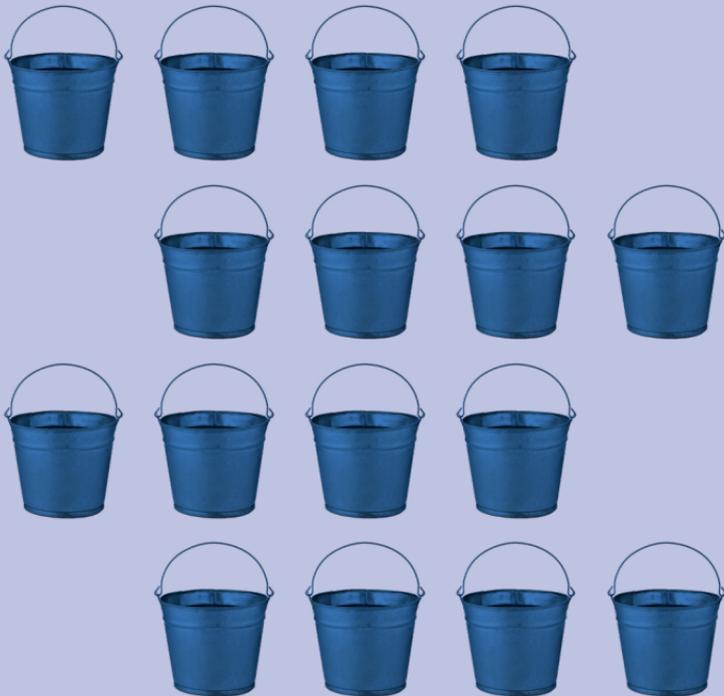


The optimal fluoride level  
to help prevent tooth decay  
is 0.7 mg/L.



**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](http://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](http://cdphe.colorado.gov/community-water-fluoridation)  
[cdphe.psfluoridationsmf@state.co.us](mailto:cdphe.psfluoridationsmf@state.co.us)  
303-692-2269

