



## Community Water Fluoridation Facts

- 💧 Fluoride occurs naturally in all water supplies, but usually not enough to help prevent tooth decay or cavities.
- 💧 The U.S. Department of Health and Human Services recommend an optimal fluoride concentration of 0.7 mg/L in water in order to prevent tooth decay.
- 💧 Community water fluoridation (CWF) is the addition of fluoride to the public water supply to achieve the recommended concentration.
- 💧 CWF is the single most effective and safe public health measure to prevent dental decay. Studies prove CWF continues to be effective in reducing dental decay by 20-40%. <sup>1,2,3</sup>
- 💧 CWF is recommended by nearly all public health, medical, and dental organizations including the American Dental Association, American Academy of Pediatrics, US Public Health Service, and World Health Organization.
- 💧 The U.S. Centers for Disease Control and Prevention (CDC) named CWF one of 10 great public health achievements of the 20th century.
- 💧 The average cost for a community to fluoridate its water is estimated to range from approximately \$0.50 a year per person in large communities to approximately \$3.00 a year per person in small communities. For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs. <sup>4</sup>
- 💧 Texas Department of State Health Services' Texas Fluoridation Program (TFP) assists public water systems with the engineering design, installation, and maintenance of fluoride systems; and provides technical training on water fluoridation.
- 💧 For more information about community water fluoridation, please visit:

American Dental Association: <http://www.ada.org/fluoride>

Campaign for Dental Health: <http://ilikemyteeth.org/>

Fluoride for Texas: <http://www.fluoridefortexas.txohc.org/>

Texas Fluoridation Program: <http://www.dshs.state.tx.us/epitox/fluoride.shtm>

CDC My Water's Fluoride (to know your water's fluoride level):

[https://nccd.cdc.gov/DOH\\_MWF/Default/Default.aspx](https://nccd.cdc.gov/DOH_MWF/Default/Default.aspx)

1. Newbrun E. Effectiveness of water fluoridation. *J Public Health Dent* 1989;49(5):279-89.
2. Recent trends in dental caries in U.S. children and the effect of water fluoridation. Brunelle JA, Carlos JP., *J Dent Res* 1990;69(Spec Iss):723-7.
3. Effectiveness of fluoride in preventing caries in adults. Griffin SO1, Regnier E, Griffin PM, Huntley V., *J Dent Res*. 2007 May;86(5):410-5.
4. ADA Fluoridation facts, 2005