



## **Salt Fluoridation**

### Brief Summary

#### **Description:**

The addition of fluoride to table salt or household salt by salt manufacturers is called salt fluoridation. This process is carried out by the salt manufacturing companies.

#### **Effectiveness:**

In Jamaica a decline of 69% in caries rates in 15-year olds and 87% reduction in dental caries for 6-year olds have been reported. The Pan American Health Organization (PAHO) introduced salt fluoridation to several South American countries and concluded that caries declines by 50% or more in most of those countries.

#### **Cost:**

Cost-benefit analysis of a salt fluoridation program by PAHO concluded that for every one US dollar spent in the program, the benefit through prevention of caries is \$40. In Jamaica, fluoride in salt is reported to reduce dental caries by as high as 84% at a cost of 6 cents per person per year.

#### **Recommendations:**

The combination of both salt and water fluoridation is not recommended. About 200-250 mg fluoride per kg of salt is reported to be equivalent to 0.5-1.2 ppm of fluoride in water.