



January 10, 2011

To Mayor Goldring and Members of Council,

We contacted you with a letter (see below) from BurlingtonGreen, Milongreen, Oakvillegreen and POWER in December 2010 asking that Halton stop the use of hydrofluorosilicic acid (HFSA) to fluoridate public drinking water. Key reasons, expanded on the letter include:

1. Fluoride in municipal water has been linked to dental fluorosis in children, increases in hypothyroid disease, especially in women and an increase in hip fractures in the elderly. Some studies have also linked it to skeletal fluorosis and osteosarcoma or bone cancer.
2. As less than 1% of fluoridated municipal water is actually ingested, the rest is dispersed to our environment that Health Canada says: "... may cause long-term harmful effects to biota in aquatic and terrestrial ecosystems. It has been concluded that inorganic fluorides have the potential to cause harm to the environment."
3. The most effective and least environmentally damaging method of using fluoride to prevent cavities is by applying the fluoride directly to teeth with fluoride toothpaste.
4. There is evidence that fluoridated drinking water may not be effective, as the rate of dental caries is not statistically different between Canadians in comparable fluoridated and non-fluoridated areas.

We are asking that you vote against ongoing foundation at the upcoming Regional Council meeting. If you have any questions or would like additional information, please get back to me at my email address.

Ken Woodruff

President
BurlingtonGreen

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December 13 2010

Dear Councillor:

The undersigned groups, representing the largest Environmental groups in Halton, would like to bring to your attention an issue that we will be bringing forward to this term of Regional Council – water fluoridation.

We would like to see the practice stopped in Halton Region for both human health and environmental reasons that we have outlined below.

We want to make our position very clear. We are not “anti-Fluoride”. We agree with the science that shows fluoride can be effective in preventing caries when applied topically as toothpaste or through topical application in a dentist’s office.

However, we also agree with the science that ingesting it is not effective in preventing tooth decay and is harmful to human health and the environment.

According to Health Canada, fluoride is not a nutrient. It is being added to our municipal water supplies as a medication – giving more authority to municipal authorities than we give to doctors, as they are not allowed to medicate patients without their consent.

The ingestion of fluoride in municipal water has been linked to dental fluorosis in children; increase in hypothyroid disease, especially in women; and an increase in hip fractures in the elderly. Some studies have also linked it to skeletal fluorosis and osteosarcoma or bone cancer.

We understand that there are differing opinions about the effect of ingesting fluoride on human health, however, we believe when scientific opinions vary, it is best to err on the side of caution. Evoking the precautionary principle in the case of fluoridating municipal water carries no risk as the widespread use of fluoridated toothpastes and the availability of dental care to our population will serve as effective preventatives to tooth decay.

More than 3,200 doctors, dentists, scientists and environmentalists have recently signed a declaration calling for the end to fluoridating municipal water. If you have not had the opportunity already, please have a look at the video at <http://www.waterloowatch.com/fan%20video.html> where some of these scientists, including a Nobel Laureate in Medicine, provide leading arguments against the fluoridation of municipal water.

Recently, The Canadian Association of Physicians for the Environment has called for an end to municipal water fluoridation as has the respected coalition Great Lakes United.

The addition of fluoride to municipal drinking water is not endorsed by Health Canada. They do, however, set optimal concentrations of fluoride in municipal water. They also give clear guidelines about not using fluoridated toothpaste on children under three years old and advise on using fluoride carefully at all ages to “minimize risk”. (Ref. <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/fluor-eng.php>)

We are not comforted by the fact the Health Canada currently “has established the guideline for fluoride in drinking water as a maximum acceptable concentration of 1.5 milligrams per litre. Water containing fluoride at, or below, this maximum acceptable concentration does not pose a risk to human health,” because Health Canada has previously regarded many chemicals, in many uses as safe before eventually finding they weren’t, including pesticides, flame retardants, bisphenol A and many other chemicals too numerous to mention.

Below we have included some quick facts for you to consider. If you would like more information, we would be happy to provide it. Please feel free to contact us at any time.

We look forward to working with you over this term of Council to eliminate fluoride from Halton’s drinking water and we thank you for your thoughtful consideration of this issue.

Ken Woodruff, president, BurlingtonGreen Environmental Association  
Liz Benneian, president, Oakvillegreen Conservation Association  
Jim Steeves, chair, Milongreen  
Brendan Smith, president, Protect Our Water and Environmental Resources

**Key points to consider:**

- Most countries in the world, including most European countries do not add fluoride to their municipal water.
- Countries like Germany and Finland that ended fluoridation have found no subsequent increase in cavities.
- Studies have shown that overall reduction in cavities is directly linked to fluoride toothpastes, good dental care, a nutritious diet, and in countries where dental care is not provided as a government service, by higher income level. It is not related to whether the water is fluoridated.
- According to Health Canada, only 43% of Canadians have water that is fluoridated by their municipality. (Ref. [http://www.hc-sc.gc.ca/ewh-semt/consult/\\_2009/fluoride-fluorure/draft-ebauche-eng.php#t5](http://www.hc-sc.gc.ca/ewh-semt/consult/_2009/fluoride-fluorure/draft-ebauche-eng.php#t5)) The rate of dental caries is not statistically different between Canadians in comparable fluoridated and non-fluoridated areas, for instance, between cities in the Niagara Region that don't fluoridate and cities in Halton Region that do.
- According to Health Canada, fluoride is readily transferred from mother to fetus across the placenta (IPCS, 2002). (Ref. [http://www.hc-sc.gc.ca/ewh-semt/consult/\\_2009/fluoride-fluorure/draft-ebauche-eng.php#t5](http://www.hc-sc.gc.ca/ewh-semt/consult/_2009/fluoride-fluorure/draft-ebauche-eng.php#t5))
- In November 2006, the US Public Health Service's Centers for Disease Control and Prevention, and the American Dental Association (ADA), released a recommendation that infant formula NOT be made with fluoridated water. The ADA states: "If liquid or powdered concentrate infant formula is the primary source of nutrition, mix with water that is fluoride free, including water that is labeled purified, demineralized, deionized, distilled or reverse osmosis filtered water." This was because of concerns over the effects of fluoride on developing infants, especially in terms of developing dental fluorosis, a condition that disfigures and weakens teeth that is caused by the ingestion of fluoride.
- Dental fluorosis is prevalent in our community, as it is in many parts of North America, and is caused by the ingestion of too much fluoride by babies and young children when the enamel of the tooth is forming. In the Halton Oral Report MO-19-10 the percentage of in Halton's children between 9 and 13 years old suffering from fluorosis was 21.6 in the 2007 to 2009 period. But rates vary considerably by municipality. For instance, Oakville's fluorosis rate for that age group in the 2005 2007 period was 48.4% (no breakdown by municipality was provided for 2007 – 2009). It is significant that 1 in 5 Halton children and about half of Oakville's children have been affected by fluorosis.
- One cannot assume that a medication that causes this visible damage to the tooth is not causing other unseen damage to related material (bone) in the body.

- A medication should never be administered without individual consent, to a broad population whose medical history is unknown or at a dose that cannot be controlled. Halton Region currently has no idea how much water any one individual drinks and how it may interact with other medications or health factors. Please note that our most vulnerable citizens – our infants – are often being fed formula made exclusively with our fluoridated tap water. What dose are they getting?
- Unlike the fluoride added to toothpaste, the fluoride added to our drinking water is not medical grade. In fact, it is a toxic byproduct of the phosphate fertilizer industry and contains impurities including arsenic and lead.
- Studies have linked fluoride to various diseases in humans including hypothyroidism and cancer (osteosarcoma). Health Canada notes, “In view of the small difference between the estimated daily intake of inorganic fluorides and the level at which adverse effects on the skeleton are anticipated, it is recommended that exposure of the population of Canada to inorganic fluorides continue to be closely monitored.” (Ref. Population Exposure, [http://www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/psl1-lsp1/fluorides\\_inorg\\_fluorures/fluorides\\_inorg\\_fluorures\\_4-eng.php](http://www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/psl1-lsp1/fluorides_inorg_fluorures/fluorides_inorg_fluorures_4-eng.php) 4.0 Recommendations)
- Less than 1% of fluoridated municipal water is actually ingested. The rest is dispersed to our environment.
- The fluoride we are exposed to in our municipal water is only one source for fluoride. We ingest additional fluoride from pesticides, dental products, some drugs and some foods.
- Health Canada also says: “On the basis of available information, inorganic fluorides are entering the Canadian environment from anthropogenic (human) sources in quantities resulting in concentrations in some Canadian waters, plants, and air, that may cause long-term harmful effects to biota in aquatic and terrestrial ecosystems. It has been concluded that inorganic fluorides have the potential to cause harm to the environment. (Ref. Health Canada Website [http://www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/psl1-lsp1/fluorides\\_inorg\\_fluorures/fluorides\\_inorg\\_fluorures\\_3-eng.php](http://www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/psl1-lsp1/fluorides_inorg_fluorures/fluorides_inorg_fluorures_3-eng.php) Under 3.0 Assessment of "Toxic" under CEPA 3.1 CEPA 11(a) Environment)
- The Canadian Association of Physicians for the Environment (CAPE) statement reads in part: “The Canadian Association of Physicians for the Environment does not support fluoridation of drinking water . . . on the basis of the “weight of evidence” we believe that fluoridation of drinking water is scientifically untenable, and should not be part of a public health initiative or program.” For the complete statement go to: [http://www.cape.ca/res\\_cardfile.shtml?cmd\[227\]=i-227-e29cb89dc0610f57e31e5f550b936ed4&cmd\[252\]=i-252-e29cb89dc0610f57e31e5f550b936ed4](http://www.cape.ca/res_cardfile.shtml?cmd[227]=i-227-e29cb89dc0610f57e31e5f550b936ed4&cmd[252]=i-252-e29cb89dc0610f57e31e5f550b936ed4)
- Great Lakes United’s Statement says in part: “Whereas the Basel Convention, Environment Canada and the United States Environmental Protection Agency (US EPA) all state that the chemicals used in artificial water fluoridation are hazardous waste which may not be put directly into lakes, river and oceans; whereas artificial fluoridation chemicals contain between 20 to 30% hydrofluorosilicic acid (inorganic

fluoride), trace amounts of arsenic, lead, mercury, radionuclides and other heavy metals, all considered to be toxic substances under the comprehensive Environmental Response, Compensation and Liability Act Priority List of Hazardous Substances in the USA, 1989 First Priority Substances List in Canada and proposed for “virtual elimination” under the Canadian Environmental Protection Act, the 1997 Binational Toxic Strategy and the 1978 Great Lakes water Quality Agreement ... Therefore be it resolved that Great Lakes United works to reverse existing government policies supporting artificial drinking water fluoridation ...” For the full statement go to: <http://www.glu.org/en/node/337>

For all of these reasons, the undersigned groups from all areas of Halton Region look forward to working with you to end the fluoridation of Halton’s water.

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