



Oklahoma Oral Health Coalition

The Oklahoma Oral Health Coalition supports fluoridation of community water. Every applicable public water system in Oklahoma should be fluoridated at the optimal level recommended by the U.S. Public Health Service.

Opening doors to

COMMUNITY WATER FLUORIDATION

www.oohc.org

Community water fluoridation is equitable — anyone who drinks fluoridated water receives its benefits. Fluoridation is strongly supported by the American Dental Association as “safe, effective and necessary in preventing tooth decay.” It is endorsed by the American Medical Association, the American Academy of Pediatrics, and the World Health Organization.



Get it from the tap! Bottled water may not have enough fluoride to prevent dental decay.

ORAL HEALTH IS ESSENTIAL TO OVERALL HEALTH



Good oral health is essential for good overall health. Oral health impacts social health, mental health, school performance, and ability to get a job. For over 70 years, people have benefited from drinking fluoridated water. Fluoride is a mineral that prevents disease by “bathing” teeth to make them stronger and more resistant to acid attacks which result in dental decay. Fluoride in toothpaste, mouthwash, silver solutions and varnish have proven highly effective in preventing or reducing dental caries (decay). Community water fluoridation is central to prevention efforts.

TOOTH DECAY CAN BE PREVENTED



Tooth decay is a chronic disease caused by bacteria. Teeth are at risk for decay throughout life, beginning when the first baby tooth appears. Dental caries is almost entirely preventable through individual and community-wide efforts. A balanced diet, good oral hygiene, dental sealants, and dental visits all contribute to good oral health. Here are some facts about community water fluoridation:

- It reduces tooth decay by 25% across the lifespan, benefiting all who drink the water.
- It is cost-effective, and saves money for both families and the healthcare system.
- It has been recognized as one of the ten greatest public health achievements for the 20th century by the Centers for Disease Control and Prevention.

COMMUNITIES NEED THE KEYS



Communities need the right “keys” such as data, information, and advocacy in order to access community water fluoridation. By supporting water fluoridation, you are supporting a healthier, more vibrant, community. Local advocates can make a difference by promoting water fluoridation to impact awareness and policy. Some steps you can take:

- Contact your water treatment plant and ask questions about fluoride in the water
- Talk to your local health department to get more information
- Visit [My Water's Fluoride](http://MyWater'sFluoride) and ilikemyteeth.org
- Talk to officials and decision makers in your community

*Impacting the health of Oklahomans through **collaboration**, **coordination**, and **education**.*