

From: [Testify Online Survey](#)
To: [DOH WSBOH](#)
Subject: Survey Response: Testify Online
Date: Wednesday, August 05, 2015 9:44:59 PM

The following survey response is submitted:

1. State Board of Health Meeting Date:

August 12

2. Agenda Item or Issue:

CR 101 pertaining to WAC 246-290-460

3. Your Name:

Arthur J Andrews

4. Do you have a professional title?

1. Yes

Registered Nurse

5. Are you representing an organization?

2. No

6. Address:

[REDACTED]

7. Email:

[REDACTED]

8. Phone Number (Include Area Code):

[REDACTED]

9. Do you have any special expertise relevant to this topic?

1. Yes

I am a Registered Nurse in an Emergency Room where not all of the local cities fluoridate their water systems. I see, first hand, the effect that dental pain due to dental caries can have on an individual.

10. Are you testifying on a specific proposal under consideration by the board?

1. Yes

Adoption of the national standard fluoride level as recommended by the Department of Health and Human services.

11. Are you Pro or Con on the proposal?

1. Pro

Arthur J Andrews, RN [REDACTED] Dear Honorable Members of the Washington State Board of Health, As a practicing Registered Nurse in Aberdeen, WA, I've seen the impact of dental pain, and lack of dental treatment for adults, can have first hand. Because of cavities, people miss work, can't find work, have higher medical bills, and are more likely to show up at the hospital in pain. Nurses believe that preventing disease is always preferable to treating an illness, and small actions can lead to better health. That is why I support community water fluoridation to improve dental health. Drinking fluoridated water is a simple step we all can take to help protect our oral and overall health every day. When the topic came up for discussion at the Aberdeen City Council this last year, I used my expertise to conduct research. Water fluoridation continues to be one of the safest and most effective ways to prevent cavities. Doctors, nurses, dentists, hygienists and respected health organizations support fluoridation because for 70 years, it has been proven to reduce cavities by up to 25 percent. Providing optimal water fluoridation levels helps promote good oral and general health. In healthcare, when new research is released, we update our practices. The same can be said for Public Health. The Centers for Disease Control and Prevention recently updated the cost savings analysis on community water fluoridation to show that for every \$1 spent on fluoridation, it saves the community \$43 in unnecessary dental costs. The federal government recently updated recommendations for community water fluoridation levels, recognizing that people are getting fluoride from additional sources as well. We now need less fluoride in our water to maximize the overall benefit of fluoride for our health. Additionally, these new standards will lower the chances of people experiencing cosmetic effects of mild fluorosis, which can cause white spots on tooth enamel. In this modern age of the internet, it is even more important for respected health leaders, like the Washington State Board of Health, to provide guidance to local decision makers. Thank you for doing so. I fully support maximizing the health benefits of community water fluoridation by adopting the national standard fluoride level as recommended by the Department of Health and Human services. I'm reassured that you have included fluoridation as one of the seven strategies to improve oral health for Washington residents. Finally, I encourage you to find ways preserve fluoridation and promote it, particularly in vibrant communities, like my own, that are economically disadvantaged by geography and resource disparities. Sincerely, Arthur J. Andrews, RN