

Fluoride Fact Sheet



The Arkansas Department of Health enthusiastically supports Community Water Fluoridation to promote good health.

- Fluoridation is a community health measure that benefits people of all ages. Community water fluoridation is the most cost effective way to deliver fluoride to people of all ages, education levels, and income levels who live in a community.
- Fluoridation is safe. Years of research and practical experience since 1945 have demonstrated that there are no harmful effects as a result of fluoridation.
- Fluoridation is effective. Studies show that water fluoridation keeps teeth strong and reduces cavities (tooth decay) by at least 25% in children and adults throughout their lives.
- Fluoridation saves money. According to the Centers for Disease Control and Prevention (CDC), every \$1.00 spent on fluoridation prevents \$38 in dental treatment.
- Fluoridation protects more than 300 million people in more than 40 countries worldwide, with 170 million people in the United States alone, including more than 1.7 million people in Arkansas.
- Fluoride exists naturally in rocks, soil, ocean water and in every fresh water supply.
- If a community's water supply is fluoride-deficient (less than 0.6 parts per million), fluoridation simply adjusts the fluoride's natural level, bringing it to the level recommended for decay prevention (0.7 parts per million).
- Leading scientists and health professionals, professional organizations, and governments around the world endorse community water fluoridation.
- Depending on the size of the community, its labor costs and the kind of equipment that is used, water fluoridation costs about 50¢-\$1 per person per year.