{iv}

In Bremer County, the rate of oral disease hospitalizations from 2009-2015 has always been lower than the State rate^v which could in part be contributed to Bremer County communities who fluoridate their water supplies and medical professionals throughout the county who encourage fluoride supplements for children who do not have access to fluoridated water supplies. Today more than 100 million Americans lack dental insurance. Community water fluoridation offers an early, inexpensive prevention strategy and benefits all that simply turn on their tap.^{vi}

Community water fluoridation is recommended by nearly all public health, medical, and dental organizations. It is recommended by the American Dental Association, American Academy of Pediatrics, US Public Health Service, and World Health Organization. For 70 years, people in the United State have benefited from drinking water with fluoride, with plenty of scientific evidence backing the safety and efficacy of fluoride in preventing dental decay in both children and adults.

The Bremer County Board of Health strongly encourages and supports continued water fluoridation at concentrations recommended by the Centers for Disease Control and Prevention as the most economical and effective means to control the major public health problem of dental caries.

Bremer County Board of Health

Sally Yungtum, RN, Chairperson
Dewey Hildebrandt, Vice-chairperson
Courtney Bochmann, DO

Matthew Sexton, DVM
Lisa Miller

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ⁱ Department of Health and Human Services. *Statement on the Evidence Supporting the Safety and Effectiveness of Community Water Fluoridation*. June 6, 2018. <https://www.cdc.gov/fluoridation/pdf/Scientific-Statement-on-Community-Water-Fluoridation-h.pdf>

ⁱⁱ Water Research Foundation. *State of the Science: Community Water Fluoridation*. 2015.

ⁱⁱⁱ Centers for Disease Control and Prevention. *Water Fluoridation Basics*. June 17, 2016. <https://www.cdc.gov/fluoridation/basics/index.htm>

^{iv} 5 Reasons Why Fluoride in Water is Good for Communities. American Dental Association. 2018. <https://www.ada.org/en/public-programs/advocating-for-the-public/fluoride-and-fluoridation/5-reasons-why-fluoride-in-water-is-good-for-communities>

^v Iowa Inpatient Hospital Data 2009-2015, Iowa Public Health Tracking Portal <https://tracking.idph.iowa.gov/Reports/Health-Snapshots>

^{vi} Campaign for Dental Health, American Academy of Pediatrics. 2014. <https://ilikemyteeth.org/fluoridation/fluoride-questions/>