The Whakatane and Ohope water supplies are fluoridated, and have been for many years, with fluoridation introduced for Whakatane in 1972. Whakatane District Council is holding a referendum in October to ask the community whether they should continue to fluoridate these water supplies, and if water supplies of other areas in the District should be fluoridated. In the last referendum, which was held in 2001, more than two-thirds (68%) of voters wanted to keep water fluoridation in Whakatane and Ohope. If you think water fluoridation is important then make sure you vote to express your views in the referendum.

The vast majority of medical and dental experts recommend water fluoridation as a safe and effective way to help prevent tooth decay.

What can you do?
If you think water fluoridation is important then make sure you vote to express your views in the Whakatane District Council referendum in October 2013.

For information about water fluoridation:
www.bopdhb.govt.nz/fluoridation
Freephone 0800 221 555, Option 6
Email: fluoride4teeth@bopdhb.govt.nz

Developed with the support of the National Fluoridation Information Service www.NFIS.org.nz
June 2013
We can protect our teeth by …

Why do we need to add fluoride to our water supply?
Fluoride helps to protect our teeth by making them stronger and by slowing down decay. Water fluoridation is the best way to make sure everyone’s teeth get some protection.

Is fluoride added to our water supply?
Whakatane and Ohope currently have fluoride added to the water supply. The source of fluoride used is hydrofluorosilicic acid and when added to water it is the same as natural fluoride in water.

Is it safe?
Yes. Fluoride in drinking water at the correct level can do a lot of good without doing any harm. Like many things (such as sunshine, water and salt), fluoride is something we need at just the right amount to be good for us. A small amount of fluoride in our water helps slow down tooth decay, and helps teeth repair small holes before they get really big.

Water fluoridation benefits everyone with their own teeth. It’s safe, it benefits our children, families and community, and it works.

What is water fluoridation?
Fluoride is a natural mineral that is in our water in small amounts. It is also in many things we eat, including seafood. Water fluoridation is when the natural fluoride level in the water supply is topped up with just enough fluoride to help protect our teeth.

We can protect our teeth by …

Brushing teeth twice a day with fluoride toothpaste
Eating healthy food that is low in sugar
Having regular checkups with the dental therapist or dentist
Water fluoridation

Together these things support the health of our teeth. Without these things working together our teeth may decay quicker, cause toothache and fall out, or may need to be pulled out!

It can be expensive to do all the things we need to do to keep our teeth healthy. This is why water fluoridation is important. It is very effective, cheap, and everyone can benefit just by turning on the tap.

It’s about families and our community …
If we do not have water fluoridation, our children and especially those disadvantaged in our community will suffer more tooth decay. It is our duty to look after the health of our children, families and community.