

CITY OF PORTLAND

Measure 26-151

ARGUMENT IN FAVOR

Yes on 26-151

For Healthy Teeth, Healthy Kids, and a Healthy Portland

Healthy Kids, Healthy Portland is a grassroots coalition of over 85 community and health organizations urging you to vote yes on Measure 26-151, which will finally bring water fluoridation to Portland. Here's why:

We Are in a Dental Health Crisis

In the Portland Metro area, 21% of our kids suffer from untreated dental decay. That's 40% higher than kids in Seattle, where they have water fluoridation. Too many Portlanders are needlessly suffering from severe pain and infection.

Water Fluoridation Works

Fluoride is a mineral that is already naturally present in our water. By simply adjusting the existing levels of fluoride in our water to the level recommended by the Department of Health and Human Services, we can decrease the rate of dental decay in Portland by over 25%. Water fluoridation is proven to safely prevent and even reverse tooth decay at a minimal cost. It's more effective than any other alternative and all kids and adults benefit, regardless of income level.

Water Fluoridation Saves Money

For every \$1 invested in water fluoridation, cities experience an average of \$38 in reduced dental costs. In Portland, fluoridation will save at least \$20 million in dental care costs annually. Dental work can be expensive. Less decay means more money in your pocketbook. But that's not all: our dental health crisis leads to lost school days, lost work days, and lost productivity in our local economy. These costs we all pay would be significantly less with water fluoridation.

Water Fluoridation has Overwhelming Support From Health Organizations and Leaders We Trust

Every major health organization that has taken a position supports water fluoridation at the optimal level recommended in Measure 26-151. See the rest of your Voter Pamphlet and the entire list of supporters at HealthyKidsHealthyPortland.org supporters.

Get the Facts

There is overwhelming evidence that water fluoridation is the right thing to do.

Learn more at HealthyKidsHealthyPortland.org

(This information furnished by KJ Lewis, Healthy Kids, Healthy Portland)

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ARGUMENT IN FAVOR

WATER FLUORIDATION HAS OVERWHELMING SUPPORT FROM HEALTH ORGANIZATIONS WE TRUST.

Here is a small sampling of the respected national voices that say fluoridation is the right thing to do for our children, health, and community:

CENTERS FOR DISEASE CONTROL AND PREVENTION

"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.**" www.cdc.gov/fluoridation, 3/20/13

AMERICAN DENTAL ASSOCIATION

"The Association endorses community water fluoridation as a **safe, beneficial and cost-effective** public health measure for preventing dental caries." bit.ly/leading-voices, 3/20/13

AMERICAN ACADEMY OF PEDIATRICS

"**Adding fluoride to water benefits everyone.** In fact, as more and more communities have added fluoride to water supplies, our nation has seen a significant reduction in cavities and other dental problems." bit.ly/aap-statement, 3/20/13

WORLD HEALTH ORGANIZATION

"Most recently, efforts have been made to summarize the extensive database (on fluorides) through systematic reviews. Such reviews conclude **that water fluoridation and use of fluoride toothpastes and mouth rinses significantly reduce the prevalence of dental caries.**" bit.ly/leading-voices, 3/20/13

AMERICAN INSTITUTE OF NUTRITION

"**Tooth decay is one of the Nation's most ubiquitous health problems** in numbers of people affected and its persistence. Appropriate fluoridation of public water is a safe, economical and effective measure to prevent dental caries." bit.ly/nutrition-statement, 3/20/13

VOICES FOR AMERICA'S CHILDREN, CAMPAIGN FOR DENTAL HEALTH

"Why fluoride? First off, fluoride occurs naturally in the water – just not always at high enough levels to strengthen the enamel of teeth. That's why it is added to the central, public water supply by so many communities in the U.S. **Strong teeth equals fewer trips to the dentist, and that is nothing but good.**" ilikemyteeth.org/fluoridation, 3/20/13

AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF SCIENCE

"...fluoridation of community water supplies is **repeatedly** demonstrating that it is an effective public health measure for the mass partial control of dental cavities..." bit.ly/supporter-quotes, 3/20/13

More at HealthyKidsHealthyPortland.org

(This information furnished by KJ Lewis, Healthy Kids, Healthy Portland)

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WATER FLUORIDATION HAS OVERWHELMING SUPPORT FROM HEALTH ORGANIZATIONS WE TRUST
continued...

The list of respected national organizations that support water fluoridation is extensive. Here's what several more organizations have to say:

AMERICAN MEDICAL ASSOCIATION

"The AMA recognizes the **important public health benefits** of drinking properly fluoridated water..." bit.ly/leading-voices, 3/20/13

EARLY HEAD START NATIONAL RESEARCH CENTER

"**Fluoride is the most effective agent to prevent tooth decay.** It can be added to community water supplies, as needed, and occurs naturally in some areas." bit.ly/respected-orgs, 3/20/12

AMERICAN ACADEMY OF FAMILY PHYSICIANS

"Fluoridation of public water supplies is a **safe, economical, and effective** measure to prevent dental caries." bit.ly/supporter-quotes, 3/20/12

HISPANIC DENTAL ASSOCIATION

"It is the position of the Hispanic Dental Association to... endorse community water fluoridation in all communities—especially the Hispanic and underserved communities—as a safe, beneficial and cost-effective public health measure based on science for preventing dental caries and **to aid in the reduction of oral health disparities.**" bit.ly/HDA-statement, 3/20/12

AMERICAN PUBLIC HEALTH ASSOCIATION

"Since 1950, APHA has supported community water fluoridation as a sound, **safe and effective public health measure** with excellent health and economic benefits for better dental health." bit.ly/apha-statement, 3/20/12

AMERICAN WATER WORKS ASSOCIATION

"The goal of community water fluoridation is to achieve the desired oral health benefit while minimizing potential health risks. That is why water providers undergo thorough and extensive training to safely apply fluoride in the amount recommended by the **world's most respected public health authorities.**" bit.ly/supporter-quotes, 3/20/12

U.S. DEPARTMENT OF VETERANS AFFAIRS

"Our teeth do a lot of work during our lifetime... Tooth decay and gum disease are the leading causes of tooth loss in older adults. Research links gum disease to a number of major health concerns. These health concerns include heart disease, stroke, respiratory disease and diabetes... **Drink fluoridated water and use fluoride toothpaste.** This will help you prevent cavities." bit.ly/USDVA-statement, 3/20/12

See the list of national and local supporters of water fluoridation
at healthykidshealthyportland.org

(This information furnished by Eryn Mitchell, Healthy Kids, Healthy Portland)

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ARGUMENT IN FAVOR

CHIROPRACTORS FOR FLUORIDATION

One's decision about fluoridation should be based on sound science. Unfortunately, it's easy to confuse arguments which appear scientific with real science. We have considered the arguments against fluoridation. Many appear to misinterpret the evidence. Opponents often cite a 2006 review by the *National Research Council* (www.nap.edu/catalog.php?record_id=11571). The review actually states that the prevalence of severe dental fluorosis, a side effect often mentioned by fluoridation opponents, was virtually nonexistent at fluoride concentrations below 2 mg/L, and the prevalence of moderate forms of dental fluorosis decreased to 3%. The EPA has established an upper limit of 2 mg/L to prevent severe fluorosis. Portland's fluoridation referendum proposes a fluoride concentration of 0.7 mg/L, nowhere near the EPA established upper limit.

The World Health Organization's findings have also been misapplied. WHO actually noted that "fluoride intake has been known for the past 50 to 60 years to play a beneficial role in dental health ..." with optimal concentrations "... between 0.5 to 1.0 mg/L. ..." (www.who.int/water_sanitation_health/dwaq/nutrientsindw.pdf) The values were derived from epidemiological studies conducted over 70 years. WHO recommends a concentration of 1.5 mg/L, more than twice the proposed Portland level. Although the WHO recognized that in countries with high public dental awareness a decision to not fluoridate the water would be of little consequence, "In developing and developed countries [our emphasis] where public dental health awareness in some population groups (e.g. lower income) might be much lower, water containing ... fluoride at concentrations of 0.5 to 1.0 mg/L would be important for dental health."

My colleagues and I urge you to consider the scientific evidence. Please vote Yes on 26-151.

This argument funded by Thomas Freedland.

(This information furnished by Thomas D. Freedland, D.C.)

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OVER 80 LOCAL ORGANIZATIONS SAY PLEASE VOTE YES ON 26-151!

The Healthy Kids, Health Portland Coalition reaches every part of our community. Here are just some of the coalition members urging you to Vote YES on 26-151:

African Women's Coalition
Asian Pacific American Network of Oregon (APANO)
CareOregon
Causa
Center for Intercultural Organizing
Children's Clinic, P.C.
Children's Health Alliance
Coalition of Communities of Color
Creston Children's Dental Clinic
The Dental Foundation of Oregon
East Portland Pediatric Clinic
Hacienda CDC
Health Share of Oregon
Hispanic Metropolitan Chamber
IRCO – Asian Family Center
Kaiser Foundation Health Plan of the Northwest
Latino Network
National Association of Social Workers, Oregon Chapter
Native American Youth and Family Center
Northwest Health Foundation
OEA Choice Trust
OPAL Environmental Justice Oregon
Oregon Academy of Family Physicians
Oregon Academy of Nutrition and Dietetics
Oregon Academy of Pediatric Dentistry
Oregon Business Association
Oregon Dental Assistants Association
Oregon Dental Association
Oregon Dental Hygienists' Association
Oregon Federation of Nurses & Health Professionals, AFT Local 5017
Oregon Oral Health Coalition
Oregon's Health Co-op
Oregon Medical Association
Oregon Nurses Association
Oregon Pediatric Society
Oregon Primary Care Association
Oregon Public Health Association
Oregon Public Health Institute
Oregon School-Based Health Care Network
Oregon State Council for Retired Citizens
Providence Health & Services
Regence BlueCross BlueShield of Oregon
SEIU 49 & 503
Tuality Healthcare
United Food and Commercial Workers, Local 555
Upright Brewing
Upstream Public Health
Urban League of Portland
Virginia Garcia Memorial Health Center

See the full list of supporters at www.healthykidshealthyportland.org/supporters

(This information furnished by Evyn Mitchell, Healthy Kids, Healthy Portland)

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ARGUMENT IN FAVOR

A Message from Governor John Kitzhaber, M.D.

Water fluoridation is smart, effective and important. Voting Yes on 26-151 is the right thing to do.

As a physician, I know that there is nothing more important to our health than prevention. It reduces disease, suffering and cost. Making wise investments in people's health before they become sick is the basis of much of the work I have done to reform and improve our health care system.

This principle is the foundation of Measure 26-151, which will at long last bring the benefits of fluoridation to Portland. I am voting Yes, and I hope you will join me.

Fluoride is a naturally occurring mineral that is already present in Portland's water – just not at the optimal level to reduce tooth decay. Measure 26-151 simply will add enough to meet the recommendation of the Department of Health and Human Services.

I am voting Yes as a parent: Water fluoridation is one of the most important things we can do for children. Portland area kids have a 40% higher rate of untreated dental decay than kids in Seattle, where they fluoridate their water.

I am voting Yes as a doctor: Poor dental health has been linked to ear and sinus infections, weakened immune systems, diabetes, heart and lung disease, and other serious health conditions.

I am voting Yes as a Governor: Health care costs are one of the most intense pressures on government budgets and the economy as a whole. Every \$1 invested in fluoridation saves cities \$38 in dental health care cost alone.

I believe the science is clear: fluoridation is safe, effective and the right thing to do. That is why it has the support of trusted health organizations such as the Centers for Disease Control, the American Dental Association, the American Academy of Pediatrics and many others. Please vote Yes on 26-151.

(This information furnished by Governor John Kitzhaber)

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ARGUMENT IN FAVOR

Pediatricians know: community water fluoridation helps kids stay healthy!

As board-certified pediatricians, we know firsthand the devastating impact of untreated dental decay on children and families in Portland.

It's heartbreaking, and it doesn't have to be this way.

Kids in Portland suffer from 40% more untreated dental decay than kids in Seattle, where they fluoridate the water.

Tablets and rinses can help, but they are no replacement for community water fluoridation, the safest, most cost-effective way to ensure that all kids—regardless of race or socioeconomic status—have a chance at optimal oral health.

As doctors, we know that poor oral health can affect overall health. We have seen too many children sent to the hospital or the operating room because of cavities. Also, when your teeth hurt, it's hard to think about anything else – which can worsen children's behavior and school performance. Community water fluoridation has no harmful side effects at levels recommended in Measure 26-151. Plus, every dollar spent providing community water fluoridation will save \$38 in medical and dental expenses.

We want the best outcomes for the kids and families we see, and water fluoridation will help kids stay healthy.

Community water fluoridation works! **PLEASE VOTE YES ON 26-151**

That's why the American Academy of Pediatrics, along with every other major national and local trusted health care organization agrees: **water fluoridation is safe, effective and the right thing to do.**

Dr. Ken Carlson
President

Oregon Pediatric Society

Dr. Greg Blashke
Vice-President

Oregon Pediatric Society

Oregon Chapter of the American Academy of Pediatrics

(This information furnished by Ken Carlson, MD, Oregon Pediatric Society)

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ARGUMENT IN FAVOR

THE OREGON STATE COUNCIL FOR RETIRED CITIZENS SAYS:

Fluoridation is important for seniors too!

Everyone talks about how important water fluoridation helps kids – and it's true. But it helps all of us ---especially seniors!

As our teeth develop in youth, fluoride makes the naturally occurring calcium and phosphorus in our teeth bond together more strongly, creating a harder enamel surface so we can maintain healthy teeth longer. If you didn't have fluoride as a kid (for example, if you are from Portland!) your teeth are naturally weaker when you grow up. As you age, that makes you more susceptible to all the problems and expenses that go along with weak teeth --- fillings, root canals, implants.

For those living on a fixed income, it can be a choice between living in constant pain and paying your living expenses!

As we age, medications we take can make our mouth drier which means that our teeth are more at risk of breaking, cracking, and becoming a problem.

Our gums also begin to recede, and that makes it easier for decay to attack the roots of our teeth, which aren't as strong as the surfaces with enamel. A decayed root means pain and a costly, difficult procedure.

Fluoride remineralizes teeth as we get older. Water fluoridation keeps teeth strong and healthy throughout our entire life.

Join the Oregon State Council for Retired Citizens in voting yes for dental health for all Portlanders!

Seniors say Yes on 26-151!

(This information furnished by Steve Weiss, Oregon State Council For Retired Citizens)

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ARGUMENT IN FAVOR

“If you’ve seen what I’ve seen, you’re voting yes.”

Mike Plunkett, DDS

As a community health dentist I support Measure 26-151 because I've seen firsthand the terrible impact of our failure to provide fluoridation for our community.

I remember a young girl, 11-12 years old, that I treated a few years back while providing care at a local middle school. She was suffering from a very bad dental infection of an adult molar tooth which I could only treat by extraction (removing the tooth). When I told her she would not be able to eat on that side for 2-3 days after the extraction she began to cry and told me that she had not eaten on that side of her mouth for months due to the severe pain in the tooth. I wish this was an unusual story. It isn't.

For those of us who treat low income patients it is common to see children 2-4 years old whose teeth are so decayed and infected that treatment can only be provided by restraining the child or sending them to the hospital to get their dental care under general anesthesia (being put completely to sleep). This is not a rare occurrence: one of Oregon's largest health insurance companies for low income patients reports that 7% of its 0-5 year old children have dental decay so bad that they had to get care in a hospital. By that number about 2 children out of every low-income pre-school class of 25 children is living with chronic infection and pain in their teeth.

These stories are tragic not only because no child should have to live with pain but because it is preventable. For those of us who see this daily there is no debate: we are in a dental health crisis. And among respected scientific organizations there is no question that fluoridated water would reduce the number of these heart breaking scenarios in our community.

(This information furnished by Mike Plunkett DDS)

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ARGUMENT IN FAVOR

A STATEMENT FROM THE AMERICAN DENTAL ASSOCIATION AND THE OREGON DENTAL ASSOCIATION

We strongly endorse the fluoridation of community water supplies as safe, effective and necessary in preventing tooth decay.

Dental disease is preventable but current efforts simply aren't enough

As dentists, we see the ravaging effects of dental decay every day. History has shown that supplements alone don't work. We can prescribe tablets and provide varnish at office visits, but the maximum reduction of dental decay is achieved when fluoride is available both topically and systemically every day.

What is water fluoridation?

Water fluoridation is simply the adjustment of the existing, naturally occurring fluoride levels in drinking water to an optimal fluoride level recommended by the U.S. Public Health Service. Fortifying the water with fluoride is similar to adding Vitamin D to milk and Vitamin C and Calcium to orange juice.

A 65 Year Record of Efficacy and Safety

As stewards of oral health, our policies are based on the best science available. The effectiveness of water fluoridation has been researched and documented for over 65 years. Water fluoridation has become one of the most widely studied public health measures in history. These studies show that water fluoridation reduces tooth decay by over 25% in adults and children, even in an era with widespread availability of fluoride from other sources, like toothpaste.

Jill Price, D.M.D.
President

Robert A. Faiella, D.M.D., M.M.Sc.
President

Oregon Dental Association American Dental Association

Water fluoridation is safe, cost-effective and natural.

Get the facts at ada.org/fluoride

(This information furnished by Don Bretthauer, CAE, Oregon Dental Association)

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ARGUMENT IN FAVOR

Yes on 26-151 It's a Matter of Fairness

Should every child have healthy teeth? Or just the kids whose families can afford it?

That is the essential reason it is important to vote Yes - to provide the benefits of water fluoridation to all Portlanders.

In a typical Oregon 3rd grade classroom of 25 kids, at least 5 students have rampant untreated dental decay. Now, consider that children from low-income households and communities of color, and especially immigrants and refugees, have 2-3 times more dental decay.

For a city that values equity and justice, we can no longer turn our backs on the disparities and lifelong health, education and economic consequences.

Approving fluoridation will help advance racial and social justice in Portland.

Fluoridated water is the right step to improve dental health for everyone, regardless of race, ethnicity or income.

This is about more than "just" a toothache. Untreated dental decay contributes to many other health problems. It's a major barrier to education - kids in pain miss school or can't concentrate during class. And adults miss work, even when they can't afford to.

Opponents to fluoridation say we should rely on school programs and teach better dental hygiene. The problem is that we are doing those things and are still in a crisis.

Water fluoridation is a proven public health benefit for all our communities and is an important part of the solution to the serious racial and economic dental decay disparities we face.

Decades of scientific evidence shows that fluoridated water is safe for people and the environment. More than 200 million people nationally drink it daily. **It's time to stop depriving Portlanders of this basic public health benefit.**

We know there are concerns and questions. True answers are available:

healthykidshealthyportland.org/frequently-asked-questions.

Asian American Pacific Network of Oregon Center for Intercultural Organizing	Latino Network
Coalition of Communities of Color	Native American Youth & Family Center
IRCO - Asian Family Center	Urban League of Portland

(This information furnished by Matt Morton, NAYA, Native American Youth and Family Center)

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ARGUMENT IN FAVOR

Measure 26-151 is good for Portland's health

The Oregon Nurses Association and American Nurses Association urge you to vote yes on Measure 26-151.

Portland is in a dental health crisis. As trusted health care professionals, nurses care for children and adults who suffer from preventable dental decay every day. In Portland, more than 1 in 5 children suffer from untreated dental decay. That's 40 percent more than children in Seattle. The good news is that Portland's dental health crisis is preventable if we follow other successful communities' example and fluoridate our water. The Oregon Nurses Association and American Nurses Association support fluoridation because it makes teeth healthier.

Water fluoridation is a simple and affordable way to dramatically improve dental health in Portland and prevent unnecessary health problems. As nurses, we understand that dental health is intimately linked to overall health and recognize how poor dental health can contribute to multiple illnesses, including heart disease and diabetes.

While all Portlanders will benefit from fluoridation, Oregon's low-income communities will benefit the most as they are particularly hard hit by dental health problems. **Oregon's nurses have pledged to support health programs like Measure 26-151 that provide access for all and specifically address the needs of vulnerable and underserved populations.**

Oregon Nurses Association and American Nurses Association encourage you to vote yes on Measure 26-151.

(This information furnished by Sarah Baessler, Oregon Nurses Association and American Nurses Association)

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ARGUMENT IN FAVOR

PORTLAND IS FACING AN ORAL HEALTH EMERGENCY

Most U.S. cities fluoridate public drinking water because it's a safe and effective way to prevent cavities. However, Portland remains the largest U.S. city that has not approved fluoridating its water. Without sufficient fluoride, cavities and oral health problems can run rampant.

In Portland and across the state, that's exactly what's happening. According to the Oregon Dental Association's 2007 Oregon Smile Survey, more than 35% of children here suffer from untreated tooth decay. The same survey shows untreated tooth decay increased by 49% in Oregon from 2002 to 2007. Nationally, Oregon ranks near the bottom for childhood oral health.

This reality, coupled with an uninsured rate higher than that of 40 other states, has created an oral health emergency. In response, Kaiser Permanente Northwest has joined the effort to fluoridate Portland's water. Along with numerous health, government, and scientific organizations, we believe that adjusting the level of fluoride in Portland's water system will prevent tooth decay and advance oral health.

Supporting this policy reflects our mission, which recognizes that good health starts where we live, work and play. We are committed to ensuring that Portlanders, particularly children, have the opportunity to access oral health, realize their potential, and thrive. Community fluoridated water is a part of the solution.

The benefits of water fluoridation have been known for more than 65 years. In 1945, Grand Rapids, Michigan, added fluoride to its municipal water system. Within a brief period, tooth decay in Grand Rapids children dramatically dropped. Since then thousands of studies have proved the effectiveness of community water fluoridation.

Here at Kaiser Permanente Northwest, we urge you to vote YES on ballot measure 26-151 and help give our children and our community a chance to thrive.

(This information furnished by Daniel Field, JD, Kaiser Permanente Northwest)

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ARGUMENT IN FAVOR

An Environmental Justice Leader Urges a Yes Vote for Fluoridation

I'm the Director of OPAL Environmental Justice Oregon and Vice Chair of Oregon's Environmental Justice Taskforce. We fight for equal protection and fair treatment for people of color and those of limited socioeconomic means. After careful study, I personally support community water fluoridation because I support health equity for all Portlanders.

Consider:

- People of color, and youth of color specifically, suffer significantly greater dental health disparities as compared to whites
- Nearly 1 in 3 Oregon children living in low-income families suffer from rampant decay (seven or more teeth with past or present decay), causing up to 12 times more school absenteeism than children from wealthier families
- A ten-year old child with cavities will pay more than \$2,000 over a lifetime to care for the decayed tooth

In Portland, we pride ourselves on being a progressive and caring community. But that rings hollow regarding the dental health crisis affecting the most vulnerable among us, who may not be able to access the same level of dental health care or alternatives than many of us. Water fluoridation is effective, affordable and, benefits everyone, regardless of race or income, without imposing real risks to our community health.

As an environmental lawyer and advocate, I've reviewed the studies and determined that there isn't any credible evidence that community water fluoridation at the proposed optimal level would have any negative consequences on the environment, including our water quality, habitat or salmon species.

This is a clear opportunity for all Portlanders to stand up for the less fortunate among us, and deliver healthier teeth and better overall health and esteem for everyone.

Join me in voting YES on 26-151!

Jonathan Ostar

OPAL Environmental Justice Oregon builds power for environmental justice and civil rights in our communities. We organize low-income communities and people of color to achieve a safe and healthy environment where we live, work, play and pray.

(This information furnished by Jonathan Ostar, OPAL Environmental Justice Oregon)

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Hi, I'm Bitty. I grew up in California, where we had community water fluoridation. So I also grew up with really strong teeth; I only have one filling. My grandmother still has all of her teeth, and she's 98!

I moved to Portland with my husband in 2003. I really love it here, and I love raising my family here.

Even though I love Portland, I don't love how much I have to worry about my kid's teeth. Of course we make him brush and floss--but for even the most careful parents, it's so easy to forget to give them their tablets. And even if we were perfect, that is no substitute. Portland's failure to fluoridate our water means my kid isn't building strong teeth to last lifetime.

And it shows. My son has had terrible problems with his teeth starting at age 2. He had to have two crowns and six fillings. Because he was so young, the doctor had to use general anesthesia. That was scary. Watching him suffer, and having to explain the dental procedures he would have to endure, was excruciating. It is especially frustrating knowing that if our water was fluoridated, Oscar would have stronger teeth.

I've heard the arguments opponents make and I've explored the research. With several decades of comprehensive reviews by federal scientists, no reputable scientific study disputes that water fluoridated at the optimum level helps improve the oral health of everyone in the community. No peer-reviewed federal study concludes that water fluoridated at the proposed standard causes the health issues that opponents claim. Not one.

Trust me, if you've ever suffered from dental pain, or had someone close to you have to endure painful dental surgery, you wouldn't wish that on anyone. Especially kids. Fluoridating Portland's water is the right thing to do - for everybody.

Bitty Gedgaudas

(This information furnished by Bitty Gedgaudas)

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ARGUMENT IN FAVOR

School board members support community water fluoridation!

As Portland Public, David Douglas, Parkrose, Reynolds, Centennial and Multnomah Education District school board members we know that the health of our students has a direct impact on their ability to learn.

Adjusting the amount of fluoride in Portland's water supply to the level recommended by the U.S. Department of Health and Human Services will provide children with the optimal level of dental protection.

Fluoride is a naturally-occurring mineral found in nearly all water supplies, including ours.
Fluoridation will reduce tooth decay in Portland by at least 25%.

The dental crisis causes needless suffering.
21% of our children suffer from untreated dental decay.
As a result, many children suffer severe pain and infection and needlessly miss school days, impacting their education and their future.

Water fluoridation is an issue of fairness.
Dental decay disproportionately impacts low-income families and children, many of whom are uninsured or underinsured.

- Low income children suffer twice the rate of untreated decay and nearly three times the rate of rampant decay (cavities 7+ teeth) than children from higher-income families.
- Low income children have less access to preventive health care and lose 12 times more school days due to dental disease than children from higher-income families.
- Dental disease accounts for 30% of all health care costs for children.

We can do better for Portland's kids. Join us in supporting good oral health for all Portlanders, especially kids.

Vote YES on 26-151!

Centennial School Board Members

Rodney Boettcher
Ernest A. Butenschoen
Tim Cook
Kelly Morency
Pamela Shields

Gary Hollands
Douglas Montgomery
Sean Schaefer
Kevin Spellman

Parkrose School Board Members

Ed Grassel
Thuy Tran
James Woods

David Douglas School Board Members

Dawn Barberis
Frieda Christopher
Annette Mattson
Kyle Riggs
Cheryl Scarcelli Ancheta

Portland Public School Board Members

Ruth Adkins
Martin Gonzalez
Pam Knowles
Matt Morton
Bobbie Regan
Trudy Sargent

Multnomah ESD Board Members

Harry Ainsworth
Bernie Giusto
Jean Haliski

(This information furnished by Bobbie Regan)

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"The AMA recognizes the important public health benefits of drinking properly fluoridated water and encourages its member physicians and medical societies to work with local and state health departments, dental societies, and concerned citizens to assure the optimal fluoridation of community drinking water supplies." --AMA Letter to the American Dental Association, March 10, 1995. bit.ly/leading-voices, 3/20/13

OREGON MEDICAL ASSOCIATION SUPPORTS BALLOT MEASURE 26-151 and encourages a "yes" vote on this important public health measure

ORAL HEALTH IS LINKED TO OVERALL HEALTH

The OMA has long stood in support of fluoridating public water supplies. There is a clear link between oral health and general health, no matter your age. Untreated dental decay can lead to severe physical and emotional health complications. The pain of dental decay is distracting, causing loss of sleep and stress. The cosmetic effects can lead to lack of confidence and lack of productivity in the workforce. Decaying teeth can lead to oral infections, which in severe cases can spread to the lungs and heart.

OREGON DENTAL HEALTH IS IN CRISIS

Despite countless programs that have been implemented to address dental decay, Portland has a significantly higher rate of untreated dental decay than counterparts in similar cities with water fluoridation. Water fluoridation is widely-regarded by medical professionals and researchers as the most effective and affordable program to reduce dental decay.

MEDICAL & SCIENTIFIC PROFESSIONALS AGREE ON THE FACTS

Adjusting the levels of fluoride in our water provides a vital mineral nutrient to tooth formation and remineralization. Just as we no longer believe the pre-Enlightenment myth that dental cavities are caused by "tooth worms," modern medical science has researched and disproven myths circulated by water fluoridation's opponents. Fluoridation is a scientific process, understood and used throughout the world.

As stewards of health in Oregon, the OMA is proud to be a part of the coalition supporting community water fluoridation and the overall health benefits it will bring for Portlanders of all ages.

(This information furnished by Elizabeth L. Boyd-Flynn, Oregon Medical Association)

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ARGUMENT IN FAVOR

Faith Leaders Urge Portlanders to Vote Yes on Measure 26-151

Dear Portlanders,

As faith leaders, one of our core principles is that the blessings of our community should be felt by all, not just a few. That especially applies to the idea that every child should have the opportunity to grow in good health.

That is why we join in strong support of Measure 26-151, which will bring water fluoridation to Portland.

One of the urgent but hidden problems in Portland is a growing dental health crisis. Over 21% of children in the metro area are suffering from untreated dental decay, which leads to other general health problems down the road. We see it in our congregations and we see it in our community.

What makes this problem particularly troubling is that it is largely preventable. By fluoridating the water, we can cut the rate of decay by over 25%. It's a simple and just step in the right direction that has been endorsed by every trusted national health organization and many organizations advocating for social justice in Portland.

The Centers for Disease Control and Prevention have called water fluoridation one of the top ten public health achievements of the 20th Century.

We also support other steps that will improve dental health for all Portlanders - more access to general and dental health care for everyone, no matter their age or where they live, and better education around oral hygiene and nutrition. **But there is no question that the most effective thing we can do now is to vote YES on ballot measure 26-151.**

Yours truly,

Reverend Alcena Boozer
Reverend Chuck Currie

Reverend David Schutjer
Reverend Lynne Smouse Lopez

Reverend Mark W.S. Knutson
Reverend Elizabeth A. Larsen

Rabbi Ariel Stone

Reverend Melinda J. Wagner

(This information furnished by Rev. Chuck Currie)

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CITY OF PORTLAND

Measure 26-151

ARGUMENT IN FAVOR

A NEUROSCIENTIST SORTS FACT FROM FICTION

My name is Damien Fair, and I am a neuroscientist who heads xxxxx at OHSU. I've spent my life studying the brain. I'm a passionate advocate for the fluoride measure because I know how important it is to the health of our community and our kids.

This debate has been filled with both facts and fiction. As a scientist, I wanted to help sort one from the other.

Fiction: Fluoride affects IQ.

The Facts: Community water fluoridation at the recommended level does not affect IQ. Flawed IQ studies cited by the opposition were in fact not about municipal water fluoridation, but were poorly designed foreign studies about water systems with naturally high levels of fluoride – up to 1500% higher than optimally fluoridated water. The authors of the study have said that their results do not relate to the safety of water fluoridation in the U.S.

Fiction: Fluoride causes cancer and other health problems.

The Facts: All the major health and medical organizations agree: optimally fluoridated water is both safe and effective, and is not linked to any of the health concerns opponents of fluoridation falsely claim.

Fiction: The National Research Council's 2006 report says "fluoride can have harmful effects."

The Facts: In 2006, the NRC did not study optimally fluoridated water but instead evaluated areas of the U.S. where the natural fluoride levels are unusually high --three to five times higher than the level used to fluoridate public water systems. The NRC itself explained that its report was not an evaluation of the safety of water fluoridation.

Every reputable study shows that fluoridation is a smart, effective and safe thing to do. I say with confidence, there is no action we could take that could be more important to the health of our community than voting yes on 26-151.

Damien Fair, Ph.D

(This information furnished by Damien Fair, Ph.D)

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ARGUMENT IN FAVOR

A Financial Analyst Breaks Down the Numbers

Water fluoridation saves teeth.
It also saves money (lots of it!).

We don't often hear about the financial impact of poor oral health As a health care financial analyst **I can tell you how much it costs.**

I review the costs of our failure to fluoridate our water every day. Here are just a few examples:

- \$350-\$600 to remove an infected tooth and this does not even include the replacement cost of an implant.
- \$600-900 for a root canal. Molar or back teeth root canals are more expensive than anterior or front teeth.
- \$2,500 for the average complete dental case requiring general anesthesia in an operating room setting for kids whose teeth are so damaged that the only kind thing to do is let them be asleep while their mouth is repaired.

And here is another thing you might not know: **in many cases you are picking up the tab:** at least half of the bills I see are paid by the taxpayer when children do not have private dental insurance.

That's right: even if you have perfect teeth, you are paying to repair damage that could have been prevented simply by having fluoridated water in Portland. It's simple -fluoride makes teeth stronger.

This math is basic:

- A ten-year old child who develops cavities will pay more than \$2,000 over a lifetime to take care of each decayed tooth.
- On the other hand, every \$1 invested in fluoridation saves \$38 in treatment costs for fillings and more serious dental work—with a savings estimated over \$20 million per year in Portland.

The numbers speak for themselves.
Voting yes means saving teeth and saving money.

Vote Yes on 26-151.

Dave Norelius
Director, Financial Analysis & Operations for Permanente Dental Associates

(This information furnished by David Norelius, Permanente Dental Associates)

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CITY OF PORTLAND

Measure 26-151

ARGUMENT IN FAVOR

BELOW ARE THE 4 MOST MISQUOTED OR MISREPRESENTED STUDIES OFFERED AS "FACTS" BY FLUORIDE OPPONENTS.

WATER FLUORIDATION and IQ

False Claim: Fluoridation causes lower IQ in children

The Reality: There is no credible evidence of any negative effect on intelligence from optimally fluoridated water. The flawed IQ studies being cited were poorly designed studies about foreign water systems with extremely high levels of naturally occurring fluoride; up to 1500% higher than optimally fluoridated water. These studies didn't look at confounding factors, but nevertheless showed no decrease in IQ at optimal levels. The authors took the uncommon step of dispelling this claim publicly." bit.ly/HarvardIQStudy, 3/23/13

"NATIONAL ACADEMY OF SCIENCES" / "NATIONAL RESEARCH COUNCIL" STUDY

False Claim: This study presents a myriad health concerns, including fluoride's linkage to cancer and organ and tissue damage.

The Reality: Fluoride opponents misrepresent this study for their benefit. This study was a routine review prompted by the Environmental Protection Agency. In response, the Centers for Disease Control's reported that: "The findings of the NRC report are consistent with CDC's assessment that water is safe and healthy at the levels used for water fluoridation." National Academy of Sciences actually completed reviews in 1951, 1977, 1993, and 2007 all in support. bit.ly/CDC-on-NRC, 3/23/13

"BONE CANCER" STUDY

False Claim: Fluoridation causes bone cancer.

The Reality: A well-designed study approved by the National Cancer Institute specifically reviewed this long-debated issue. Their conclusion: there is no association between fluoride-intake and bone cancer. They stated "Fluoride in water helps to prevent and can even reverse tooth decay." bit.ly/cancer-gov, 3/23/13

"INDIVIDUAL SCIENTISTS"

False Claim: Individual scientists oppose fluoridation; therefore it must not be safe.

The Reality: The overwhelming majority of scientists support the benefits of water fluoridation. According to the American Dental Association, "Support for fluoridation among scientists and health professionals, including physicians and dentists, is nearly universal." A small but vocal minority does not counter the thousands of studies, and near-unanimity support among health groups. bit.ly/fluoride-facts, 3/23/13

(This information furnished by Evyn Mitchell, Healthy Kids, Healthy Portland)

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ARGUMENT IN FAVOR

WHEN YOU TURN THE PAGE, YOU WILL SEE MANY FALSE CLAIMS BY THE OPPONENTS TO 26-151. THEY AREN'T TRUE.

HERE ARE THE FACTS.

There is overwhelming consensus from the scientific and medical community that fluoridation works and is the right thing to do. Every trusted national health organization recommends water fluoridation because it makes teeth healthier. Nevertheless, opponents continue making misleading and outright false claims. Here are some false claims you will see in the "No" statements that follow – so we've provided the facts below.

FALSE CLAIM: Fluoridation has negative health consequences. UNTRUE.

THE FACTS: This comes from blatant misinterpretations of the extensive research done on fluoridation. To believe this, you would have to believe that organizations like the American Academy of Pediatrics, the Centers for Disease Control and the World Health organization were part of a conspiracy.

Fluoridation opponents have become skilled at making research seem to say something it doesn't. See the FACTS behind every false claim at bit.ly/FluorideMyths. (3/23/13)

FALSE CLAIM: Fluoridation has negative environmental consequences. UNTRUE.

THE FACTS: After over 65 years of water fluoridation, which covers 72% of the U.S., there is no credible evidence that water fluoridation at the recommended amount has any negative impact on the environment.

Fluoride already occurs naturally in our rivers and reservoirs. Crops and plants are unaffected. Salmon mostly live in the ocean, where natural fluoride levels far exceed the proposed 0.7ppm. See the FACTS at bit.ly/safe-for-environment. (3/23/13)

FALSE CLAIM: This is an issue of personal choice. People shouldn't be forced to drink fluoridated water. UNTRUE.

THE FACTS: Our water already contains fluoride, a naturally occurring mineral. The real question is "how much?"

Adjusting the amount of fluoride to the level recommended by the U.S Department of Health and Human Services is a program similar to Vitamin D in milk. **As voters we now have the choice to say YES - we believe in safeguarding the health of our children and our community.**

Learn more:

healthykidshealthyportland.org/frequently-asked-questions

(This information furnished by Evyn Mitchell, Healthy Kids, Healthy Portland)

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