Keep your mouth healthy

Drinking well

Make water your drink. Limit sugar-sweetened soft drinks, fruit juices and sports drinks.

Cleaning well

Brush teeth twice a day with fluoride toothpaste. Always brush teeth before going to bed at night.

Eating well

Choose healthy foods and nutritious snacks. Reduce your intake of foods with added sugar.

Staying well

Have regular dental check-ups. Have your child's teeth checked by a dental practitioner by their first birthday.

Manage alcohol intake.
Don't smoke – call quitline 13 78 48.

Summary

Fluoridated drinking water:

- is safe.
- helps protect children and adults from tooth decay.
- is much cheaper than getting a filling.
- protects everyone in the community from tooth decay, whether old, young, rich or poor.
- has been happening in Australia for over 70 years.
- does not cause any harm.
- has no negative effects on plants, animals or the environment.
- is recommended by leading health professional organisations.
- known as one of the 10 greatest public health achievements of the 20th century.

Who recommends fluoridation?

The following organisations recommend fluoridation in water sources:

World Health Organization (WHO).

National Health And Medical Research Council (NHMRC).

Australian Dental Association (ADA).

Australian Medical Association (AMA).

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For further information scan the QR code or visit health.nsw.gov.au/waterfluoridation

NSW Health

NSW GOVERNMENT

Water fluoridation

What you need to know

Water fluoridation

Why do water utilities add fluoride to our drinking water?

Water utilities add fluoride to our drinking water to reduce tooth decay in adults and children. Adding fluoride and keeping teeth healthy reduces costs for everyone in our community. This is especially important for people who are disadvantaged.

What is fluoride?

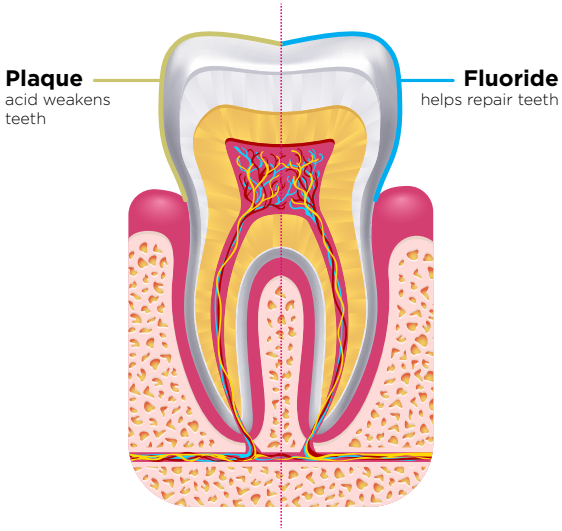
Fluoride is a natural mineral found in soil, rocks, and water. The water in the rivers and dams that provide our drinking water usually does not have enough fluoride to prevent tooth decay.

Water utilities add a small amount of fluoride to our drinking water supply to protect against tooth decay.

Most people get fluoride every day when they brush their teeth, or drink tap water.

How does drinking fluoridated water work?

Fluoride helps to repair teeth with early signs of tooth decay before cavities form. It also helps children's teeth be more resistant to tooth decay as they are forming – protecting them right from the start.



Is drinking fluoridated water safe?

Fluoridated drinking water is safe for children and adults of all ages.

In 2017, Australia's National Health and Medical Research Council (NHMRC) reviewed all the scientific research into fluoridated drinking water. It found that drinking fluoridated water does not cause any health problems and has the benefit of preventing tooth decay.

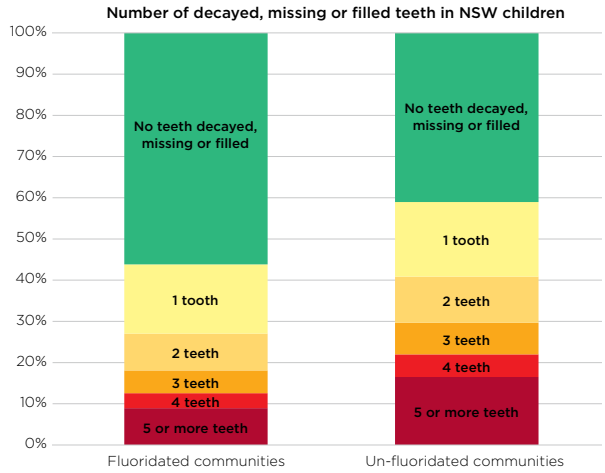
Some people claim that it is not safe to drink fluoridated water. They say it can cause cancer or reduce children's intelligence. The scientific research has found that none of these claims are true.

What if I get too much fluoride?

The recommended amount of fluoride in NSW drinking water is one part per million, or one milligram per litre. Having too much fluoride can cause white lines to appear on people's teeth, known as dental fluorosis. Noticeable fluorosis is very uncommon in Australia.

Water utilities check the levels of fluoride in drinking water regularly to make sure it doesn't have too much fluoride in it.

How long have people been drinking fluoridated water?

Fluoride has been added to drinking water for around 80 years. The first fluoridated water supply was in the USA in 1945. Tasmania was the first Australian state to begin fluoridation in 1953, followed by parts of NSW in 1956.

Today almost all public drinking water supplies in New South Wales are fluoridated