



Milk Fluoridation

Brief Summary

Description:

The addition of fluoride to milk and milk-based products is called milk fluoridation. Currently milk fluoridation programs exist in several countries including Bulgaria, Chile, China, Peru, the Russian Federation, Thailand, and the UK.

Effectiveness:

Decreasing the mean DMFS by 85% in the Budapest study and 43% in the Glasgow study. However more data is needed to provide the highest level of evidence for practice.

Safety:

In a review on safety milk fluoridation was reported to be safe and fluorosis, if any, was mild. No other adverse effects have been reported. The regulation of fluoride in milk and monitoring the levels of fluoride in milk are challenging.

Cost Effectiveness:

The cost effectiveness of fluoridated milk has been reported to be \$5 savings per diseased tooth after four years.