

## RESOLUTION

Subject: Optimal Level of Water Fluoridation  
Submitted by: Michael Kuduk, MD (KMA Immediate Past President)  
Referred to: Reference Committee

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WHEREAS, the public health benefits of adding fluoride to community drinking water to prevent dental caries are well established; and

WHEREAS, community water fluoridation remains a cost-effective public health measure that benefits populations with limited access to dental care; and

WHEREAS, a 2024 *Cochrane* review noted that many foundational studies on fluoridation were conducted before the widespread availability of fluoridated toothpaste, raising questions about the continued applicability of some older data; and

WHEREAS, a 2024 meta-analysis published in *JAMA Pediatrics* suggested a possible association between water fluoridation and a slight decrease in childhood IQ, although the study acknowledged the need for further investigation due to high heterogeneity and risk of bias in many included studies as well as no findings of significant association between fluoride exposure and IQ at levels below 1.5 mg/L; and

WHEREAS, eliminating fluoride from drinking water is projected to increase expenditures on dental care by an estimated \$23.00 per Kentuckian annually; and

WHEREAS, while the optimal concentration of fluoride to maximize dental health benefits and minimize the risk of fluorosis and other potential adverse effects is not definitively known, current guidelines recommend a level equal to or less than 0.7 mg/L; and

WHEREAS, the U.S. Department of Health and Human Services (HHS) has recently withdrawn its formal recommendation for community water fluoridation, and the Environmental Protection Agency (EPA) is currently reviewing fluoride safety standards; now, therefore, be it

RESOLVED, that KMA advocate for the continued provision of water fluoridation at levels demonstrated to promote optimal dental health based on current evidence and best practices; and be it further

RESOLVED, that KMA support ongoing monitoring and public reporting of community water fluoride levels and associated health outcomes to ensure transparency and public trust.

## References:

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1. Iheozor-Ejiofor, Z., Walsh, T., Lewis, S. R., Riley, P., Boyers, D., Clarkson, J. E., Worthington, H. V., Glenny, A.-M., & O'Malley, L. (2024, October 4). *Water fluoridation for the prevention of dental caries* (Review). Cochrane Database of Systematic Reviews. <https://doi.org/10.1002/14651858.CD010856.pub3>
2. Taylor, K. W., Eftim, S. E., Sibrizzi, C. A., et al. (2025). Fluoride exposure and children's IQ scores: A systematic review and meta-analysis. *JAMA Pediatrics*, 179(3), 282–292. <https://doi.org/10.1001/jamapediatrics.2024.5542>