

Testimony for HB 5350
*An Act Concerning the Department of Public Health's
Recommendations on Fluoridation of the Public Water Supply*

Christine O'Day,
Chairman, ConnFACT
Certified Holistic Health Coach

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Members of the Public Health Committee,

As Chairman of ConnFACT (CT Families Against Chemical Trespass) and a Holistic Health Coach I ask you to support HB 5350. More importantly, I am here today to ask that you please take a closer look at the safety & effectiveness of water fluoridation and consider banning this practice completely in CT.

CT is one of only 12 states that mandates water fluoridation. Since 2010 over 150 communities have rejected water fluoridation (1). Why should we continue to mandate this controversial practice when other communities in North America are opting to get the fluoride out of their water?

In 1999, the CDC acknowledged that the mechanism of fluoride's benefits for preventing tooth decay is topical, not systemic. So why then are we all forced to ingest fluoride through our water in CT? Municipalities and residents should have a choice about what they consume rather than being mass medicated thru the water supply.

In 2010, the CDC reported that 41% of adolescents in the US have dental fluorosis (a mottling of tooth enamel) as a result of overexposure to fluoride (2). Consequently, the Department of Health and Human Services recommended lowering the amount of fluoride added to municipal water by almost half (from .8 – 1.2 mg/L to .7 mg/L) due to these skyrocketing cases of dental fluorosis. There may be people here today who disagree with the notion of banning fluoridation but these same people were clearly wrong about the 'optimal' levels of fluoride that have been added to our drinking water.

Data from the World Health Organization shows that tooth decay is no lower in fluoridated communities vs. non-fluoridated communities (3). Since tooth decay has been declining in both of these communities one has to question the effectiveness of fluoridation. Many dentists, along with the CDC, always make the claim that fluoridation is "one of the top public health achievements of the 20th century." But ask them for the studies that PROVE this to be the case. We haven't yet seen any single randomized clinical trial that demonstrates fluoridation's effectiveness or safety.

Another large concern with fluoridating our water is that the dose cannot be controlled as fluoride goes to everyone regardless of age, health or vulnerability with no warnings. Infants (especially those being formula fed) and young children are being grossly over-dosed. And, people with

kidney & thyroid issues are at much higher risk than others. In fact, some states & communities (including NH, VT, Austin, TX and Milwaukee, WI) have adopted an infant fluoride warning on water bills and annual water quality reports as a proactive way to educate parents about the need to reduce infant exposure to fluoride (4). At the very least, why doesn't CT implement a warning like this?

Within the last year, the prestigious medical journal, *The Lancet*, has officially classified fluoride as a neurotoxin, which basically puts this chemical in the same category as arsenic, lead and mercury (5). The highly respected authors of this study recommend a global prevention strategy.

After 50 years of fluoridating our water, it is time for CT to re-evaluate this practice that is costing our state money and affecting our citizen's health. I hope that you will take action and review the more current research that shows ingesting fluoride does not prevent tooth decay and is harmful to health so that we can finally ban this practice.

(1) http://fluoridealert.org/content/communities_2010/

(2) <http://www.cdc.gov/nchs/data/databriefs/db53.htm>

(3) <http://fluoridealert.org/studies/caries01/>

(4) <http://fluoridealert.org/issues/infant-exposure/legislation/>

(5) [http://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(13\)70278-3/abstract](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(13)70278-3/abstract)

I highly recommend Fluoride Action Network's website as they have compiled extensive information from highly credible sources about fluoridation, including the top 50 reasons to oppose fluoridation:

<http://fluoridealert.org/articles/50-reasons/>

Thank you for the opportunity to present to you today.

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