

The Vermont Department of Health endorses Community Water Fluoridation to prevent and control dental decay. Our mission is to protect and promote optimal health for all Vermonters. Community water fluoridation is a proven public health measure that benefits all Vermonters regardless of income, education, or ability to access dental care. Fluoridation has been a successful public health measure in Vermont since 1953. Currently, 252,430 people in Vermont are served by public water supplies containing enough fluoride to protect teeth.

Fluoridated water is the first line of defense against tooth decay for all Vermont residents. It is proven that when a community stops or never starts fluoridating, local residents spend more money on decay-related dental problems. Evidence shows that for most communities, every \$1 invested in fluoridation saves \$38 in unnecessary dental treatment costs. In communities with 5,000 or fewer residents, every dollar spent on fluoridation still saves \$5 in avoided dental bills.

The Centers for Disease Control and Prevention (CDC), the Office of the United States' Surgeon General and the Vermont Department of Health support community water fluoridation, but are also cognizant of the possible health risks of too much fluoride ingestion. There are more than 3,000 reputable studies consistently reaffirming that fluoridating community water supplies is safe. To view the research, check out FluorideScience.org. Fluoride exists naturally in virtually all water supplies, and therefore it is not a question of choosing to get fluoride. Rather, the question is whether residents receive the optimal level that is documented to prevent tooth decay.

In 2013, R. Benjamin, Surgeon General stated “Fluoridation’s effectiveness in preventing tooth decay is not limited to children, but extends throughout life, resulting in fewer and less severe cavities. In fact, each generation born since the implementation of water fluoridation has enjoyed better dental health than the generation that preceded it”.

The Health Department supports the promotion of community water fluoridation through safe, practical, and cost effective means, which provides community residents with a better quality of life while reducing the burden of decay.

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