



**COMMUNITY WATER  
FLUORIDATION IS FOR ALL AGES,  
ETHNICITIES, AND INCOMES**

*Community Water Fluoridation is a safe, inexpensive and effective public health measure that has been used in Michigan communities since 1945.*

*Community Water Fluoridation is being used around the world for preventing dental decay. The Centers for Disease Control, The American Dental Association, The World Health Association and The American Medical Association all support it's use. The CDC supports water fluoridation as being one of the 10 greatest public health measures of the 20th century.*

To learn more about Community Water Fluoridation talk to your dentist or dental hygienist and contact:



**Oral Health Program  
Division of Family and Child Health  
P.O.Box 30195  
Lansing, Mi 48909  
517 335-8523  
[www.michigan.gov/oralhealth](http://www.michigan.gov/oralhealth)**

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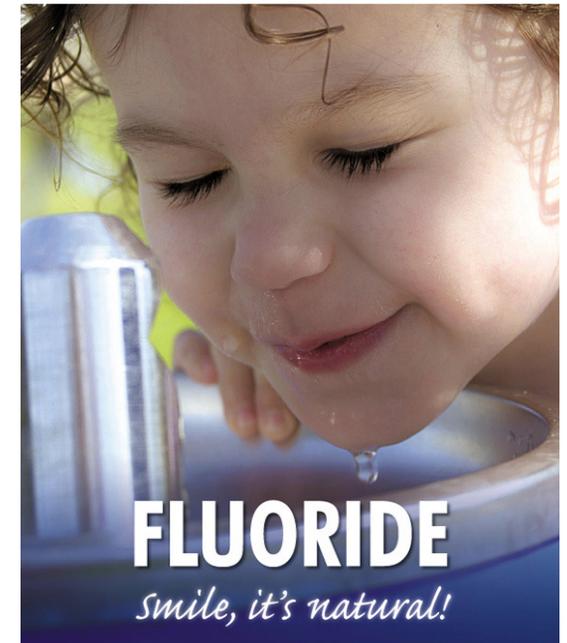
**Michigan Dental Association**

**Michigan Dental Hygienists Association**

**Department of Environmental Quality**

**Michigan Department of Community Health**

**Community Water  
Fluoridation  
Keeps You Smiling!**



# Michigan Community Water Fluoridation



Oral health is important to total body health. Dental decay (cavities), although preventable, is the most chronic disease of childhood. Many have limited access to care and prevention services. Dental decay can effect a person's ability to eat, sleep, learn and enjoy life.

## What is Fluoride?

Fluoride is a natural part of the earth found in rocks, soil, fresh water and ocean water.

Natural levels can range from 0.1 to more than 12 parts per million. The proper level for preventing dental decay in Michigan is a range of 0.7 to 1.2 ppm.

Most communities do not have enough natural fluoride to maintain these levels. Adjusting community water supplies to proper levels of fluoride helps reduce dental decay.

## How Does Community Water Fluoridation Benefit My Family?

### Community Water Fluoridation:

- \*Can greatly reduce the amount of dental decay.
- \*Benefit both children and adults by strengthening and repairing tooth enamel.
- \*Decrease the need for fillings and extractions.
- \*Reduce pain and suffering that can come with dental decay.
- \*Lowers the cost of dental care and dental insurance.
- \*Helps citizens keep their teeth throughout their lifetime.



## What is the Cost of Community Water Fluoridation?

The cost varies with each community but normally is about \$1.00 per person

per year. The lifetime cost per person of community water fluoridation is less than one cavity being treated. For every dollar invested in water fluoridation \$42 dollars is saved in treatment costs.



## What if We Have Our Own Well?

If you live in a rural area and have your own well water it will need to be tested to determine the fluoride levels.

Children may need to have fluoride supplements if the fluoride levels are too low for good dental health. Check with your dentist or physician.

Make sure to have fluoride levels tested especially with small children living in the home.

Your local health department or the Michigan Department of Community Health can get you a test kit.

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For test kit information contact:

**MDCH**

**Oral Health Program**

**517 373-3624**

[www.michigan.gov/oralhealth](http://www.michigan.gov/oralhealth)