

How does fluoride help teeth?

Systemically:

- Fluoride ingested through water or food that is incorporated with tooth formation
- Swallowed fluoride also becomes part of saliva which gives teeth constant fluoride contact

Topically:

- Fluoride applied directly to the teeth through toothpaste and rinses
- Strengthens teeth by reducing or stopping decay through demineralization on the tooth



Who supports water fluoridation?

All major national and international health, service, and professional organizations endorse or support water fluoridation. Some of these include:

- American Dental Association
- American Medical Association
- American Academy of Pediatrics
- US Public Health Service
- Centers for Disease Control and Prevention
- World Health Organization
- National Academy of Sciences
- American Water Works Association

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services under grant number T12HP30318, Grants to States to Support Oral Health Workforce Activities, \$429,936. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Community Water Fluoridation

The natural way to fight tooth decay



For more information, contact:
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1-866-528-4020
www.idph.iowa.gov/ohds/oral-health-center/fluoride



May 2018

Protecting and improving the health of Iowans



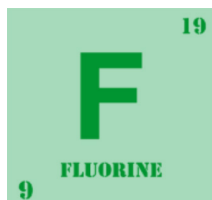
What is tooth decay?

- Tooth decay occurs when the outer layer of the tooth, or enamel, is destroyed from bacteria.
- It is a contagious disease.
- It is the most common chronic disease in children.
- BUT....it is PREVENTABLE with the use of fluoride.



What is fluoride?

- Fluoride is naturally occurring and 13th most abundant element in the Earth's crust.
- Fluoride is found in soil, plants and all water sources.
- Fluoride levels in water:
 - Rain 0.1 - 0.2 mg/L
 - Surface 0.1 - 0.3 mg/L
 - Ground 0.1 - 5 mg/L
 - Oceans 1.2 - 1.4 mg/L
- Fluoride protects against tooth decay and prevents it by strengthening the outer layer of the tooth, also known as the enamel.



Approximately **64%** of Iowans on a community water system receive optimal fluoridated drinking water to prevent tooth decay.

Community Water Fluoridation

What is it?

The precise adjustment, up or down, of fluoride levels in community water systems to prevent tooth decay.

Why is it important?

Community water fluoridation provides a safe, effective and inexpensive way to fight tooth decay.

Who benefits from it?

EVERYONE! If you drink fluoridated tap water you are receiving the protective effects of fluoride. Studies have shown that tooth decay is reduced by at least 25 percent for children and adults. An estimated 405 million people in 60 countries worldwide enjoy the protective benefits of fluoridated water.

How much fluoride do I need?

A person only needs a minimal amount of fluoride in their drinking water (0.7 mg/L). That's like 1¢ in \$14,000!

Where in Iowa is it occurring?

Find out if your water is fluoridated by visiting the Centers for Disease Control and Prevention website, My Water's Fluoride, at https://nccd.cdc.gov/DOH_MWF.

Iowa Facts

- **FACT:** In 2016, 16 percent of Iowa's third graders had untreated decay.
- **FACT:** In Iowa, almost 2.6 million people on a community water system are receiving fluoridated water.
- **FACT:** The first cities in Iowa started fluoridating in 1951.

How Much Does Fluoridation Cost?

The average cost for a community to fluoridate its water ranges from 50¢ a year per person in large communities to \$4 a year per person in small communities. Over a lifetime, this is typically less than the cost of one dental filling.

For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs.

Does Bottled Water Contain Fluoride?

No. The US Food and Drug Administration (FDA) does not require companies to list the fluoride concentration unless the bottler adds additional fluoride.