Community (Water and Salt) Fluoridation

Community fluoridation is the most cost-effective prevention measure for tooth decay in those countries where is it practical and feasible. In countries with a safe drinking public water supply, community water fluoridation is the prevention measure of choice and in countries that do not have a public water supply, salt fluoridation is recommended. Fluoridation prevents tooth decay for people of all ages, and is the foundation for better oral health. Before community water fluoridation began, children consuming naturally occurring, optimally fluoridated water had 50% to 60% less tooth decay compared to children in fluoride-deficient communities (1). Salt fluoridation has benefits similar to water fluoridation, and can prevent dental caries by 33% to 66% (2). In the United States where other fluoride sources are now very common, water fluoridation has been shown to prevent tooth decay by about 25% over a person's lifetime (3).

References

