THE POWER OF FLUORIDE

MISSISSIPPI DENTAL ASSOCIATION

A simple step for healthier smiles and stronger communities.

Fluoride is one of the greatest public health achievements of the 20th century—safe, effective, and proven to prevent tooth decay for all.



SAFE. EFFECTIVE. EQUITABLE. ESSENTIAL.

1. WHAT IS FLUORIDE?

- Fluoride is a naturally occurring mineral that is highly effective at helping prevent tooth decay.
- It is derived from the element fluorine, which is the 13th most abundant element in the Earth's crust.
- In its natural state, it exists as a fluoride compound that is abundant in rocks, soil, and water.

2. UNBEATABLE ECONOMIC ROI

- **For water systems that serve 1,000 or more people, the economic benefit of fluoridation exceeds the cost.**
- **The savings** associated with water fluoridation result in an average savings of 24+ dollars for every 1 dollar invested.
- An individual can enjoy a lifetime of fluoridated water for less than the cost of one dental filling.

3. PUBLIC HEALTH EQUITY

- Tooth decay is a chronic disease, with 1 of 4 children living below the federal poverty level experiencing untreated tooth decay. Dental caries is the number one reason kids miss school in the United States.
- Community water fluoridation is the most cost-effective method of delivering fluoride to all members of the community regardless of age, educational attainment, or income level.
- It bypasses socio-economic barriers because it does not require a change in behavior or access to routine dental care.

4. SAFETY & SCIENCE

- Fluoridation is merely the adjustment of a naturally occurring mineral to the recommended optimal level of **0.7 milligrams per liter.**
- It is similar to fortifying salt with iodine, milk with vitamin D, and orange juice with calcium.
- The safety and benefits are well documented and have been comprehensively reviewed and supported by the U.S. Public Health Service, the American Dental Association, the American Academy of Pediatrics, and the American Medical Association.

Fluoride is a small addition with a BIG impact.

Stronger teeth. Healthier children. A brighter future for Mississippi.

Learn more at www.msdental.org