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Champaign-Urbana Public Health District

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Water Fluoridation is a Cost-Effective Strategy Behind Good Oral Healthcare

Champaign-Urbana Public Health District Supports Water Fluoridation

Champaign, IL – Although the Centers for Disease Control and Prevention (CDC) recently reduced the optimal levels of recommended fluoride in drinking water to 0.7 parts per million, fluoride remains the most cost-effective way to combat tooth decay. The Champaign-Urbana Public Health District (CUPHD) Children’s Dental Clinic continues to support water fluoridation and encourages both children and adults to drink tap water to help prevent decay. Fluoride is a mineral that exists naturally in most water supplies. It helps improve the quality of life through less tooth decay; reduced time lost from school and work; and less money spent to restore, remove, or replace decayed teeth.

According to a study published in the January/February 2010 issue of *General Dentistry*, the Academy of General Dentistry’s (AGD) peer-reviewed clinical journal, the controlled addition of a fluoride compound to public water supplies is considered to be the most cost-effective way to prevent cavities and fight tooth decay. The Centers for Disease Control and Prevention (CDC) states that studies show that for every \$1 invested in the prevention measure of water fluoridation, it yields \$38 of savings in dental treatment costs.

Illinois communities have practiced water fluoridation for more than 60 years and fluoride continues to prove beneficial in the battle against tooth decay. In fact, drinking fluoridated water from birth can reduce tooth decay by 40 to 65 percent. “Tooth decay in children can lead to long-term problems as adults and water fluoridation is a proven way to prevent it and improve the overall oral health in both children and adults,” said Alicia Ekhoﬀ, Dental Program Coordinator for CUPHD.

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The Champaign-Urbana Public Health District's Dental Clinic, located at 201 West Kenyon Road in Champaign, provides treatment for children ages one to 18 who live in Champaign or Urbana and have healthcare coverage through All Kids or Medicaid. Appointments are available Monday thru Friday; 8:00 AM – 4:00 PM by calling (217) 531-4279.

Children enrolled in early childhood, kindergarten, 2nd, or 6th grade in the Champaign-Urbana School District can receive dental care at their school by CUPHD dentists and dental hygienists. Children enrolled in the Urbana School District may also be seen at the Urbana School Health Center (USHC) located in the Urbana High School at 1002 South Race Street. Call 217-239-4220 for an appointment.

For more information on the importance of fluoride in drinking water or any CUPHD service, please call (217) 352-7961 or visit CUPHD on the web at www.c-uphd.org.

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