



## Community Water Fluoridation

### SDTA Position Statement

*The Saskatchewan Dental Therapists Association supports Community Water Fluoridation (CWF) and recognizes it to be a safe, effective and efficient strategy of reducing tooth decay.*

CWF is the act of adjusting the level of naturally occurring fluoride in a town or city's water supply to the optimal amount to be most effective for dental health. It benefits all residents in a community, regardless of age, socioeconomic status, education, or employment. The topical use of fluoride (toothpaste, fluoride varnish, fluoride mouth rinses and professional fluoride treatments) provides additional benefits.

The optimal concentration of fluoride in drinking water to promote dental health has been determined to be 0.7 milligrams per litre in Canada and the United States. The level set by Health Canada as a maximum acceptable concentration is 1.5 milligrams per litre. [Fluorides and Human Health](#)

Health Canada works in collaboration with the provinces and territories to maintain and improve drinking water quality. Provincial and territorial governments regulate the quality of drinking water in their jurisdiction. The fluoridation of drinking water supplies is a decision that is made by each municipality, in collaboration with the appropriate provincial or territorial authority. This decision may also be taken in consultation with residents. Together, both levels of government develop the [Guidelines for Canadian Drinking Water Quality](#). These guidelines are reviewed and revised periodically to take into account new scientific knowledge.

For a listing of fluoride levels of individual towns or cities check with your town administrator or go to <http://saskh20.ca/MyDrinkingWater.asp>

The Saskatchewan Dental Therapists Association encourages everyone to consider CWF and make informed decisions based on fact and scientific research rather than opinions based on poorly constructed studies. Trustworthy organizations that have delved deeply into the research for over 60 years, have consistently found fluoride to be essential for good oral health.

#### **Saskatchewan Ministry of Health's Position Statement on Community Water Fluoridation**

<http://publications.gov.sk.ca/documents/13/100169-Saskatchewan-Ministry-of-Health-Position-Statement-REVISED-March-2017.pdf>

#### **Canadian Dental Association position and FAQ on fluorides:**

[http://www.cda-adc.ca/files/position\\_statements/fluoride.pdf](http://www.cda-adc.ca/files/position_statements/fluoride.pdf)