

Learn more at: [ADA.org/fluoride](https://ada.org/fluoride)

# All About Fluoridation



## Why fluoridate tap water?

- ✔ Continues to reduce cavities by about 25% in adults and children.
- ✔ Decreases missed school and work-days to dental-related pain.
- ✔ Cost-saving public health practice.
- ✔ Reduces cavities in addition to other fluoride products such as toothpaste, rinses, and varnish.

*Water fluoridation is regarded as one of [10 great public health achievements of the 20th century by the CDC.](#)*

## Where can I learn more?



ADA's [Fluoridation Facts](#) with pages of Q&A format responses to common questions.



[MouthHealthy.org](#) has resources written by dentists for parents.



[Recent JADA articles](#) related to fluoride.



[Fluoridation FAQs](#)



[American Fluoridation Society](#) resources, information, and articles

## Why should dentists advocate for community water fluoridation?

- 1 To improve the oral health of the community
- 2 To promote the best science and evidence related to reducing cavities.
- 3 To educate patients and staff on the value of this disease prevention measure
- 4 To positively impact the oral health of the public in an equitable manner

## When can I use this information?



LEARN



SHARE



ADVOCATE

*Our ADA Databases include the latest science, networks, and articles to help you learn about community water fluoridation to better share and defend this practice.*

## How can I check if my water is fluoridated?

This locally governed health equitable practice is used within supervised community water systems. Learn about your community at [My Water's Fluoride](#).

OPTIMAL:

0.7  
ppm

Action for  
DENTAL HEALTH →

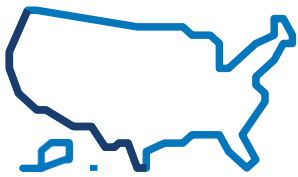
ADA American Dental Association®

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# How to Take Action on Water Fluoridation



## Contact Your State and Component Dental Association

The American Dental Association collaborates with **state and local leaders** to keep you informed and prepared for fluoridation changes.



## Talk About Cavities

Share with your patients and community the importance of prevention. This includes **water fluoridation**, dental sealants, prenatal oral health care, and routine Age-1 dental visits. Look at your local Community Needs Assessment.



## Ask Experts About the Evidence

The Council on Advocacy for Access and Prevention has a National Fluoridation Advisory Committee prepared to connect with you. **Contact the ADA** to have your questions answered.



## Speak With Your Community

Your local educators, school nurses, pediatricians, public health dept, and community leaders also care about oral health.



## Share with Decision-Makers

Your elected officials or utility board often decide if your water is fluoridated. Take time to share with them the best science.



## Prepare for a City Council Vote

The best way to take action is to initiate or defend community water fluoridation to reduce cavities.