

# 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. Fluoridation is in the best interest of the entire community – adults, children and senior citizens.
- Fluoridation is safe. Over 60 years of research and practical experience have demonstrated that there are no harmful effects as a result of fluoridation.
- Fluoridation is effective. Studies show that water fluoridation results in up to 60% less decay in baby teeth and up to 35% less decay in adult teeth.
- 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, according to the Institute of Medicine, is an essential nutrient for the development and maintenance of teeth.
- 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.