Community Water Fluoridation

The #1 way to prevent dental decay

Approximately 88% of Tennesseans on community water systems receive fluoridated drinking water through their community water systems.

Tap into “nature’s cavity fighter!”

Drinking water with fluoride is one of the easiest and most beneficial things you can do to help prevent cavities!

Fluoride....

“One of the 10 GREATEST PUBLIC HEALTH ACHIEVEMENTS in the 20th century.”
— Centers for Disease Control & Prevention

For more information about fluoride and dental health, visit us on our website.

Life is Better with Teeth!

Because of water fluoridation, people are enjoying a lifetime of healthier eating

FACT: Tennessee is ranked 17th in the nation on community water fluoridation.

FACT: One in five children in Tennessee's School-Based Dental Prevention Program are referred to a dentist due to untreated tooth decay.

FACT: In 2014, only 58.3% of Tennesseans visited a dentist, compared to the national average of 64.4%.

FACT: The Tennessee Department of Health fully supports and endorses community water fluoridation at optimal levels of 0.7 ppm.

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What is Tooth Decay?

- Tooth decay is a contagious disease.
- Tooth decay is the most prevalent chronic disease in childhood, roughly five times more common than asthma.
- 164 million hours of work are missed each year because of dental issues.
- Poor oral health can affect job prospects and social life, due to the appearance of a smile and teeth.

What is Fluoride?

- Fluoride is a natural occurring ion of the periodic element, fluorine.
- Fluoride is the 13th most common element in the earth’s crust.
- Fluoride is naturally present in virtually all water supplies.
- Fluoride is the compound used to fluoridate drinking water to promote oral health.
- Fluoride is used in toothpaste and mouth rinses to prevent tooth decay.

Fluoride in Water is Good for Communities:

Prevents - Community water fluoridation prevents at least 25% of tooth decay in children and adults.
Protects - Studies show fluoride in community water systems helps to protect and rebuild the tooth surface.

Benefits of Community Water Fluoridation Include:

- Prevents Cavities
- Prevents Pain
- Protects Teeth

Community Water Fluoridation Facts:

- It’s Effective
  Community water fluoridation has contributed to the largest decline in cavities in the United States.

- It’s Safe
  For over 70 years scientific research has consistently shown that community water fluoridation is safe.

- It’s Affordable
  Community water fluoridation is the most cost-effective preventive strategy to reduce dental decay for adults and children.

An estimated 405 million people in 60 countries worldwide enjoy the benefits of fluoridated water.