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Statement on Community Water Fluoridation Combined with Topical Fluorides

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The Utah Department of Health, Oral Health Program (OHP) supports the position of the CDC on community water fluoridation to prevent tooth decay. The CDC says, “For 65 years, community water fluoridation has been a safe and healthy way to effectively prevent tooth decay. CDC has recognized water fluoridation as one of 10 great public health achievements of the 20th century.”¹ Community water fluoridation helps reduce decay in adults and children. In Utah decisions regarding community water fluoridation are made at a local level, such as by cities and counties. If local communities do not offer fluoridated water, dental and medical providers are encouraged to give children ages 6 months to 16 years prescriptions for daily fluoride supplements as recommended by the ADA.²

The OHP also supports the use of topical fluorides such as fluoridated toothpastes and professionally applied fluorides. Topical fluoride provides additional reduction in tooth decay even in areas with community water fluoridation. The CDC has stated in the Morbidity and Mortality Weekly Report (MMWR) that “Studies comparing various combinations of fluoride modalities have generally reported that their effectiveness in preventing dental caries is partially additive.”³

¹ <http://www.cdc.gov/fluoridation/index.htm>

² <http://www.ada.org/en/member-center/oral-health-topics/fluoride-supplements>

³ Morbidity and Mortality Weekly Report (MMWR), August 17, 2001, Vol. 50, No. RR-14, p. 19,
<http://www.cdc.gov/mmwr/PDF/RR/RR5014.pdf>

