



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Community Water Fluoridation

Fluoride in drinking water helps protect teeth from cavities at every age.

What is Community Water Fluoridation?

Fluoride is a mineral found naturally in water. Community water fluoridation adjusts fluoride in drinking water to the recommended level to help prevent cavities.

Why Fluoride Matters:

- Fluoride helps prevent cavities and makes tooth enamel stronger.
- The recommended level in drinking water is 0.7 parts per million (ppm).
- Fluoridated water helps protect the teeth of both children and adults.
- Research shows water fluoridation is a safe and effective way to prevent cavities.

Common Questions About Fluoride:

Is fluoridated water safe?

Yes. At the recommended level, fluoridated water is a safe and effective way to help prevent cavities.

How does fluoride help my teeth?

Fluoride strengthens tooth enamel and helps repair early damage before a cavity forms.

What is dental fluorosis?

Dental fluorosis can occur when young children get too much fluoride while their teeth are developing. It usually appears as faint white lines or spots on the teeth.



Want to Learn More?

Find trusted information about fluoride and water fluoridation.

Fluoride in Kansas -

Kansas information & resources

American Dental Association -

Fluoride facts

Centers for Disease Control -

Water fluoridation information