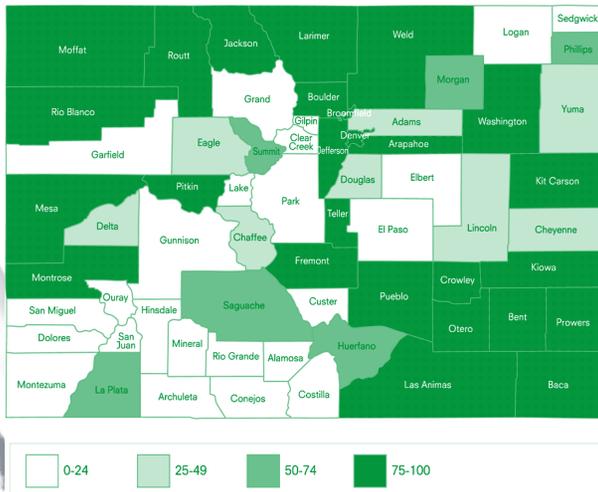


## HOW TO GET PUBLIC SUPPORT & FUNDING

The Water Quality Control Division also has a team of professionals that help community systems get support and funding. The Grants and Loans Unit manages low to zero interest loans and small community grants to water systems for upgrades to treatment plants. The Drinking Water Revolving Fund rules allow for additional points when fluoridation is included.

The Oral Health Program at the Department of Public Health and Environment provides grant funds for fluoridation equipment through an application process. They also cover costs for monthly split sample testing verification through the state lab for all adjusting water systems.

**% OF COLORADO POPULATION BY COUNTY RECEIVING FLUORIDATION IN THEIR DRINKING WATER SYSTEMS**



Approximately **75%**  
of Coloradans receive  
fluoridated drinking  
water through their  
community water  
systems.

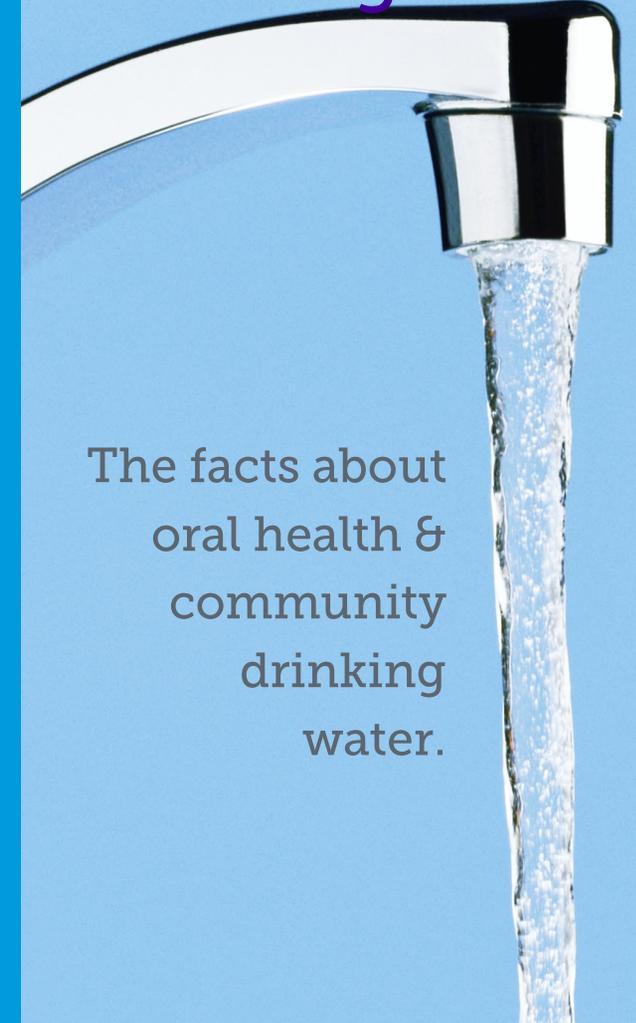
## Fluoride ...



*" ... One of the  
10 GREATEST  
PUBLIC HEALTH  
ACHIEVEMENTS  
in the 20th century."*

*~ Center for  
Disease Control*

## Fluoride & drinking water



The facts about  
oral health &  
community  
drinking  
water.

For more information please contact  
Oral Health Unit  
cdphe.psfluoridationsmf@state.co.us  
(303) 692-2470



**COLORADO**  
Department of Public  
Health & Environment

# JUST THE FACTS PLEASE

The Water Quality Control Division supports the water systems in Colorado's Winnable Battle for Oral Health.

Many water supplies have naturally occurring fluoride levels. Adding fluoride to drinking water to reach the optimal level helps prevent tooth decay and reduces oral disease by as much as 40 percent.

In Colorado, all drinking water additives must be certified to the National Sanitation Foundation/American National Standards Institute Standard 60 (NSF/ANSI Standard 60).

The certification process ensures that the additives meet the highest standards of quality, safety and purity. Colorado applies the NSF/ANSI Standard 60 to all additives, regardless of where they are manufactured.

The Water Quality Control Division engineers review and approve water treatment designs to ensure safe drinking water. They also work with scientists and inspect all community water systems at least every three years and can provide assistance with fluoridation.

## COMMUNITY WATER FLUORIDATION

FOR EACH  
**\$1**  
INVESTED



THERE ARE  
**\$43**  
SAVED

**OVER 75%** OF AMERICANS RECEIVE FLUORIDE THROUGH THEIR COMMUNITY SYSTEMS

## What is Fluoride?

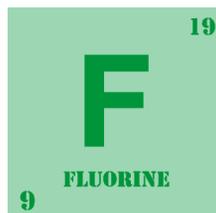
- FLUORIDE IS A NATURAL OCCURRING ION OF THE PERIODIC ELEMENT, FLUORINE.
- FLUORIDE IS THE COMPOUND USED TO FLUORIDATE DRINKING WATER TO PROMOTE ORAL HEALTH.
- FLUORIDE IS THE THIRTEENTH MOST COMMON ELEMENT IN THE EARTH'S CRUST AND HAS BEEN PRESENT AS AN ELEMENT SINCE THE EARTH FORMED.
- FLUORIDE OCCURS NATURALLY IN WATER, PLANTS, SOIL AND AIR.
- FLUORIDE IS USED IN TOOTHPASTE TO PREVENT TOOTH DECAY.

Adding to natural fluoride levels in drinking water helps prevent tooth decay and reduces oral disease by as much as 40 percent.

The national healthy people goal is to increase the percentage of citizens receiving fluoridated water from their community systems to 80 percent by 2020.

Fluoride works to prevent cavities in several ways... ingested fluoride is found in the saliva and plaque, and slows the deterioration of enamel from bacterial decay. It also re-mineralizes enamel that has been compromised.

There are benefits of drinking fluoridated water for all ages. Babies benefit during the formation of their teeth, children have reduced occurrences of cavities and painful procedures, adults are able to slow down and even reverse the progress of cavities, and elderly people keep their teeth longer due to the decrease in cavities.



## FLUORIDE MYTHS

**MYTH: Fluoride causes cancer.**

**FACT:** The CDC and numerous independent scientific studies over 70 years have shown that there is no association between water fluoridation and adverse health effects, including cancer.

**MYTH: Water fluoridation is banned in Europe.**

**FACT:** An estimated 405 million people in 60 countries worldwide enjoy the benefits of fluoridated water.

**FACT:** In some countries, drinking water is not received from large community systems, so they do not fluoridate the water. However, some communities supplement natural levels of fluoride by using fluoridated salt or other fluoride sources.

**MYTH: Water fluoridation is mass medication.**

**FACT:** The addition of fluoride to drinking water is not considered mass medication. Fluoride exists naturally in the water and environment. The fluoridated water simply adjusts the natural occurring element to provide a substantial health benefit to the population.



Approximate cost to fluoridate water per person is **50¢** per year



Americans have been reaping the health benefits of fluoridated water for

**70 YEARS**

### Additional resources

- Colorado Department of Public Health and Environment  
[www.colorado.gov/cdphe/community-water-fluoridation](http://www.colorado.gov/cdphe/community-water-fluoridation)
- The Center for Disease Control  
[www.cdc.gov/fluoridation](http://www.cdc.gov/fluoridation)
- NSF International (The National Sanitation Foundation)  
[www.nsf.org](http://www.nsf.org)

**1945** Grand Rapids, Mich. Is the first U.S. city to treat its water supply with fluoride.