



90 Years of Caring for Children—1930–2020

345 Park Blvd
Itasca, IL 60143
Phone: 630/626-6000
Fax: 847/434-8000
www.aap.org

August 4, 2020

Spokane City Council
(via email)

Dear Council Members,

Executive Committee

President

Sara H. Goza, MD, FAAP

President-Elect

Lee Savio Beers, MD, FAAP

Immediate Past President

Kyle E. Yasuda, MD, FAAP

Secretary/Treasurer

Warren M. Seigel, MD, FAAP

CEO/Executive Vice President

Mark Del Monte, JD

Board of Directors

District I

Wendy S. Davis, MD, FAAP

District II

Warren M. Seigel, MD, FAAP

District III

Margaret C. Fisher, MD, FAAP

District IV

Michelle D. Fiscus, MD, FAAP

District V

Richard H. Tuck, MD, FAAP

District VI

Dennis M. Cooley, MD, FAAP

District VII

Gary W. Floyd, MD, FAAP

District VIII

Martha C. Middlemist, MD, FAAP

District IX

Yasuko Fukuda, MD, FAAP

District X

Lisa A. Cosgrove, MD, FAAP

At Large

Charles G. Macias, MD, FAAP

At Large

Constance S. Houck, MD, FAAP

At Large

Joseph L. Wright, MD, FAAP

On behalf of the American Academy of Pediatrics (AAP), a non-profit professional organization of 67,000 primary care pediatricians, pediatric medical sub-specialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults, I write to support the recommendations of the Centers for Disease Control and Prevention (CDC) and the American Dental Association (ADA) in stating that community water fluoridation is safe, effective, and prevents unnecessary dental disease, a costly and painful condition.

The AAP is particularly concerned with the high rates of early childhood caries (tooth decay) in the United States and the detrimental effects this disease can have on children. Dental caries, although largely preventable, is the most common chronic childhood disease, five times more common than asthma. Dental caries can lead to severe health problems, including serious infection, debilitating pain, dietary and speech problems, and in rare cases, even death.

The AAP supports community water fluoridation to help protect children's teeth. Regular and frequent exposure to small amounts of fluoride is the best way to protect the teeth against caries. This exposure can be readily accomplished through drinking water that has been optimally fluoridated and brushing with fluoride toothpaste twice daily.¹ The delivery of fluoride includes community-based, professionally applied, and self-administered modalities. Community-based water fluoridation optimizes the level of fluoride in drinking water, resulting in pre-eruptive and post-eruptive protection of the teeth.

Water fluoridation is a cost-effective means of preventing dental caries, with the lifetime cost per person equaling less than the cost of one dental restoration. In short, fluoridated water is the cheapest and most effective way to deliver anti-caries benefits to communities.² Water fluoridation is seen as effective and inexpensive, does not require daily adherence, and promotes equity, because it benefits everyone regardless of socioeconomic status.³

The AAP continues its mission to ensure the health and well-being of all children, and, to this end, supports local and state efforts for children to have access to safe, optimally fluoridated water. If you require additional information, please contact Hollis Russinof, hrussinof@aap.org.

Sincerely,

Sara H. Goza, MD, FAAP
President

SHG/hr

¹ Bright Futures Guidelines for the Health Supervision of Infants, Children, and Adolescents, 4th Edition. 2017.

² Fluoride Use in Caries Prevention in the Primary Care Setting. *Pediatrics*. 2014;134(3): 626-633.

³ Early Childhood Caries in Indigenous Communities. *Pediatrics*. 2011;127(6):1190-1198.