

# 5 facts about water fluoridation



- 1** Regular brushing and flossing + healthy eating + water fluoridation = healthy teeth
- 2** Adding fluoride to the water system doesn't change the taste or smell of water and it is a safe and effective way to protect against tooth decay
- 3** 40% less tooth decay on average for children living in fluoridated areas than those in non-fluoridated areas
- 4** Drinking fluoridated water is good for people of all ages including young children, pregnant women and older people
- 5** Extensive scientific research confirms water fluoridation is safe for everyone



## 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 are:

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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