

# DRINK TAP WATER FOR HEALTHY TEETH

## OUR COMMUNITY DRINKING WATER CONTAINS FLUORIDE



Fluoride in local drinking water prevents cavities, the most common disease among children.

Tap and water-bottle filling stations are safe sources of fluoride.



Most vending machine beverages contain high levels of sugar that increase the risk for diabetes, obesity and heart disease.

Choose tap water and water-bottle filling stations when you are thirsty.



Communities benefit from fluoride in water by:

- reducing lost hours at work or school due to dental problems,
- saving money from fewer dental treatment needs,
- and having a healthier mouth and body.

TAP WATER PREVENTS CAVITIES AND IS GOOD FOR YOUR OVERALL HEALTH.



### ORAL HEALTH EQUITY BEGINS WITH COMMUNITY WATER FLUORIDATION

Community water fluoridation is one of the most cost-effective, equitable, and safe measures to prevent cavities and improve oral health. It is recommended by Minnesota Department of Health (MDH) and nearly all public health, medical, and dental organizations. Contact [health.oral@state.mn.us](mailto:health.oral@state.mn.us) to learn about educational materials, grants and other resources. Scan the code to learn more.

