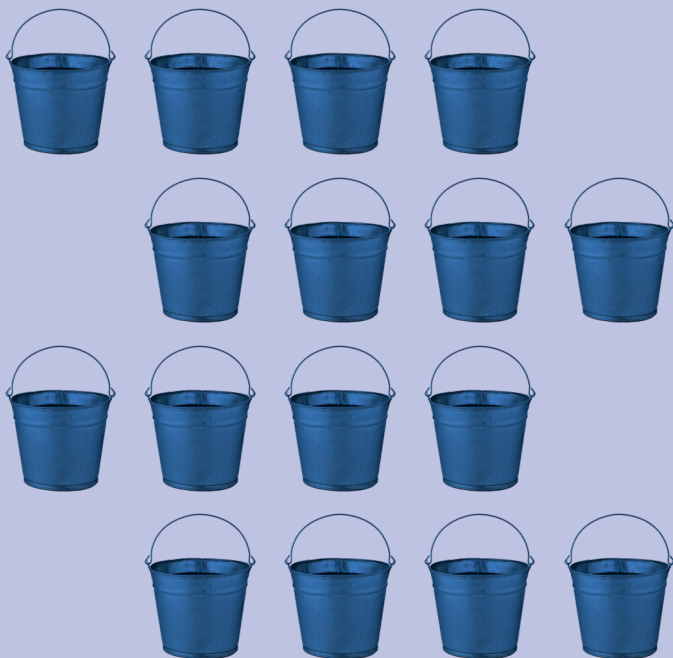


The optimal fluoride level
to help prevent tooth decay
is 0.7 mg/L.



That's like one drop
in 16 gallons of water.

Community water fluoridation is a simple, safe, and cost-effective way to keep Coloradans healthy.

WHAT IS IT?

It's the science of testing how much fluoride is already in the local water supply and simply adjusting it to the optimal and safe level. Fluoride is a naturally occurring mineral and exists in all water supplies, including rivers, streams, lakes and oceans.

Optimal water
fluoridation is
0.7 mg/L.

By drinking a glass of optimally fluoridated water individuals in your community can benefit from cavity protection whether they are at home, work, or school.

WHY IS IT IMPORTANT?

- **It's safe.** Hundreds of studies prove it's safe at the optimal level.
- **It's effective.** It keeps teeth strong and reduces tooth decay by 25%.
- **It's cost-effective.** For every \$1 invested by Colorado in drinking water fortification with fluoride, \$61 is saved in oral health care costs.
- **It's accessible to everyone.** No matter age, education or income level, everyone can stay healthy by drinking tap water.

KNOW YOUR WATER FLUORIDE LEVEL

Visit "My Water's Fluoride" at nccd.cdc.gov/DOH_MWF to look up the fluoride level in your area.

CDPHE, American Academy of Pediatrics and American Dental Association support this important public health strategy to prevent cavities.

LEARN MORE:

cdphe.colorado.gov/community-water-fluoridation
cdphe.psfluoridationsmf@state.co.us
303-692-2269

