

## **FIFTY YEARS OF FLUORIDATION**

The cities of Logan (Hocking County) and Upper Sandusky (Wyandot County) celebrated their golden anniversary of community water fluoridation by receiving National Fluoridation "Fifty Year Awards" at the 2014 National Oral Health Conference. According to records kept by the Ohio Department of Health (ODH), Logan and Upper Sandusky began adjusting fluoride levels in their water systems in August 1963.

The Association of State and Territorial Dental Directors, the American Dental Association and the U.S. Centers for Disease Control and Prevention annually recognize hundreds of U.S. water systems that have continuously fluoridated for 50 years. The awards were announced in April and certificates forwarded to the ODH, Bureau of Community Health Services & Patient-Centered Primary Care for distribution to the cities.

The effectiveness of water fluoridation has been documented in the scientific literature for more than 65 years. Even before the first public water system began to adjust the natural fluoride level to the optimum amount—which occurred in Grand Rapids, Michigan in 1945—data from the 1930s and 1940s revealed 50-60% lower tooth decay rates in children who drank water containing 1.0 parts per million (mg/L) fluoride. Studies prove water fluoridation continues to be effective in reducing tooth decay by 20-40%, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste or fluoride varnish.

In 1952, the cities of Westerville (Franklin County) and Avon Lake (Lorain County) were the first Ohio communities to fluoridate. Listed below are the community water systems that have previously received this award.

### **Previous Recipients of Fifty Year Awards**

#### **2013 Award (began fluoridation in 1962)**

Marietta (Washington County)

#### **2012 Award (began fluoridation in 1961)**

City of Wellston (Jackson County)

City of Bowling Green (Wood County)

Indian Hill (Hamilton County)

#### **2011 Award**

No Ohio communities began fluoridating in 1960; therefore, there were no 2011 awards.

#### **2010 Award (began fluoridation in 1959)**

City of Vermillion

Village of Yellow Springs

#### **2009 Award (began fluoridation in 1958)**

City of Orrville

**2008 Awards (began fluoridation in 1957)**

City of Findlay  
City of Jackson  
City of Newark

City of Salem  
Lake County West

**2007 Awards (began fluoridation in 1956)**

City of Berea  
City of Huron

City of Cleveland

**2006 Awards (began fluoridation in 1955)**

City of Lorain  
City of Toledo

City of Oregon

**2005 Awards (began fluoridation in 1954)**

City of Elyria

City of Oberlin

**2004 Awards (began fluoridation in 1953)**

City of Ironton  
City of Martins Ferry  
City of Medina

City of Portsmouth  
Hamilton PWS-N & S  
Village of Glendale

**2003 Awards (began fluoridation in 1952)**

City of Westerville

City of Avon Lake