



Public Health
England

Protecting and improving
the nation's health



**Let's talk
about water
fluoridation**

Why do we need water fluoridation?

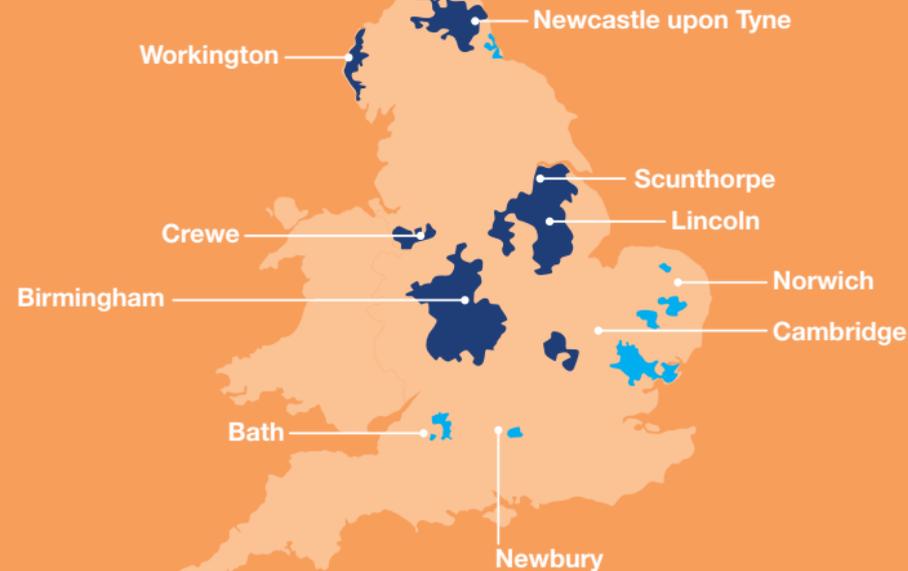
- research shows that water fluoridation can reduce tooth decay and related hospital admissions
- tooth decay is the most common reason 6 to 10-year-olds are admitted to hospital
- tooth decay is painful and can stop you eating, sleeping and socialising

What is water fluoridation?

- water fluoridation adjusts the level of fluoride in tap water to prevent tooth decay
- most water supplies already contain some fluoride, but not all have enough to help prevent tooth decay
- water has been fluoridated in England for over 50 years; 6 million people drink it

Fluoridation scheme

Naturally occurring
fluoride level >0.5mg/l



**Search:
PHE Water
Fluoridation**

Water fluoridation reduces tooth decay

- if 5-year-olds with the most tooth decay drank fluoridated water they would:
 - have 28% less tooth decay;
 - be 45-68% less likely to need teeth removed in hospital
- research shows that both children and adults benefit from water fluoridation

Water fluoridation is safe

- there is no convincing evidence that water fluoridation poses any health risks
- we know it's safe
- water quality is carefully assessed by the Drinking Water Inspectorate

Dental fluorosis

- dental fluorosis can occur if a child's teeth are exposed to too much fluoride when they're developing. Mild dental fluorosis appears as very fine white lines or flecks on teeth
- surveys of children and young people living in fluoridated and non-fluoridated cities found no difference in their opinions when they were asked about the appearance of their teeth

Water fluoridation can be cost saving

- water fluoridation can save money spent on the treatment of tooth decay



Who makes decisions about water fluoridation?

- local authorities are responsible for improving oral health and making decisions about water fluoridation
- local authorities considering water fluoridation must first carry out public consultation to ask local people what they want
- if you want more evidence based information, search PHE water fluoridation

