

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.

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## 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.

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Optimal water fluoridation is 0.7 mg/L.

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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.

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## WHY IS IT IMPORTANT?

- **It's safe.** Hundreds of studies prove it's safe.
  - **It's effective.** It keeps teeth strong and reduces tooth decay by 25%.
  - **It saves money.** For every \$1 invested, \$32 is saved in avoided dental costs.
  - **It's accessible to everyone.** No matter age, education or income level, everyone can stay healthy by drinking tap water.
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## KNOW YOUR WATER FLUORIDE LEVEL

Visit "My Water's Fluoride" at [https://nccd.cdc.gov/DOH\\_MWF](https://nccd.cdc.gov/DOH_MWF) to look up the fluoride level in your area.

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

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## LEARN MORE:

<https://coloradooralhealth.org/initiatives/community-water-fluoridation/>

