

## Community Water Fluoridation

### Key Facts

- **Key Fact 1:** Community Water Fluoridation reduces tooth decay by 25% across the lifespan, benefiting all who drink the water.
- **Key Fact 2:** Community Water Fluoridation is cost-effective, saving money for both families and the healthcare system.
- **Key Fact 3:** Community Water Fluoridation is cited as one of the 10 great public health achievements of the 20th century by the Centers for Disease Control and Preven-

### The Problem

Dental caries, which presents as tooth decay, is a chronic, progressive, multifactorial, infectious disease. Teeth are at risk for decay throughout life, beginning when the first baby tooth erupts. The disease is almost entirely preventable. A balanced diet, oral hygiene, dental sealants, and dental visits all contribute to dental health. Fluorides in toothpaste, rinses and varnish help to prevent dental decay. Community water fluoridation complements other prevention efforts. Community water fluoridation is equitable because to receive the benefits, all one has to do is drink the water.

### What We Know

The Oklahoma Oral Health Coalition supports community water fluoridation as an ideal public health measure to reduce tooth decay. It is endorsed by the American Medical Association, the American Academy of Pediatrics, and the World Health Organization. For over 70 years, people have benefited from drinking water with fluoride. Fluoridation prevents disease by continuously bathing the teeth with fluoride, thus making teeth stronger and more resistant to acid attacks which cause decay. Oral health is related to overall health and is a key component to the quality of life.

### **Get it from the tap!**

***Bottled water may not have sufficient amounts of fluoride to prevent dental decay. Choose tap water for a strong, healthy smile.***

### Call to Action

It is recommended that all applicable public water systems in Oklahoma be fluoridated to the level optimal for oral health. Local advocates can make a difference by promoting water fluoridation in their communities. To find out if your water is fluoridated, contact your water treatment plant, your health department, or visit the Website: [My Water's Fluoride](#). Oral health impacts social health, mental health, school performance and ability to get a job. By supporting water fluoridation, you are supporting a healthier community.