Fluoridation

Health Benefits: (Source CDC)

- Since 1945, 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 percent in children and adults.
- The Community Preventive Services Task Force 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 (milligrams per liter)

Exceedance levels:

- 2.0 mg/L – National Secondary Drinking Water Standard – This level may cause cosmetic effects in developing teeth of children and requires public notice.
- 4.0 mg/L – National Primary Drinking Water Standard – Maximum Contaminant Level – This level may cause bone disease and requires public notice.
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**Operational 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 on DEQ’s website.
- 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 0.2 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 specifications to DEQ and obtain a construction permit.
- Notify DEQ in writing when fluoridation has been discontinued and when it will be started again.

**DEQ’s Construction Standards and Operational Regulations can be found on DEQ’s website.**
- 252:626 Public Water Supply Construction Standards
- 252:631 Public Water Supply Operation amended

For more information on community water fluoridation, 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