




Learn more at: [ADA.org/fluoride](https://ada.org/fluoride)

# All About Fluoride



## Why fluoridate tap water?

-  Continues to Reduce Cavities by at least 25%
-  Decreases missed school days due to dental related illness
-  Cost-Effective Public Health Practice

*Community Water Fluoridation is regarded as one of the top 10 public health achievements of the 20th century by the CDC.*

## 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

*As a dentist, you may be asked to speak at a city council meeting, educate a school board, or explain why certain articles are using misleading information. There are plenty of resources available to better understand how to discuss fluoride with your community.*

## 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.



[Fluoride FAQs](#)



[Fluoridation videos](#) from our 75th Anniversary of Community Water Fluoridation Webinar Series.

## When can I use this information?



**LEARN**



**SHARE**



**DEFEND**

*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.*

## What is optimal water fluoridation?



clean water



0.7 ppm



can be tap or bottled

*After 75 years of research, optimal community water fluoridation is 0.7 ppm. This is considering that fluoride is consumed from other products as well such as toothpaste, varnishes, and mouthwash.*

Action for  
**DENTAL HEALTH** →

ADA American Dental Association®

Questions? **Tooka Zokaie** | [zokaie@ada.org](mailto:zokaie@ada.org)  
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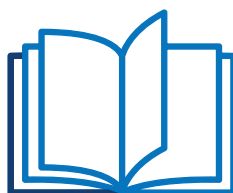
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# How to Take Action on Water Fluoridation



## 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.



## Read Our Resources

We have plenty of evidence-based articles, one-pager, FAQ pages and lay audience centered resources to help you stay informed.



## Ask Experts About the Evidence

The Council on Advocacy and Access and Prevention has a National Fluoridation Advisory Committee prepared to connect with you. Contact the ADA to have your questions answered.



## Collaborate With Your Community

You local educators, pediatricians, water borough, city councilors, and community leaders also care about public health.



## Speak to Decision Makers

Your elected officials often decide if your water is fluoridated. Take time to educate them as well on the best science.



## Prepare for a City Council Vote or Ballot Initiative

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