Water Fluoridation

Did you know that fluoride exists naturally in virtually all water supplies? Fluoride is a natural mineral that can stop cavities from forming. It reduces decay by strengthening tooth enamel.

Many communities add fluoride to water. Water is "fluoridated" when a public water system adjusts the fluoride to a level known to prevent tooth decay. Drinking water should have about 0.7 milligrams of fluoride per liter.

Pediatrician Ben Hoffman: Community water fluoridation works.

Adding fluoride to water is safe and benefits everyone. In fact, as more and more communities have added fluoride to water supplies, our nation has seen a major decline in cavities and other dental problems. Fluoridation has been identified as the most practical and cost-effective method of delivering fluoride to all members of a community, regardless of age, education, or income.

Community water fluoridation is recommended (https://www.cdc.gov/oralhealth/fast-facts/community-water-fluoridation/index.html) by nearly all public health, medical, and dental organizations, including the American Dental Association, the American Academy of Pediatrics, the Centers for Disease Control and Prevention, and others as a safe, effective way to reduce decay.

More information

- FAQ: Fluoride and Children (/English/healthy-living/oral-health/Pages/FAQ-Fluoride-and-Children.aspx)
- Brushing Up on Oral Health: Never Too Early to Start (/English/healthy-living/oral-health/Pages/Brushing-Up-on-Oral-Health-Never-Too-Early-to-Start.aspx)
- Community Water Fluoridation (https://www.cdc.gov/fluoridation/index.html) (Centers for Disease Control and Prevention)
- ILikeMyTeeth.org (http://www.ilikemyteeth.org/) (Campaign for Dental Health)
- Fluoride & Fluoridation (https://www.ada.org/en/public-programs/advocating-for-the-public/fluoride-and-fluoridation) (American Dental Association)
   nerican Academy of Pediatric Dentistry's Parent Resource Center (https://www.aapd.org/resources/parent/)

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