

WATER

Fluoridation Factsheet

Health Benefits: (Source CDC)

- Community water fluoridation is an effective, safe, and inexpensive way to prevent tooth decay. This method of fluoride delivery benefits Americans of all ages and socioeconomic status.
- Fluoride works by stopping or even reversing the decay process. It keeps tooth enamel strong and solid.
- Children in communities without community water fluoridation have an increased cost for dental treatment per child that was twice as high as those children living in fluoridated communities.
- Because older Americans are now keeping their teeth longer, fluoride will continue to be important for preventing tooth decay in this age group. Older Americans are especially susceptible to tooth decay because of exposed root surfaces and mouth dryness that may result from many medications.



Costs: (Source CDC)

Estimated cost per person to implement, including equipment and installation:

- Large communities with single point of fluoridation - \$3.00 to \$6.00 per capita
- Smaller communities with several wells requiring fluoridation - \$8.00 to \$12.00 per capita

Estimated cost per person to maintain, including cost of chemical:

- Average estimated cost each year - \$1.00 to \$2.00 per capita

Fluoride Levels:

Optimal fluoride level for good oral health = 0.7 to 1.2 mg/L

- Exceedance levels:
 - 2.0 mg/L – National Secondary Drinking Water Standard - this level may cause aesthetic effects in developing teeth of children and requires public notice
 - 4.0 mg/L – National Primary Drinking Water Standard - Maximum Contaminant Level –exposure over many years to this level may cause bone disease and requires public notice



Regulation Requirements:

Systems that fluoridate must:

- Analyze the water twice a day for fluoride content, both before and after fluoridation
- Perform monthly check samples comparing their water plant lab results for post fluoridation water to that of a state certified lab analysis of the water
- Submit monthly fluoridation operational reports to both DEQ and State Health Department

Systems that intend to implement fluoridation must:

- Submit plans and specs to DEQ to get a construction permit
- Notify the DEQ in writing if you have previously fluoridated and want to begin fluoridating again

Operational and Construction Standards regulations may be found on the DEQ website at:

- <http://www.deq.state.ok.us/mainlinks/deqrules.htm>
- 252:626 Public Water Supply Construction Standards
- 252:631 Public Water Supply Operation amended



For more information on Fluoridation effects and costs contact:

Oklahoma State Department of Health Dental Service, **405-271-5502**

To view community fluoridation information go to My Water's Fluoride website:
<http://apps.nccd.cdc.gov/MWF/Index.asp>.



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