

## **IDEAS FOR A LETTER TO THE EDITOR IN SUPPORT OF COMMUNITY WATER FLUORIDATION**

***[The text here is designed to get you started on creating your own letter to the editor in support of fluoridation. Editors prefer original content over repeated messages, so please use your own words.]***

The Editor,  
Orillia Packet & Times / Orillia Today

In February, Orillia City Council will seek guidance from the public on a proposal to implement fluoridation in the city's municipal water supply. When this comes to a decision in June it is my/our hope that fluoridation becomes a reality.

***A few points to consider for inclusion in your letter:***

- ❖ Share personal experience that tooth decay is not pleasant, and can be disruptive and lead to or aggravate existing health conditions. Fluoridation is a daily measure to prevent tooth decay that doesn't need to be scheduled into a day.
- ❖ Put another way: A recent study showed there are more ER visits for non-traumatic dental problems than for diabetes and high blood pressure diseases combined (source: Community Dentistry and Oral Epidemiology, August 2009). This is also true for Orillia Soldiers' Memorial Hospital (source: National Ambulatory Care Reporting System 2005-09).
- ❖ Fluoride works by strengthening the enamel of the teeth when ingested at the concentrations recommended by health experts.
- ❖ The U.S. Centers for Disease Control declared community water fluoridation one of the top 10 public health achievements of the 20<sup>th</sup> century.
- ❖ As a taxpayer you may appreciate that the cost of fluoridation would amount to less than a dollar per person per year ... while helping to reduce the tax burden of paying for urgent dental care for low-income households which is significantly higher.
- ❖ An independent public opinion survey conducted in 2009 showed support for CWF in Orillia was over 60%.
- ❖ Without community water fluoridation, Orillia's children have poorer dental health than those in comparable communities where there is fluoride. For young children pain from cavities can affect their eating, their growth and development, their social lives and their educations – setbacks that can last them a lifetime.

Apart from Tottenham and Base Borden, there are no fluoridated municipal water supplies in Simcoe County or in the cities of Barrie and Orillia. However over 50% of the citizens of Muskoka, and over 70% of Ontarians have fewer cavities due to community water fluoridation. Orillia would be showing great leadership to the rest of the region by bringing water fluoridation to its residents.

Sincerely,  
[Community Partner]

**Mail your letter to:**

- The Orillia Packet and Times, 425 West Street North, Orillia ON L3V 7R2 or email it to: [newsroom@orilliapacket.com](mailto:newsroom@orilliapacket.com)
- Orillia Today, 25 Ontario Street, Orillia, ON L3V 6H1 or email it to: [fmatis@simcoe.com](mailto:fmatis@simcoe.com)
- The health unit would appreciate receiving a copy of your letter. Please send it to: Simcoe Muskoka District Health Unit, 15 Sperling Drive, Barrie, Ontario L4M 6K9, or email it to: [cwf@smdhu.org](mailto:cwf@smdhu.org).