

# 3 easy steps to help protect teeth from decay...



1

Drinking  
fluoridated  
water



2

Regular  
brushing and  
flossing



3

Healthy  
eating



## More information

To find out more and hear from  
New Zealand health professionals  
see: [www.fluoridefacts.govt.nz](http://www.fluoridefacts.govt.nz)

Other helpful websites:

Auckland Regional Public Health Service  
[www.arphs.govt.nz](http://www.arphs.govt.nz)

Ministry of Health [www.health.govt.nz](http://www.health.govt.nz)

**Auckland Regional Public Health Service**  
Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

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# Water fluoridation

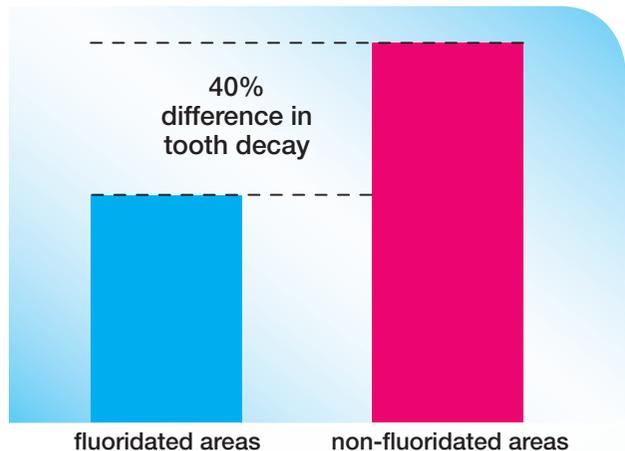


helping protect the teeth of  
children, family and whanau



# The benefits of water fluoridation

40% less tooth decay



The Ministry of Health's NZ Oral Health Survey 2009 showed, on average, 40% less tooth decay for children living in fluoridated areas.

- Many studies have shown that people living in areas with fluoridated water have better teeth than people living in non-fluoridated areas.
- Fluoridating water ensures everyone benefits equally.
- Water fluoridation helps but for good dental health you also need to:
  - Choose low-sugar food and drinks
  - Brush daily and floss
  - See a dentist regularly

# water fluoridation is safe

- Fluoride is found naturally in all water supplies but mostly at levels too low to protect against tooth decay. New Zealand tops up the natural level of fluoride to provide extra protection for teeth against decay.
- The fluoridation of public water supplies has been practiced around the world for more than 60 years.
- The international Centre for Disease Control called fluoridation one of the 10 greatest public health measures of the 20th Century.
- Research on decades of water fluoridation around the world confirm it is safe and effective.
- It is fully supported by the New Zealand Ministry of Health and more than 100\* scientific and health organisations.

# water fluoridation is affordable

Everyone receives the same cost effective benefits

The cost of fluoridation approximately per person per year

50c



The cost of a single filling

\$130



# common fluoride myths

**Myth:** Water fluoridation causes illnesses or disease like bone fractures and cancer

**Fact:** More than 60 years of scientific evidence shows water fluoridation is safe.

**Myth:** Fluoridated water is 'toxic'

**Fact:** An adult would have to drink several thousand glasses of water at one sitting to get a lethal dose of fluoride. That much water would kill you long before fluoride became a problem!

**Myth:** Water fluoridation is 'mass medication'

**Fact:** Fluoride is not a medicine or a drug. It occurs naturally in water supplies. Fluoridation takes fluoride to the optimum, safe level in drinking water where it provides the most benefit for tooth protection.

**Myth:** Fluoride added to water is an industrial waste product

**Fact:** The fluoride compounds added to water are manufactured to exacting quality and purity standards. Manufactured fluoride is no different to fluoride found naturally.

