



# Fluoridation Information

Water fluoridation is the adjustment of the natural fluoride concentration of a community's water supply to a level that is best for the prevention of dental decay. Fluoride is added only to water that has naturally occurring lower than optimal levels of this mineral.

After 50 years of research and practical experience, the overwhelming weight of scientific evidence indicates that fluoridation of community water supplies is both safe and effective.

Water fluoridation can reduce the amount of cavities children get in their baby teeth by as much as 60%, and can reduce tooth decay in permanent adult teeth by nearly 35%.

Fluoridation plays a protective role against dental decay throughout life, benefiting both children and adults. In fact, inadequate exposure to fluoride places children and adults in the high risk category for dental decay.

Water fluoridation is a safe and effective community health measure that benefits both children and adults. It benefits all residents served by community water supplies regardless of their social or economic status.

Water fluoridation continues to be the most cost-effective, practical and safe means for reducing and controlling the occurrence of tooth decay.

The United States Centers for Disease Control and Prevention has recognized the fluoridation of drinking water as one of the ten greatest public health achievements of the twentieth century.

The Florida Department of Health firmly supports and continues to recommend water fluoridation as the most economical and effective means to control the major public health problem of dental caries.

Media inquiries may be directed to:  
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RESOURCES: Healthy People 2010, American Academy of Pediatric Dentistry, Florida Department of Health, Department of Health and Human Services – Office of the Surgeon General, American Dental Association