

## Community Water Fluoridation Facts

- Fluoridation of community water supplies is the single most effective public health measure to prevent dental decay.
- Throughout more than 68 years of research and practical experience, the best available scientific evidence has consistently indicated that fluoridation of community water supplies is safe.
- The Centers for Disease Control and Prevention has proclaimed community water fluoridation (along with vaccinations and infectious disease control) as one of ten great public health achievements of the 20<sup>th</sup> century.
- More than 125 national and international health, service and professional organizations that recognize the public health benefits of community water fluoridation for preventing dental decay.
- Studies prove water fluoridation continues to be effective in reducing dental decay by at least 25% in children and adults, even in the of era widespread availability of fluoride from other sources, such as fluoride toothpaste.
- Community water fluoridation benefits everyone, especially those without access to regular dental care. It is the most efficient way to prevent one of the most common childhood diseases – dental decay (5 times as common as asthma and 7 times as common as hay fever in 5-to-17-year-olds). Without fluoridation, there would be many more than the estimated 51 million school hours lost per year in this country because of dental-related illness.
- Community water fluoridation is the adjustment of fluoride that occurs naturally in water to recommended levels to protect oral health.
- Water that has been fortified with fluoride is similar to fortifying salt with iodine, milk with vitamin D and orange juice with vitamin C.
- Simply by drinking water, people can benefit from fluoridation's cavity protection whether they are at home, work or school.
- The average cost for a community to fluoridate its water is estimated to range from approximately \$3.00 a year per person in small communities to approximately \$0.50 a year per person in large communities.
- For most cities, every \$1 invested in water fluoridation yields \$38 savings in dental treatment costs. An individual can have a lifetime of fluoridated water for less than the cost of a silver filling.
- The latest data show that in 2010, 73.9% of the U.S. population on public water systems, or a total of 204.3 million people, had access to optimally fluoridated water.
- In the past twelve years (2000 through 2011), more than 362 U.S. communities in 41 states have voted to adopt or retain successful fluoridation programs.
- Fluoridation has been thoroughly tested in the United States' court system, and found to be a proper means of furthering public health and welfare. No court of last resort has ever determined fluoridation to be unlawful.
- Be aware of misinformation on the Internet and other junk science related to water fluoridation.
- One of the most widely respected sources for information regarding fluoridation and fluorides is the American Dental Association. The ADA maintains Fluoride and Fluoridation Web pages at <http://www.ada.org/fluoride>.