

Community Water Fluoridation

Facts every family should know

Fluoride

Fluoride is a natural mineral which is released from rocks into the soil, water and air. All water contains fluoride. Fluoride is found naturally in some foods like vegetables and fish.

Fluoride has been proven to protect teeth from decay. It helps rebuild and strengthen the tooth surface, or enamel, by replenishing calcium and phosphorous. It strengthens teeth that are still developing in young children. Fluoride helps with adult tooth decay which occurs as gums recede with age.

Community Water Fluoridation

Community Water Fluoridation adjusts the amount of fluoride in drinking water to a level recommended for preventing tooth decay. Adding fluoride to the drinking water supply is a cost effective method of preventing tooth decay.

There is no scientific evidence of any adverse health effects from water fluoridation.

Fluoridation is safe, effective and healthy.

Studies show that community fluoridation prevents of tooth decay in children and adults. Insufficient fluoride puts 25 percent in children and adults at high risk for tooth decay. An estimated 51 million school hours are lost each year in the U.S. due to dental related illness.

Cost Effective

When it comes to the cost of treating dental disease, everyone pays. With fluoridation, communities can improve the oral health of their residents and save money for everyone. The CDC named Community Water Fluoridation one of 10 public health achievements of the 20th century.



The Mississippi State Department of Health actively supports community water fluoridation. Community fluoridation has been shown to be effective in preventing tooth decay and improving oral health among all populations regardless of age, gender, race or socioeconomic background.



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To learn more, contact the Mississippi State Department of Health's Oral Health Program at 601-206-1590.