

Water fluoridation

Health indicator report

Background

- The purpose of this health indicator report is to provide information about public support among Halton adults for adding fluoride to drinking water when the natural amount is too low to help prevent tooth decay.
- Fluoride is naturally occurring and is found in varying levels in water sources throughout Halton Region and Ontario.¹ Water fluoridation is the process whereby the natural level of fluoride in a water supply is adjusted to a level that will optimize dental benefits.¹
- The recommended level of fluoride in drinking water to prevent tooth decay is between 0.5-0.8 parts per million (ppm).¹ Fluoride is added to the municipal water supply in Burlington, Oakville, Halton Hills and new developments in Milton to bring it up to optimal levels.¹
- This health indicator report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

Key findings

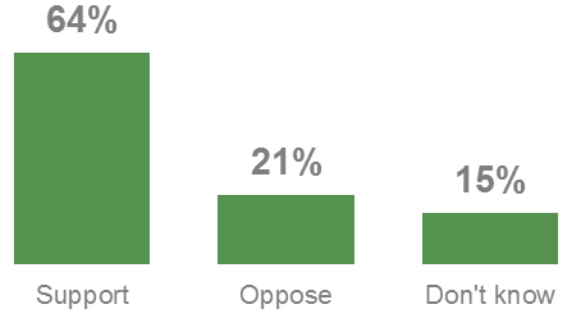
- 64% of Halton adults reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay, 21% opposed and 15% did not know.
- The percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay increased as age increased. This difference was **statistically significant** when comparing adults aged 18-24 to adults aged 65+.



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Overall findings

- In 2017, 64% of Halton adults reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay, 21% opposed and 15% did not know.



Percentage of adults aged 18 and over who reported that they support, oppose or did not know whether they support adding fluoride to drinking water, Halton Region, 2017

Sex

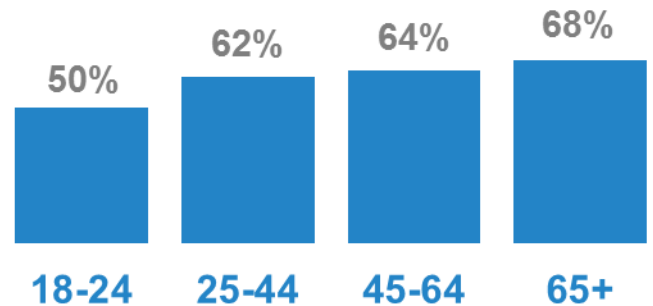
- In 2017, there was no statistically significant difference by sex in the percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay.



Percentage of adults aged 18 and over who reported that they support adding fluoride to drinking water, by sex, Halton Region, 2017

Age

- In 2017, the percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay increased as age increased. These differences were **statistically significant** when comparing adults aged 18-24 to adults aged 65+.



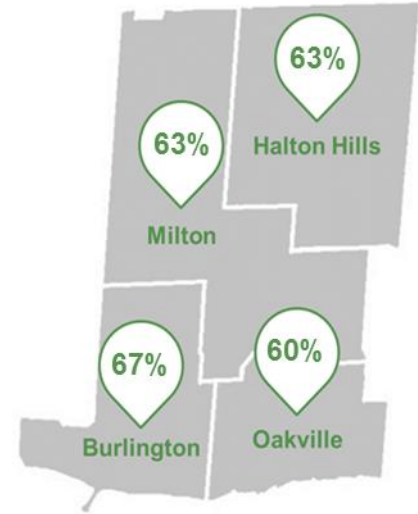
Percentage of adults aged 18 and over who reported that they support adding fluoride to drinking water, by age, Halton Region, 2017



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Municipality

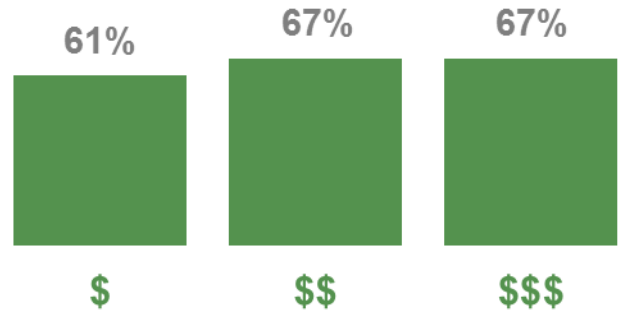
- In 2017, there were no statistically significant differences by municipality in the percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay.



Percentage of adults aged 18 and over who reported that they support adding fluoride to drinking water, by municipality, Halton Region, 2017

Income

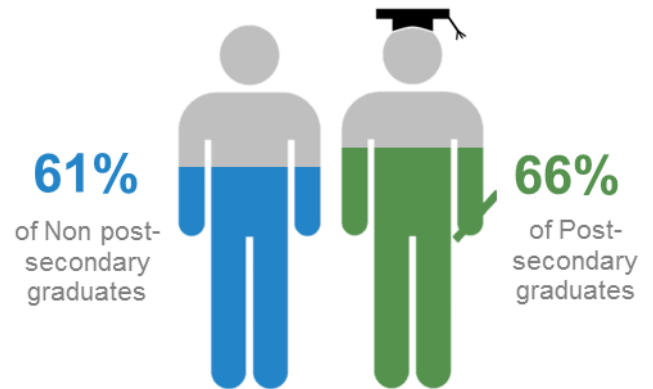
- In 2017, there were no statistically significant differences by income in the percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay.



Percentage of adults aged 18 and over who reported that they support adding fluoride to drinking water, by income, Halton Region, 2017

Education

- In 2017, there was no statistically significant difference by education in the percentage of Halton adults who reported that they would support adding fluoride to drinking water when natural levels are too low to help prevent tooth decay.



Percentage of adults aged 25 and over who reported that they support adding fluoride to drinking water, by education, Halton Region, 2017

About RRFSS

- The Rapid Risk Factor Surveillance System is an on-going telephone survey (land line and cell phone) used to collect information on attitudes, behaviours, knowledge and awareness of issues related to health in Halton. RRFSS is conducted by the Institute of Social Research and York University.
- Each year, a random sample of approximately 1,200 adults aged 18 and over are surveyed in Halton Region.
- In 2016, RRFSS underwent changes in sampling and analysis methodology. **Therefore, it is not recommended to compare data from the 2016 onwards to past years of RRFSS data.**
- For more information on RRFSS methodology and limitations, see the RRFSS Data Notes and Data Interpretation Guide at Halton.ca

Data notes

Data Source: Rapid Risk Factor Surveillance System [2017], Halton Region Health Department and Institute for Social Research, York University.

References

1. Halton Region. Fluoride in Drinking Water- Frequently Asked Questions. Accessed October 2018 from halton.ca

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca

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