Learn more at: **ADA.org/fluoride**

All About Fluoride



Why fluoridate tap water?

- Continues to reduce cavities by at least 25% in adults and children
- Decreases missed school days due to dental related pain
- Cost-effective public health practice
- Reduces cavities in addition to other fluoride products such as toothpaste, rinses, and varnish

Water fluoridation is regarded as one of the 10 great public health achievements of the 20th century by the CDC

Where can I learn more?

ADA's **Fluoridation Facts** with 114 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 FAQ

Fluoridation videos from our 75th Anniversary of Community Water Fluoridation Webinar Series.

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 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

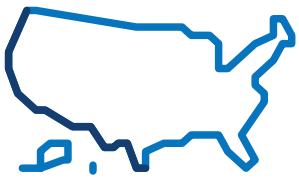
ADA American Dental Association®

Questions? Tooka Zokaie | zokaiet@ada.org
Manager, Fluoridation and Preventive Health Activities

Learn more at: **ADA.org/fluoride**

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 Caries

Share with your community the importance of prevention. This includes dental sealants, routine dental visits (beginning by age 1), and water fluoridation. Review your local Community Needs Assessment to learn about your community's health issues.



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, pediatricians, water district, city councilors, and community leaders also care about public health.



Share with Decision Makers

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



Prepare for a City Council Vote or Ballot Initative

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

Action for DENTALHEALTH

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