



January 21, 2019

Civic Works Committee
City of London
Ontario

Dear Sir/Madam,

The Ontario Association of Public Health Dentistry (OAPHD) endorses community water fluoridation as a safe and effective public health intervention to reduce tooth decay. Researchers in different countries have published their findings in recognized peer-reviewed journals. Evidence confirms the safety and the effectiveness of adjusting the amount of fluoride in drinking water to optimal levels.

Recently, Public Health England published *Water Fluoridation: Health Monitoring Report for England 2018*. The findings of the report "are consistent with the view that water fluoridation is an effective and safe public health measure to reduce the prevalence and severity of dental caries, and reduce dental health inequalities" (Public Health England, 2018, p. 14). In 2017, the National Health and Medical Research Council (NHMRC) released the NHMRC *Public Statement 2017 - Water Fluoridation and Human Health in Australia*. The NHMRC "strongly recommends community water fluoridation as a safe, effective and ethical way to help reduce tooth decay across the population" (NHMRC, 2017).

The Government of Canada's (2016) position statement on Community Water Fluoridation states that:

- "Community water fluoridation is an important and often overlooked public health measure that has contributed over the last 70 years to the health of Canadians by preventing tooth decay and thereby improving oral health."
- "The big advantage of community water fluoridation is that it benefits all residents in a community, regardless of age, socioeconomic status, education, oral hygiene practices, employment or access to routine dental care, making it a truly equitable public health practice."
- "The likeliest adverse effect is an increased risk of mild dental fluorosis, which causes white specks to appear on the teeth and is usually unnoticeable."
- "Community water fluoridation remains a safe, cost effective and equitable public health practice and an important tool in protecting and maintaining the health and well-being of Canadians."



In 2015, Canada celebrated the 70th anniversary of community water fluoridation. Community water fluoridation is recognized by the Centers for Disease Control and Prevention as one of the ten great public health achievements of the 20th century.

Well-respected organizations around the world support community water fluoridation, including the World Health Organization, the Centers for Disease Control and Prevention, Health Canada, the Public Health Agency of Canada, and the Ontario Medical Association. In alignment with these organizations, I would encourage the elected leaders of the City of London to declare their support for this important public health measure.

Yours for better oral health,

Dr. Faahim Rashid, DDS MSc FRCD(C)
President, Ontario Association of Public Health Dentistry



References

- Government of Canada. (2016). *Position Statement on Community Water Fluoridation*. Retrieved from <https://www.canada.ca/en/services/health/publications/healthy-living/fluoride-position-statement.html>
- National Health and Medical Research Council. (2017). *NHMRC Public Statement 2017 - Water Fluoridation and Human Health in Australia*. Retrieved from https://www.nhmrc.gov.au/files_nhmrc/file/publications/17667_nhmrc_-_public_statement-web.pdf
- Public Health England. (2018). *Water Fluoridation: Health Monitoring Report for England 2018*. Retrieved from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/692754/Water_Fluoridation_Health_monitoring_report_for_England_2018_final.pdf