

# Fluoride in Drinking Water

## How Fluoride Works

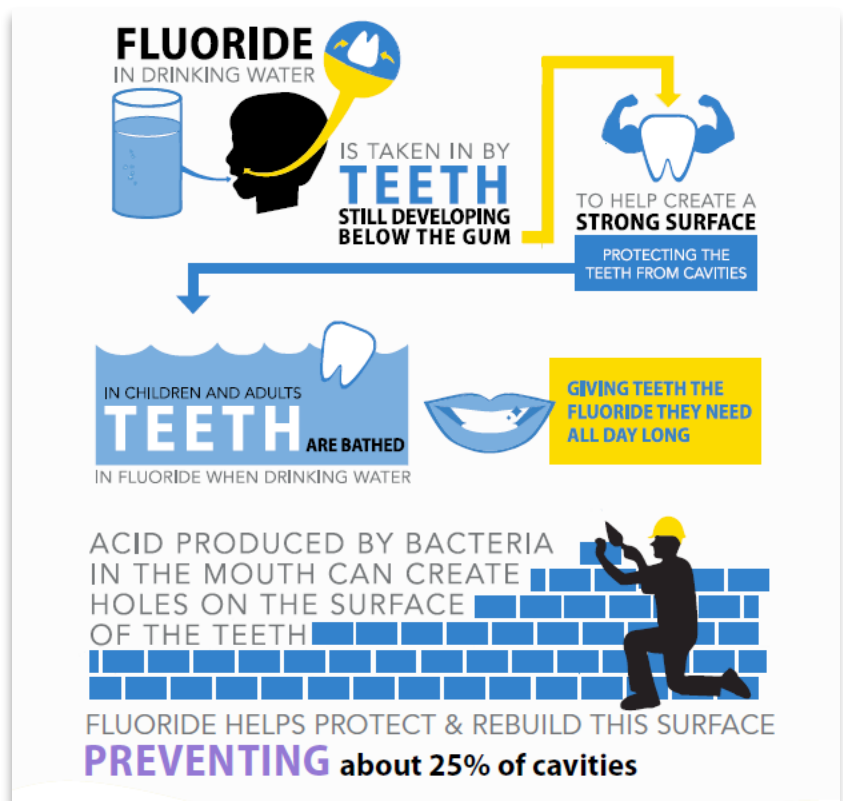
Fluoride is added to your drinking water to help prevent tooth decay. It has been added to drinking water by most utilities over the last 75 years. According to the Centers for Disease Control and Prevention (CDC), this practice is the single most effective measure to prevent tooth decay, which is one of the most common childhood diseases. In fact, an estimated 51 million school hours are lost each year due to tooth-related illnesses.

Adding fluoride to drinking water is:

**Safe and Effective** – For more than 70 years, all the best available scientific evidence has consistently indicated that fluoridating drinking water is safe and effective.

**Saves Money** – In most cities, every one dollar invested in fluoridating the water supply saves \$38 in dental costs.

**Supported By Experts** – The American Dental Association, the CDC, and 125 other organizations worldwide, including the American Medical Association, all recognize and support fluoridation of water for the prevention of tooth decay.



Infographic credit from CDC

**Virginia Health Catalyst**

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# Directions (How to)

## Step 1: Change Your Logo

The screenshot shows the Adobe Acrobat interface with the document "Fluoride in Drinking Water" open. The document content includes the title, a sub-header "How Fluoride Works", and several paragraphs of text. A central infographic from the CDC is displayed, featuring a water tap, a tooth, and a person brushing their teeth. The infographic text includes: "FLUORIDE IS TAKEN IN BY TEETH STILL DEVELOPING BELOW THE GUM", "TEETH ARE MADE OF A STRONG SURFACE PROTECTING THE TOOTH FROM CAVITIES", "ACID PRODUCED BY BACTERIA IN THE MOUTH CAN CREATE HOLES ON THE SURFACE OF THE TEETH", and "FLUORIDE HELPS PROTECT & REBUILD THIS SURFACE PREVENTING about 25% of cavities". The Virginia Health Catalyst logo is in the top right corner. Three comment boxes on the right side of the page, all from Stephen Francis, provide instructions: "Replace your logo with this image, and adjust size as needed", "Replace infographic with your own content (infographic, image, etc)", and "Make sure to update the footer area with your contact information".

## Step 2: Change Your Graphic

The screenshot shows the Adobe Acrobat interface with the document "Fluoride in Drinking Water" open. The document content is identical to the previous screenshot, but the logo in the top right corner has been changed to the Hillsboro Oregon logo. The infographic and text remain the same. Three comment boxes on the right side of the page, all from Stephen Francis, provide instructions: "Replace infographic with your own content (infographic, image, etc)", "Replace infographic with your own content (infographic, image, etc)", and "Make sure to update the footer area with your contact information".

# Step 3: Change Your Copy

The screenshot shows the Microsoft Word interface with a document titled "Fluoride in Drinking Water". The ribbon includes File, Home, Insert, Draw, Design, Layout, References, Mailings, Review, View, Help, and Acrobat. The document content includes the Hillsboro Oregon logo, a main title "Fluoride in Drinking Water", a sub-section "How Fluoride Works", and several paragraphs of text. A comment from Stephen Francis is visible on the right side of the page, stating: "Make sure to update the footer area with your contact information September 07, 2022, 2:01 PM".

# Step 4: Change Your Colors

The screenshot shows the Microsoft Word interface with a document titled "Free Laptops Through HiLight Bridge". The ribbon is the same as in the previous screenshot. The document content includes the Hillsboro Oregon logo, a main title "Free Laptops Through HiLight Bridge", a sub-section "HiLight Bridge Customers", and several paragraphs of text. A new orange header bar is present at the top of the page content area. The same image of an elderly couple looking at a laptop is included in the document.