



 **Fluoride is a mineral that exists naturally in all water supplies, even the ocean.** Usually, the amount of fluoride is too low to prevent tooth decay. This is why so many communities in the U.S. add a small amount to reach the level that is proven to protect teeth.

 **The leading health experts endorse community water fluoridation as a safe, effective way to reduce cavities.** These experts include the American Academy of Pediatrics, the American Dental Association, and the Centers for Disease Control and Prevention. The men and women who have served as U.S. Surgeon General have consistently recommended fluoridation.

 **Using fluoride toothpaste is important, but it doesn't give maximum protection against cavities.** Drinking fluoridated water provides crucial added protection against tooth decay, and many studies prove it. These two forms of fluoride work in different, yet complementary ways.

 **Community water fluoridation benefits everyone in the community.** Water fluoridation is an effective, inexpensive, and safe public health method, and it benefits everyone—regardless of their insurance status or their access to professional dental services. It is effective in preventing dental cavities among all socioeconomic, racial, ethnic and age groups.



The United States is the birthplace of community water fluoridation — and Connecticut was the first state to pass a law guaranteeing access to fluoridated water. Our dental and health officials were pioneers who helped discover and use this approach to significantly reduce tooth decay for children and adults. It's so successful that 20+ nations have fluoridation programs today that reach more than 150 million people.



America has a tradition of fortifying foods and beverages with vitamins and minerals to protect human health. For example, Vitamin D is added to milk, iodine is added to salt, and folic acid is added to bread and pasta. Adding fluoride to water is one more way we help keep children and adults healthy.



Fluoridation's positive impact is supported by hundreds of studies and nearly 70 years of experience. A number of these studies have been conducted within the past five years.



For more information on water fluoridation, please go to the following links:

- www.ct.gov/dph
- www.ilikemyteeth.or
- www.cdc.gov/fluoridation
- www.fluoridect.org

