

Fluoride Free New Zealand
P O Box 40
Featherston 5710



25th March 2021

Feedback to Long Term Annual Plan 2021

Dear Mayor and councillors,

We understand that the Government is set to move decision making solely to the Director General of Health. However, councillors are elected and paid to represent and protect the community. Considering the growing research being carried out in fluoridated countries showing harm to health, and the increased pressures on council finances, we propose that Council take a serious interest in the health of the community and stop fluoridation.

Here are short summaries of just a few of the studies on neurotoxicity:

2006: The National Research Council published *Fluoride in Drinking Water*,¹ the most authoritative review of fluoride's toxicity. It stated unequivocally that "fluorides have the ability to interfere with the functions of the brain and the body."

2012: A Harvard-funded meta-analysis² found that children ingesting higher levels of fluoride tested an average 7 IQ points lower in 26 out of 27 studies. Most had higher fluoride concentrations than in U.S. water, but many had total exposures to fluoride no more than what millions of Americans receive. The same is true of New Zealand exposures. In fact the US level is now a maximum of 0.7ppm, whereas Hutt City levels are 0.85ppm.

2017: A National Institutes of Health (NIH) – funded study³ in Mexico covering 13 years found that every one half milligram per liter (mg/L) increase in fluoride in pregnant women's urine – approximately the difference caused by ingestion of fluoridated water⁴ – was associated with a reduction of their children's IQ by about 3 points. Leonardo Trasande, a leading physician unaffiliated with the study, said it "raises serious concerns about fluoride supplementation in water."⁵

2018: A Canadian study⁶ found iodine-deficient adults (nearly 18% of the population) with higher fluoride levels had a greater risk of hypothyroidism (known to be linked to lower IQs). Author Ashley Malin said "I have grave concerns about the health effects of fluoride exposure."⁷

2019: Another NIH-funded study⁸ published in *Journal of the American Medical Association Pediatrics* found every 1 mg/L increase in fluoride in Canadian pregnant women's urine was linked to a 4.5 decrease in IQ in their male children. The physician editor of *JAMA Pediatrics* said "I would not have my wife drink fluoridated water"⁹ if she was pregnant.

2019: A Canadian study¹⁰ found a nearly 300% higher risk of ADHD for children living in fluoridated areas. This reinforced earlier study linking fluoride to ADHD in Mexico (2018)¹¹ and the U.S. (2015).¹²

2019: A systematic review of 149 human studies and 339 animal studies by the U.S. National Toxicology Program¹³ concluded that “fluoride is presumed to be a cognitive neurodevelopmental hazard to humans.” The report is still in draft form, but NTP has also said there is little chance they will change their finding.

2020: Another NIH-funded study¹⁴ in Canada found that for babies fed formula mixed with fluoridated water, every additional 0.5 mg/litre fluoride reduced their IQ by 4.4 points. In NZ, where we typically fluoridate at 0.85 ppm and natural levels are very low, this represents a 7 IQ point loss (Half a Standard Deviation, which is significant).. Losses of non-verbal IQ were even more serious, an average of 9 points.

We would like to speak to our submission if possible.

Regards

Mary Byrne

National Coordinator Fluoride Free New Zealand

www.fluoridefree.org.nz

0273615951

REFERENCES FOR FLUORIDATION'S NEUROTOXICITY

1. National Research Council, Fluoride in Drinking Water, 2006, p. 222 <https://www.nap.edu/catalog/11571/fluoride-in-drinking-water-a-scientific-review-of-epas-standards>
2. Choi et al, Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis, *Environmental Health Perspectives*, July 20, 2012 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491930/>
3. Bashash et al, Prenatal Fluoride Exposure and Cognitive Outcomes in Children at 4 and 6-12 Years of Age in Mexico, *Environmental Health Perspectives*, Sept. 19, 2017 <https://ehp.niehs.nih.gov/ehp655/>
4. Till et al, Community Water Fluoridation and Urinary Fluoride Concentrations in a National Sample of Pregnant Women in Canada, *Environmental Health Perspectives*, Oct. 10, 2018 <https://ehp.niehs.nih.gov/doi/10.1289/EHP3546>
5. Dana Dovey, "Children's IQ Could be Lowered by Mothers Drinking Tap Water While Pregnant," *Newsweek*, Sept. 19, 2017 <https://www.newsweek.com/childrens-iq-could-be-lowered-drinking-tap-water-while-pregnant-667660>
6. Malin et al, Fluoride Exposure and Thyroid Function Among Adults Living in Canada: Effect Modification by Iodine Status, *Environment International*, Dec. 2018 <https://www.ncbi.nlm.nih.gov/pubmed/?term=till+malin+fluoride+thyroid>
7. Brian Bienkowski, "We Add It to Drinking Water for Our Teeth – But is Fluoride Hurting Us?" *Environmental Health News*, Oct. 10, 2018 <https://www.ehn.org/we-add-it-to-drinking-water-for-our-teeth-but-is-fluoride-hurting-us-2611193177.html>
8. Green et al, Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada, *Journal of the American Medical Association Pediatrics*, Aug. 19, 2019 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6704756/>
9. Ben Guarino, "Study Raises Questions About Fluoride and Children's IQ," *Washington Post*, Aug. 20, 2019 <https://www.washingtonpost.com/science/2019/08/19/study-raises-questions-about-fluoride-childrens-iq/>
10. Riddell et al, Association of Water Fluoride and Urinary Fluoride Concentrations with Attention Deficit Hyperactivity Disorder in Canadian Youth, *Environment International*, Dec. 2019 <https://www.sciencedirect.com/science/article/pii/S0160412019315971?via%3Dihub>
11. Bashash et al, Prenatal Fluoride Exposure and Attention Deficit Hyperactivity Disorder (ADHD) Symptoms in Children at 6-12 Years of Age in Mexico City, *Environment International*, Dec. 2018 <https://www.sciencedirect.com/science/article/pii/S0160412018311814?via%3Dihub>
12. Malin et al, Exposure to Fluoridated Water and Attention Deficit Hyperactivity Disorder Prevalence Among Children and Adolescents in the United States: An Ecological Association, *Environmental Health*, Feb. 27, 2015 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4389999/>
13. National Toxicology Program, Draft NTP Monograph on the Systematic Review of the Fluoride Exposure and Neurodevelopmental and Cognitive Health Effects, Sept. 6, 2019 http://fluoridealert.org/wp-content/uploads/2019_ntp_draft-fluoride-systematic-review.online-Oct-22.pdf
14. Till et al, Fluoride Exposure From Infant Formula and Child IQ in a Canadian Birth Cohort, *Environment International*, Jan. 2020 (first issued online in 2019) <https://www.sciencedirect.com/science/article/pii/S0160412019326145?via%3Dihub>