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## ADA NSW Position on Water Fluoridation

Water fluoridation is a safe, effective and equitable means of preventing dental decay in children, adolescents and adults at a community level.<sup>1,2</sup> The fluoridation of community water supplies is an effective way to deliver fluoride to all members of the community, regardless of age, individual motivation or socioeconomic status. ADA NSW recommends that water fluoridation should be implemented and maintained in communities where it is practicable and economically viable.

### Facts about water fluoridation

- Fluoride is a natural substance found in water, soil and common foods.<sup>3</sup>
- Water fluoridation commenced in NSW in 1956.<sup>4</sup>
- Water fluoridation helps prevent dental decay in all ages.<sup>2,4,5</sup>
- It is a safe, legal and efficient way of providing benefit to everyone in the community, especially those who are disadvantaged.<sup>2,4,5</sup>
- 60-87% of Australians are in favour of water fluoridation.<sup>6</sup>
- Even though fluoride toothpaste is widely available, there is still substantially more tooth decay in non-fluoridated areas compared to fluoridated areas of NSW.<sup>4</sup>
- The US Centres for Disease Control and Prevention have recognised water fluoridation as one of the top 10 public health achievements of the 20th Century.<sup>7</sup>

### Useful Statistics:

- 93% of NSW has access to fluoridated water supply<sup>2</sup>
- Rates of tooth decay:  
Non-fluoridated vs Fluoridated parts of NSW, Children aged 5-6 years
  - Non-fluoridated regions of NSW – 2.62 decayed missing or filled teeth
  - Fluoridated parts of NSW – 1.4 decayed missing or filled teeth.<sup>8</sup>

### References:

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6. <http://www.phrp.com.au/issues/february-2017-volume-27-issue-1-2/qualitative-investigation-of-the-reasons-behind-opposition-to-water-fluoridation-in-regional-nsw-australia/> Cited 10/11/17
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[adansw.com.au](http://adansw.com.au)

**Australian Dental Association**  
NSW Branch ABN 34 000 021 232

**Address**  
L1, 1 Atchison Street,  
St Leonards NSW 2065

**Phone**  
02 8436 9900

**Email**  
[adansw@adansw.com.au](mailto:adansw@adansw.com.au)



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- Centre for Oral Health Strategy NSW, 2009. The New South Wales Child Dental Health Survey 2007.  
[www.health.nsw.gov.au/cohs](http://www.health.nsw.gov.au/cohs) Cited 10/11/17

**Policy Statement 2.2.1** – Community Oral Health Promotion: Fluoride Use (Including ADA Guidelines for the Use of Fluoride)  
[https://www.ada.org.au/Dental-Professionals/Policies/National-Oral-Health/2-2-1-Fluoride-Use/ADAPolicies\\_2-2-1\\_FluorideUse\\_V1](https://www.ada.org.au/Dental-Professionals/Policies/National-Oral-Health/2-2-1-Fluoride-Use/ADAPolicies_2-2-1_FluorideUse_V1)

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