Fact Sheet - Community water fluoridation

Community water fluoridation is important for preventing tooth decay

- Community water fluoridation is the process of adjusting fluoride in the public drinking water that helps make your tooth enamel stronger and keeps your teeth healthy.
- Research shows that the right amount of fluoride in drinking water lowers tooth decay in children and adults.
- Getting fluoride from different sources is the best way to protect you from tooth decay. A great way to get fluoride is to drink tap water with fluoride and brush every day with a fluoride toothpaste.

Community water fluoridation is safe

- The Guidelines for Canadian Drinking Water Quality sets a safe level of fluoride in water to protect you from tooth decay. They also help protect the environment.

Community water fluoridation benefits everyone

- Community water fluoridation helps people of all ages, gender, ethnicity, education, and income.

Community water fluoridation is cost-effective

- Community water fluoridation prevents tooth decay and lowers the need for dental treatment. This saves families and the healthcare system money.
- Every $1 spent on community water fluoridation can save up to $93 per person in dental treatment costs.
- Adjusting fluoride in public drinking water is a simple, low-cost way to prevent tooth decay for everyone, no matter their income.

Source
Alberta Health Services - https://myhealth.alberta.ca/alberta/Pages/Water-fluoridation-in-alberta.aspx