



*California Dental Hygienists' Association*  
*The Voice of Dental Hygiene*

January 21, 2026

To: S. Kaufmann / San Diego Water

From: Dr. Vickie Kimbrough, MBA, RDH, President of California Dental Hygienists Association

Re: Water Fluoridation

On behalf of dental hygiene professionals committed to advancing oral and overall health, I am writing to express strong support for community water fluoridation in the San Diego communities. As representatives of the California Dental Hygienists' Association, we advocate for evidence-based preventive measures that improve health outcomes and reduce inequities across communities.

Community water fluoridation is one of the most effective and widely studied public health interventions for preventing tooth decay. Dental hygienists see firsthand the impact of untreated dental disease—particularly among children, seniors, and individuals from low-income or underserved populations. Fluoridated drinking water provides continuous, passive protection against cavities and helps reach those who may face barriers to regular dental care.

Extensive scientific research has consistently demonstrated that water fluoridation is safe and effective when maintained at recommended levels. It reduces cavities in children and adults, lowers the need for costly restorative treatment, and supports long-term oral health. From a preventive care standpoint, fluoridation is a cost-effective strategy that benefits the entire population while reducing strain on the healthcare system.

As preventive oral health professionals, dental hygienists strongly support policies that emphasize disease prevention rather than treatment alone. Community water fluoridation aligns with public health best practices, promotes health equity, and reflects a commitment to protecting vulnerable populations who are disproportionately affected by dental disease.

San Diego water districts can demonstrate leadership by supporting and funding a proven public health measure that improves quality of life, reduces healthcare costs, and strengthens community well-being. We respectfully urge you to continue supporting community water fluoridation as an essential component of the community's public health infrastructure.

Thank you for your time, and commitment to the health of San Diego residents

Best regards,

A handwritten signature in black ink, appearing to read "Vickie Kimbrough". The signature is fluid and cursive, written in a professional style.

Dr. Vickie Kimbrough, MBA, RDH  
President, CDHA (2024-2026)