



January 25, 2019

Civic Works Committee  
300 Dufferin Avenue  
London, ON  
N6A 4L9

## **RE: Community Water Fluoridation**

To the Civic Works Committee of London Council:

The London & District Dental Society (LDDS) is a local component society of the Ontario Dental Association (ODA), representing more than 400 dentists in our community. The LDDS promotes the highest standards of dental care and advocates for accessible and sustainable optimal oral health as our key priorities. On behalf of the LDDS, I am writing to advocate for the continuing optimal fluoridation of London's drinking water

The safety and effectiveness of community water fluoridation (CWF) is based on sound and compelling scientific studies, and widely supported by researchers and experts in the oral health and medical communities. The LDDS and the ODA – *along with all other stakeholders in the dental care community* – believe that optimally fluoridated water ensures the oral health, and therefore the overall health, of all Ontarians, regardless of age, socioeconomic background or geographical location<sup>i</sup>. Economic disparity should not act as a barrier to optimal oral health, and access to optimally fluoridated water is an important way to ensure fairness.

In London, the Middlesex-London Health Unit is recommending the ongoing fluoridation of the local drinking water supply due to the significant increase of children's tooth decay in jurisdictions without optimal CWF, and the need for urgent dental care. CWF is a widely successful public health measure that benefits people of all ages and backgrounds<sup>ii</sup>, reaching large numbers of people where they live, learn, work, and play – making it more effective than any other form of fluoride delivery<sup>iii</sup>.

Indeed, other health professional associations, including the Ontario Medical Association<sup>iv</sup> and the Peel Chapter of the Registered Nurses' Association of Ontario<sup>v</sup>, have publicly voiced their support for CWF. CWF has also been supported internationally, as the British Medical Association has publicly committed to the fluoridation of water supplies<sup>vi,vii</sup>. In Ontario, CWF has received widespread support, including from former Ministers of Health and Long-Term Care and both former and current Medical Officers of Health across the province. Health professionals widely agree that CWF benefits everyone, especially those without access to regular dental care<sup>viii</sup>.

CWF is an important preventative measure in maintaining the oral health and overall health for all without prejudice. In a systematic review of CWF studies, Cochrane (a world-renowned scientific research review

organization), concluded that water fluoridation is effective at reducing levels of tooth decay among children<sup>ix</sup>. The consensus of the scientific community is that water fluoridation, at the level recommended to prevent tooth decay, safely provides oral health benefits which in turn supports *improved general health*<sup>x</sup>. Additionally, the cost of prevention is far less than of treatment. For every dollar spent fluoridating the community water supply, the U.S. Centers for Disease Control and Prevention estimates that 38 dollars will be saved in dental costs<sup>xi</sup>.

There is no doubt that CWF is a fiscally responsible, safe, and effective means to prevent tooth decay. For the benefit of all your constituents, we encourage you to continue to listen to the evidence-based advice of the Chief Medical Officer of Health, and other scientific and medical experts regarding the safety, importance, and effectiveness of CWF<sup>xii</sup>.

Sincerely,



Dr. Michael Gross  
President  
London & District Dental Society

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<sup>i</sup> McLaren, L., Emery Herbert, J.C. 2012. Drinking Water Fluoridation and Oral Health Inequities in Canadian Children. *Canadian Journal of Public Health*. Available at: <http://journal.cpha.ca/index.php/cjph/article/viewFile/2974/2636>.

<sup>ii</sup> Armfield, Jason Mathew. "Community effectiveness of public water fluoridation in reducing children's dental disease" *Public health reports (Washington, D.C. : 1974)* vol. 125,5 (2010): 655-64.

<sup>iii</sup> Institute for Science in Medicine, *Community Water Fluoridation Policy Statement*, p. 2. Available at <https://www.scienceinmedicine.org/policy/statements/fluoridation.pdf>

<sup>iv</sup> Ontario Medical Association. 2010. *Water Fluoridation*. Available at: <https://www.oma.org/HealthPromotion/Pages/Fluoridation.aspx>.

<sup>v</sup> Brampton Guardian. 2016. *Nurses Support Water Fluoridation*. Available at: <http://www.bramptonguardian.com/opinion-story/6274582-nurses-support-water-fluoridation/>.

<sup>vi</sup> British Medical Association. 2009. *Fluoridation of Water*. Available at:

[http://bmaopac.hosted.exlibrisgroup.com/exlibris/aleph/a21\\_1/apache\\_media/VMYPT7FHYYI9TMH8V36U7PBQULMHQ9.pdf](http://bmaopac.hosted.exlibrisgroup.com/exlibris/aleph/a21_1/apache_media/VMYPT7FHYYI9TMH8V36U7PBQULMHQ9.pdf).

<sup>vii</sup> British Medical Association. 2014. *No evidence of fluoridation health risks, says report*. Available at: <http://www.bma.org.uk/news-views-analysis/news/2014/march/no-evidence-of-fluoridation-health-risks-says-report>.

<sup>viii</sup> McGrady MG, Ellwood RP, Maguire A, Goodwin M, Boothman N, Pretty IA. (2012). The association between social deprivation and the prevalence and severity of dental caries and fluorosis in populations with and without water fluoridation. *BMC Public Health* 2012;12:1122-39

<sup>ix</sup> Iheozor-Ejiofor Z, Worthington HV, Walsh T, O'Malley L, Clarkson JE, Macey R, Alam R, Tugwell P, Welch V, Glenny A. *Water Fluoridation for the Prevention of Dental Caries*. Cochrane Database of Systematic Reviews 2015, Issue 6. Available at: [http://www.cochrane.org/CD010856/ORAL\\_water-fluoridation-prevent-tooth-decay](http://www.cochrane.org/CD010856/ORAL_water-fluoridation-prevent-tooth-decay).

<sup>x</sup> American Dental Association, *Fluoridation Facts*, 2018. P. 38.

<sup>xi</sup> Centers for Disease Control and Prevention. 2013. *Cost Savings of Community Water Fluoridation*. Available at: <http://www.cdc.gov/fluoridation/factsheets/cost.htm>.

<sup>xii</sup> Ontario's Chief Medical Officer of Health. 2012. *Oral Health – More Than Just Cavities*. Available at: [http://www.health.gov.on.ca/en/common/ministry/publications/reports/oral\\_health/oral\\_health.aspx](http://www.health.gov.on.ca/en/common/ministry/publications/reports/oral_health/oral_health.aspx).