

Community Water Fluoridation

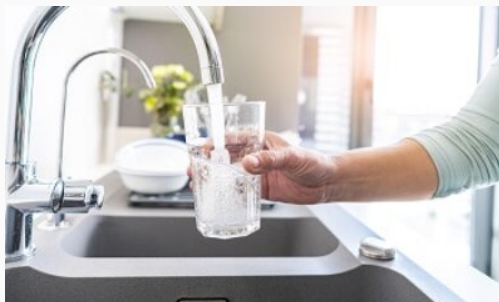
A simple, safe, and cost-effective way to keep Coloradans healthy.



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.



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.



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.



Know Your Water Fluoride Level

Visit [My Water's Fluoride](#) 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

[Community Water Fluoridation](#)

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