The Leading Health & Medical Experts Recommend Drinking Fluoridated Water

**Academy of General Dentists**

“When used appropriately, fluoride is safe and effective in preventing and controlling dental caries. Regular use throughout life will help protect teeth against decay. All water supplies, including bottled water, should have appropriate fluoride levels.”

For more info, visit [this website](#).

**Academy for Nutrition and Dietetics**

“In addition to healthful eating, oral health problems can be prevented by practicing good oral hygiene, such as brushing teeth with fluoridated toothpaste twice a day; flossing once a day; drinking fluoridated water; and seeking regular oral health care.”

For more info, visit [this page](#).

**American Academy of Family Physicians**

“The American Academy of Family Physicians supports fluoridation of public water supplies as a safe, economical, and effective method to prevent dental caries.”

For more info, visit [this page](#).

**American Academy of Pediatrics**

“Adding fluoride to water benefits everyone. In fact, as more and more communities have added fluoride to water supplies, our nation has seen a significant reduction in cavities and other dental problems.”

For more info, visit [this page](#).

**American Academy of Pediatric Dentistry**

“...universal access to fluoridated water is particularly important in light of the findings of the Surgeon General’s Report on Oral Health which identified disparities that negatively affect the oral health of those without the knowledge or resources to achieve good oral care.”

For more info, see [this letter](#).
American Academy of Physician Assistants

“Primary prevention keeps disease from occurring at all by removing its causes. Examples of primary prevention include … giving immunizations for many communicable diseases, and counseling patients to adopt healthy lifestyles… Examples include chlorination and fluoridation of the water supply…”

For more info, see this booklet.

American Association for the Advancement of Science

“… fluoridation of community water supplies is repeatedly demonstrating that it is an effective public health measure for the mass partial control of dental cavities…”

For more info, visit this page.

American Association for Community Dental Programs

“AACDP is a partner in the Campaign for Dental Health, joining 30 other organization allies to support the campaign to promote water fluoridation.”

For more info, visit this page.

American Association of Public Health Dentistry

“The Association recommends that federal, state, and local agencies and organizations promote water fluoridation…”

For more info, visit this page.

American Dental Association

“More than 70 years of scientific research has consistently shown that an optimal level of fluoride in community water is safe and effective in preventing tooth decay by at least 25% in both children and adults.”

For more info, visit this page.
American Medical Association

“The AMA urges state health departments to consider the value of required 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.”

For more info, visit this page.

American Osteopathic Association

“The American Osteopathic Association supports the fluoridation of fluoride-deficient public water supply.”

For more info, visit this page.

American Public Health Association

“APHA continues to support community water fluoridation as a sound public health preventive measure.”

For more info, visit this page.

American Society for Clinical Nutrition

“Appropriate fluoridation of public water is a safe, economical and effective measure to prevent dental caries. The most favorable and persistent benefits accrue to those who have had continuous exposure to optimum fluoride levels in drinking water.”

For more info, visit this page.

Association of Maternal and Child Health Programs

“The importance of water fluoridation as an intervention to prevent oral health conditions lies in both its proven and historical effectiveness and its ability to reach all individuals in a population, including the most vulnerable populations.”

For more info, visit this page.
Association of State & Territorial Health Officials

“Dental diseases affect not just oral health but also general health status. Studies show some associations between oral infections and heart disease, diabetes, respiratory infections, and the birth of premature, low-birth-weight babies. ... Dental sealants and community water fluoridation are proven methods to prevent dental caries, which can lead to chronic oral health problems.”

For more info, visit this page.

Centers for Disease Control and Prevention

“Both drinking water and toothpaste with fluoride provide important and complementary benefits. Fluoridated water keeps a low level of fluoride in saliva and dental plaque all day. The much higher concentration of fluoride in toothpaste offers additional benefit. Fluoride slows the activity of bacteria that cause decay and combines with enamel on the tooth surface to make it stronger and better able to resist decay. Together, the two sources offer more protection than using either one alone.”

For more info, visit this page.

Georgetown Health Policy Institute

“Water fluoridation and dental sealants are two cost-effective strategies that have greatly reduced the occurrence of tooth decay across many communities. Both of these efforts have contributed to significant improvements in the oral health of the U.S. population since the early 1960s.”

For more info, visit this page.

Harvard Medical School & Harvard School of Dental Medicine

“As Deans of Harvard Medical School and the Harvard School of Dental Medicine, we continue to support community water fluoridation as an effective and safe public health measure for people of all ages. Numerous reputable studies over the years have consistently demonstrated that community water fluoridation is safe, effective, and practical. Fluoridation has made an enormous impact on improving the oral health of the American people.”

For more info, visit this letter.
Hispanic Dental Association

“...it is the position of the Hispanic Dental Association to...Endorse community water fluoridation in all communities—especially the Hispanic and underserved communities—as a safe, beneficial and cost-effective public health measure based on science for preventing dental caries and to aid in the reduction of oral health disparities.”

For more info, visit this page.

Indian Health Service

“An effective community water fluoridation program should be the cornerstone of all public oral health programs. The efficiency of drinking water fluoridation in reducing dental caries has been demonstrated in surveys conducted in the United States as well as several other countries for the past 50 years.”

For more info, visit this page.

Institute of Medicine

“Community water fluoridation is credited with significantly reducing the incidence of dental caries in the United States. ... Evidence continues to reaffirm that community water fluoridation is effective, safe, inexpensive, and is associated with significant cost savings.”

For more info, visit this page.

Linus Pauling Institute

“Increased fluoride exposure, most commonly through community water fluoridation, has been found to decrease the incidence of dental caries in children and adults. ... Since the caries preventive effect of fluoride is also topical (surface) in children after teeth have erupted and in adults, the optimal protection achieved by fluoridated water likely occurs through both systemic exposure before and after tooth eruption, and topical exposure after tooth eruption.”

For more info, visit this page.
Mayo Clinic

“Most public water supplies have added fluoride, which has helped decrease tooth decay significantly. If you drink only bottled water that doesn't contain fluoride, you'll miss out on fluoride benefits.”

For more info, visit this page.

National Dental Association

“The National Dental Association is committed to working with other dental organizations, government agencies, dental societies and individual dentists to encourage and facilitate the use of water fluoridation in local municipal water supplies, especially underserved areas, in an effort to impact as large a number of individuals as is possible.”

For more info, visit this page.

National Network for Oral Health Access

“Studies show that water fluoridation reduces tooth decay by about 25% over a person’s lifetime. ... There has always been a small, but vocal, opposition to community fluoridation. Some opponents to community fluoridation point to toothpaste, mouth rinse and certain bottled waters as adequate for good oral health, in spite of evidence to the contrary.”

For more info, visit this page.

Network for Public Health Law

“Some messages commonly used by fluoridation opponents—for example, ‘the FDA has never approved [fluoride]’—reflect a misunderstanding of the oversight roles played by various government actors. ... Community water fluoridation has greatly improved oral health in the United States. Misinformation about how fluoride is regulated and about the safety and benefits of fluoridated water, however, continues to impede fluoridation efforts in many parts of the country.”

For more info, visit this page.
**Pew Charitable Trusts** (dental project)

“Our mouths contain bacteria that convert sugars in the foods and beverages we consume to acid, which harms tooth enamel and damages teeth. Drinking water with the recommended amount of fluoride protects teeth against that acid, making them stronger and more resistant to decay.

For more info, visit [this page](#).

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**Public Health England**

“The (2014) report provides further reassurance that water fluoridation is a safe and effective public health measure.”

For more info, read [this report](#).

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**Robert Wood Johnson Foundation**

“[Water fluoridation] was the single greatest discovery in the history of dental medicine, and the resulting fluoridation of drinking water supplies in many communities in the nation (starting with Grand Rapids, Michigan, in 1945) is estimated to have saved hundreds of millions of dollars a year in dental restorations.”

For more info, visit [this page](#).

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**ScienceBasedMedicine.org**

“There is a movement in the U.S. to oppose a public health measure that is backed by impressive evidence showing it is safe and effective, as well as highly cost effective. For as long as the government has supported this health measure, there have been those opposed to it, claiming (against the evidence) that it is unsafe, ineffective, and represents a violation of personal freedom and the right to refuse an unwanted medical intervention. . . . I am talking about the fluoridation of public water supplies and the antifluoridation movement.”

[Comments by Dr. Steven Novella, Aug. 1, 2012]

For more info, visit [this page](#).
The European Platform for Better Oral Health

“Good Practice: Water fluoridation – Water fluoridation is the controlled adjustment of the underlying fluoride concentration in drinking water to a level that prevents dental decay. ... Water fluoridation is consequently one of the few public health interventions that directly reduces disparities in dental decay between high and low socioeconomic status groups.”

For more info, read this report.

The National Center on Health

“Drinking tap (faucet) water with fluoride, brushing with fluoride toothpaste, and having a health professional apply fluoride varnish to the teeth are important ways to make teeth strong and prevent tooth decay. ... Give your child tap water with fluoride.”

For more info, visit this page.

U.S. Community Preventive Services Task Force

“The Community Preventive Services Task Force recommends community water fluoridation (CWF) based on strong evidence of effectiveness in reducing dental caries across populations. Evidence shows the prevalence of caries is substantially lower in communities with CWF.”

For more info, visit this page.

U.S. Department of Defense, Assistant Secretary of Defense for Health Affairs

“Providing optimally fluoridated water is a proven disease prevention program that improves and sustains the military readiness and health of military personnel. With the current scientific evidence supporting the benefits of fluoride in preventing dental decay for all ages, to include adults, it is critical that DoD (Department of Defense) provide this proven public health benefit.”

For more info, visit this page.
U.S. Office on Women's Health

“Make sure you: Drink water that contains added fluoride if you can. Fluoride protects against dental decay. Most public water systems in the United States have added fluoride. Check with your community’s water or health department to find out if there is fluoride in your water.”

For more info, visit this page.

U.S. Surgeon General (Dr. Vivek H. Murthy)

“Seventy years ago, nearly everyone in the United States had tooth decay. No one knew how to prevent it. It was not uncommon for 13-year-olds to have lost one or more permanent teeth to decay. ...Community water fluoridation, which celebrates its 70th anniversary this year, has been so successful — leading to dramatic declines in both the prevalence and severity of tooth decay—that the Centers for Disease Control and Prevention identified it as one of 10 great public health achievements of the 20th century.”

For more info, visit this page.

World Health Organization

“Fluoride is being widely used on a global scale, with much benefit. Millions of people worldwide use fluoridated toothpaste. They benefit from fluoridated water, salt fluoridation or other forms of fluoride applications (clinical topical fluorides, mouth-rinses, tablets/drops).”

For more info, visit this page.