Water Fluoridation

Well done, Virginia!
96% of Virginians on public water receive the benefits of water fluoridation.

Water fluoridation is:

- Adding just the right amount of fluoride to local drinking water to prevent cavities.
- One of the top ten great public health achievements of the 20th century.
- The most cost-effective way of reducing tooth decay.
- Endorsed by numerous medical, dental and public health organizations.

Why fluoridate Virginia's public water?

- Cavities (tooth decay) are the most common chronic disease among American children.
- An estimated 51 million school hours per year are lost in the U.S. because of dental-related illness.

Oral health affects:

- Speech
- Smiling
- Eating
- Showing emotions
- Self-esteem
- School performance
- Attendance at work and school

Water Fluoridation Helps Children:

- For children younger than age 8, fluoride helps strengthen the adult (permanent) teeth that are developing under the gums.

- Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated.

Water Fluoridation Helps Adults:

- Water fluoridation prevents tooth decay by providing frequent and consistent contact with low levels of fluoride.

- Fluoride stops cavities from forming and can even rebuild the tooth's surface.

- Community Water Fluoridation benefits everyone regardless of age, income level, or insurance status.

VDHLiveWell.com/oralhealth

VDH VIRGINIA DEPARTMENT OF HEALTH

Office of Drinking Water
Safe Drinking Water for a Healthy Virginia