

April 20, 2025

**Testimony of Cara R. Dionne, RDH, MEd**

Pediatric Dental Practice Manager

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In Opposition to LD 1570: *An Act to Prohibit Fluoridation of the Public Water Supply*  
Before the Joint Standing Committee on Health and Human Services

My name is Cara Dionne. I am a Registered Dental Hygienist with a Master of Science in Education. I currently serve as a Pediatric Dental Practice Manager as well as a Pediatric Dental Hygienist and have previously worked as a Public Health Hygienist. I am writing to express my strong opposition to LD 1570, *An Act to Prohibit Fluoridation of the Public Water Supply*, and respectfully urge the Committee to vote **"Ought Not to Pass."**

In my nearly two decades of professional experience in pediatric and public health dentistry, I have witnessed both the lack of access to dental care and the need for science-based, proven preventable methods such as fluoridated water. I have seen the significant and measurable benefits that community water fluoridation provides—particularly in reducing the risk of early childhood caries and supporting families, especially those of low socioeconomic status, who may not have consistent access to preventive dental care.

Water fluoridation is supported by decades of robust, peer-reviewed research and is recognized as one of the most effective public health measures in reducing dental disease. Leading medical and scientific organizations including the **Centers for Disease Control and Prevention (CDC)**, the **American Dental Association (ADA)**, the **American Academy of Pediatrics (AAP)**, the **American Academy of Pediatric Dentistry (AAPD)**, and the **World Health Organization (WHO)** all strongly support community water fluoridation as safe, effective, and essential to oral and overall health.

LD 1570 seeks to reverse this proven public health strategy and spread misinformation which would put Maine children and families at risk. Dental caries remains one of the most common—and preventable—chronic diseases in children. Eliminating fluoride from the public water supply will lead to increased rates of tooth decay, greater health disparities, increased pain and infection for our children, and higher treatment costs for families and the health care system alike.

Additionally, this bill removes the ability of local communities to make informed, science-based decisions about their own public health policies. Rather than empowering

municipalities, it imposes a one-size-fits-all prohibition that disregards both local choice and the overwhelming body of evidence in support of fluoridation.

As someone who has worked closely with children and families throughout Maine, I urge you to protect the health of our communities—especially our most vulnerable—by voting **"Ought Not to Pass"** on LD 1570.

Thank you for your time and thoughtful consideration.

Respectfully submitted,

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