

# Fluoridation's Ineffectiveness

The largest, most recent, highest-quality scientific studies on water fluoridation's effectiveness have shown **NO significant reduction of cavities.**

The **Cochrane Collaboration**, a non-profit organization of 30,000 expert researchers and health professionals from around the world, is considered the gold standard of evaluating effectiveness of health interventions.

Its latest (2024) systematic review<sup>1</sup> analyzed data from the 21 highest-quality studies. It found that fluoridation increased cavity-free results in primary (baby) teeth by **only 4% and in permanent teeth by only 3%.** Neither result is statistically significant and include the possibility of **no benefit at all.** It also found **no sufficient evidence that fluoridation benefitted low-income families.**

This is consistent with the 2024 LOTUS study<sup>2</sup>, **the largest ever done – analyzing 6.4 million people in the UK's National Health Service.** It found only a miniscule **2% lower cavity rate in permanent teeth of adolescents and adults drinking fluoridated water – with “no meaningful reduction in social inequities . . .”**

It is also consistent with the **Iowa Fluoride Study (IFS)**, funded by the National Institutes of Health, the most comprehensive research project in the U.S. The 2018 IFS study<sup>3</sup> found **no significant correlation between ingested fluoride and cavity reduction, further validating its 2009 study<sup>4</sup> that stated “recommending an ‘optimal’ fluoride intake is problematic.”**

Many on-the-ground experiences in cities such as Boston, New York, Cincinnati and Pittsburgh also showed fluoridation hasn't prevented cavities in low-income children. For instance, San Antonio reported in 2011 that **“After 9 years and \$3 million of adding fluoride, research show(ed) tooth decay hasn't dropped among the poorest of Bexar County's children. It has only increased – up 13 percent this year<sup>5</sup>.”**

Even the American Dental Association's and Center For Disease Control (CDC)'s highly questionable claims of 25% cavity reduction<sup>6</sup> in children equates to **only half a cavity per child<sup>7</sup>.**

*There is already a consensus (including CDC<sup>8</sup>) that fluoride's effectiveness in preventing cavities is mainly topical – NOT swallowed.*

References at: <https://fluoridealert.org/content/fluoridation-ineffectiveness-2024/>

