

# WATER

July 2015

## Fluoridation Factsheet

### Health Benefits: (Source CDC)

- For 70 years, people in the United States have benefited from drinking water with fluoride.
- Drinking fluoridated water keeps teeth strong and reduces tooth decay by approximately 25% in children and adults.
- The U.S. Community Preventive Service strongly recommends community water fluoridation for the prevention and control of tooth decay.
- Community water fluoridation is supported by the American Dental Association, American Academy of Pediatrics, U.S. Public Health Service, and the World Health Organization.
- Community water fluoridation is the single most effective public health measure to prevent tooth decay, and the CDC named it 1 of the 10 great public health achievements of the 20th century.



### Costs: (Source CDC)

- Community water fluoridation is the most cost-effective method of delivering fluoride to all members of the community, regardless of age, educational attainment, or income level.
- By preventing tooth decay, community water fluoridation has been shown to save money for both families and the healthcare system.
- Widespread community water fluoridation prevents cavities even in neighboring communities that are not fluoridated.

### Fluoride Levels:

Optimal fluoride level for good oral health = 0.7 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:

- Analyze the water twice a day for fluoride content, both before and after fluoridation.
- Submit monthly fluoridation operational reports to both DEQ and the State Health department. DEQ form No. 631-001 is available at: <http://www.deq.state.ok.us/wqdnew/forms.html>.
- Perform monthly check samples of post-fluoridation water comparing water plant lab results to that of a state accredited lab analysis of the water.
- When difference is greater than 0.1 mg/L, take steps necessary to improve accuracy of the water plant lab results.
- Ensure that a copy of the analytical report is forwarded to the State Health Department.

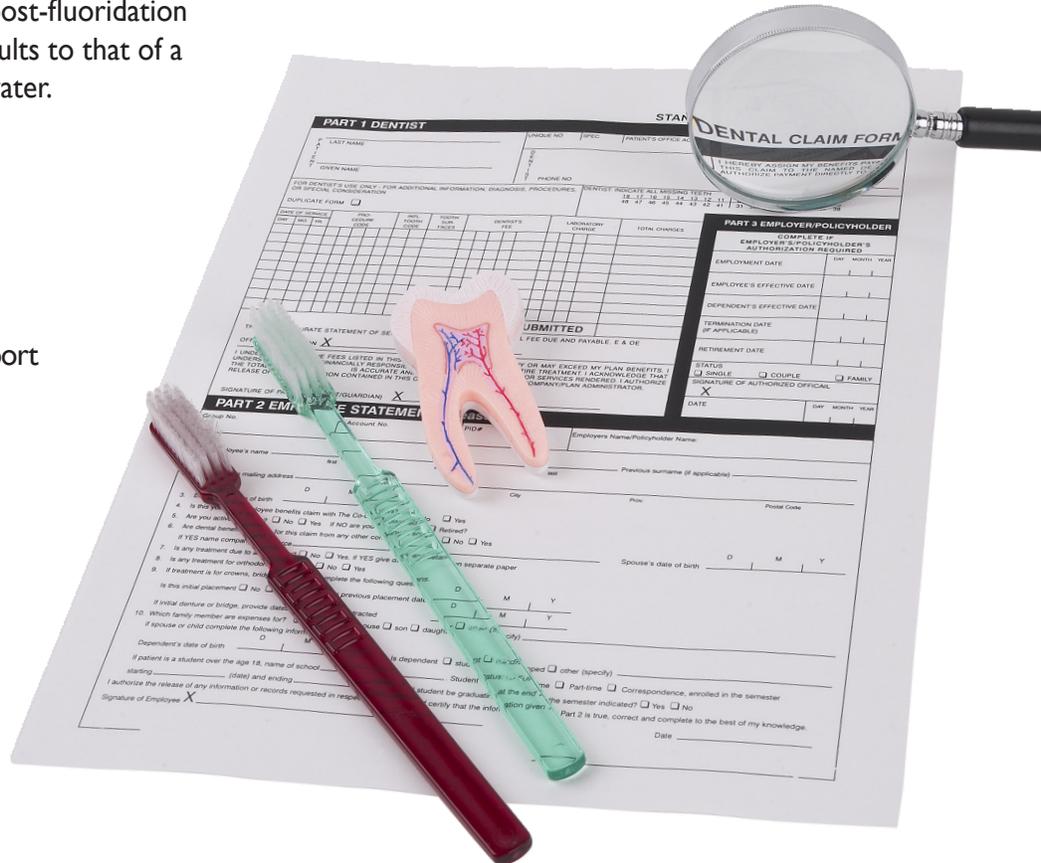
## Systems that intend to implement fluoridation must:

- 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 Health Service,  
**405-271-5502**

Visit the My Water's Fluoride webpage at:

[https://nccd.cdc.gov/DOH\\_MWF/Default/Default.aspx](https://nccd.cdc.gov/DOH_MWF/Default/Default.aspx)