

## 5 Reasons Why Fluoride in Water is Good for Communities

1. **Prevents tooth decay.** Fluoride in water is the most efficient way to prevent one of the most common childhood diseases – tooth decay. An estimated 51 million school hours and 164 million work hours are lost each year due to dental-related illness. Community water fluoridation is so effective at preventing tooth decay that the Centers for Disease Control and Prevention named it one of 10 great public health achievements of the 20th century.
2. **Protects all ages against cavities.** Studies show that fluoride in community water systems prevents at least 25 percent of tooth decay in children and adults, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.
3. **Safe and effective.** For 70 years, the best available scientific evidence consistently indicates that community water fluoridation is safe and effective. It has been endorsed by numerous U.S. Surgeons General, and more than 100 health organizations recognize the health benefits of water fluoridation for preventing dental decay, including the Centers for Disease Control and Prevention, the American Medical Association, the World Health Organization, the American Dental Association, and the American Academy of Pediatrics.
4. **Saves money.** The average lifetime cost per person to fluoridate a water supply is less than the cost of one dental filling. For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs.
5. **It's natural.** Fluoride is naturally present in groundwater and the oceans. Water fluoridation is the adjustment of fluoride to a recommended level for preventing tooth decay. It's similar to fortifying other foods and beverages, like fortifying salt with iodine, milk with vitamin D, orange juice with calcium and bread with folic acid

Get more facts about fluoride in water.