



Fluoride is a mineral that occurs naturally in rocks, soil and water.

While fluoride can be found naturally in most water supplies, community water fluoridation is about making sure there is the right amount of fluoride to prevent tooth decay. The amount of natural fluoride in the water is adjusted to 0.7 parts per million, the level that protects people from cavities.

Fluoride is safe.

Over 125 leading health and medical organizations have recognized fluoridation as being safe and effective for preventing tooth decay. These organizations include the American Dental Association, American Academy of Pediatrics, Centers for Disease Control and Prevention, and the World Health Organization.

Adding fluoride to water prevents tooth decay in children and adults.

Fluoride hardens teeth and when added to a public water supply, it can better prevent tooth decay than using toothpaste with fluoride alone.

Fluoride levels are carefully checked by licensed water operators.

They test the amount of fluoride in the water every day and make changes as needed. The results are sent to the Vermont Department of Environmental Conservation each month.

Fluoride saves money.

Every dollar a community spends on community water fluoridation saves about \$20 in dental care expenses per person per year, but only 56% of Vermonters served by community public water systems have access to optimally fluoridated water.

More Information

The Vermont Department of Health:
www.healthvermont.gov/wellness/oral-health

The American Academy of Pediatrics' Campaign for Dental Health: www.ilikemyteeth.org

The Centers for Disease Control and Prevention:
www.cdc.gov/fluoridation

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