

Statement in Support of HB182

Presented to the Natural Resources Committee

Chair Jones, Vice-Chair Blasdel and ranking member Rogers, Jr and member of the House Natural resources committee, thank you for allowing me to provide testimony on HB182.

I stand before you today to express my strong support for HB182, a bill I have introduced that would prohibit public water systems from adding fluoride to our drinking water.

There is no question that natural fluoride is already present in many of the foods and beverages we consume daily. According to the U.S. Department of Agriculture (USDA) and peer-reviewed studies, items such as brewed black tea, coffee, potatoes, raisins, and oatmeal contain varying amounts of naturally occurring fluoride.

However, the addition of synthetic fluoride to public water systems raises legitimate health and ethical concerns. Research has linked chronic fluoride exposure to several health issues:

- **Skeletal fluorosis**, a condition that results in pain and damage to bones and joints, is caused by long-term ingestion of high levels of fluoride.
- **Thyroid problems**, particularly hypothyroidism, have been associated with excessive fluoride intake in multiple studies, including those cited by the National Research Council (NRC).
- **Dental fluorosis**—visible discoloration and damage to developing teeth—has increased in prevalence in children, even in fluoridated areas.

- **Potential toxicity:** In high doses, fluoride can be acutely toxic, leading to nausea, vomiting, and abdominal pain. The U.S. Environmental Protection Agency (EPA) and the Centers for Disease Control and Prevention (CDC) have documented these effects in accidental overexposure cases.

Beyond the health concerns lies the fundamental issue of individual freedom and informed consent. Public water fluoridation removes personal choice in a deeply personal matter: one's health. My constituents have made it clear that they want the option to decide whether or not to consume fluoride, and I believe it is my duty to act on their behalf.

At the federal level, this issue is gaining attention. Robert F. Kennedy Jr., who currently leads the Department of Health and Human Services, has publicly called for an end to fluoridation in public water systems. Likewise, states such as Hawaii, Utah, Kentucky, and Georgia have either proposed or adopted policies reflecting a more cautious approach to water fluoridation.

It is time we re-evaluate this practice, prioritize public health, and honor the principle of individual choice. I respectfully urge you to support HB182.

Thank you for your time and consideration and I'll be happy to answer any questions that the committee may have.

2 Harvard T.H. Chan School of Public Health. (2023). Fluoride. The Nutrition Source.

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2 National Research Council. (2006). Fluoride in Drinking Water: A Scientific Review of EPA's Standards. National Academies Press.

2 Centers for Disease Control and Prevention. (2019). Dental Fluorosis Data Brief.

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2 U.S. Environmental Protection Agency. (2003). Toxicological Profile for Fluorides, Hydrogen Fluoride, and Fluorine. Agency for Toxic Substances and Disease Registry.

2 U.S. Department of Health and Human Services. (2022). Robert F. Kennedy Jr. Appointed as Head of Health and Human Services. Retrieved from

<https://www.hhs.gov/about/news/2022/01/01/robert-f-kennedy-jr-appointed-head-hhs.html>

2 National Conference of State Legislatures. (2022). State Fluoridation Policies. Retrieved from <https://www.ncsl.org/research/environment-and-natural-resources/state-fluoridation-policies.aspx>