




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.

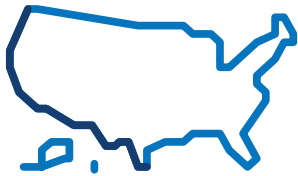
Action for
DENTAL HEALTH 

ADA American Dental Association®

Questions? **Tooka Zokaie** | zokaie@ada.org
Manager, Fluoridation and Preventive Health Activities

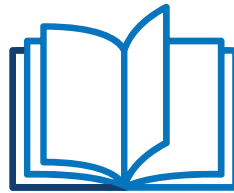
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How to Take Action on Water Fluoridation



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.