

# Fluoride in Drinking Water...

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Fluoride, is a naturally occurring element, the amount that is present differs on locations across the nation and the world. Generally in NYS the natural occurrence is low. Because of this, many public water systems choose to add fluoride to the public water supply. This process is known as fluoridation. Nationally, about two-thirds of Americans served by public water systems receive fluoridated water, according to the American Dental Association.

Fluoridation is endorsed by the Centers for Diseases Control and Prevention, the American Dental Association, and the American Medical Association, as well as numerous national and international health organizations. According to the Centers for Disease Control and Prevention, every dollar spent on fluoridation saves \$38.00 in dental cost.

Fluoride in drinking water cannot be detected by taste, sight or smell. Testing is the only way to determine the fluoride concentration. It also makes a great leak detection reagent since it is so stable.

Optimal level of fluoride in a community's water supply is from .7 – 1.2 PPM. This provided the best benefit. Fluoride has been researched for over 50 years and experience has shown with optimal levels, positive health

benefits with no harm to people or the environment.

In NYS, fluoride has always been a community choice. Every year many City, Town, Village Councils and voters take action to fluoridate their water. Community leaders have come to realize that fluoridation benefits the entire community adults, and children. Community fluoridation does not discriminate against anyone based on income, education, or race. Simply by drinking.

In these tough economic times, fluoridation is still cost effective. The national cost to fluoridate a water supply ranges from \$.20 - \$.50 per person, per year. This is more cost effective than dental repairs due to tooth decay. Multiple studies over the years have shown, in several countries including the United States, that fluoridation can reduce tooth decay by 60% in baby teeth and up to 35% in adult teeth.

Oral health is a critical component of overall health and well-being. Good oral health is critical for quality of life and it is proven SAFE! NYRWA is assisting the NYS DOH Dental Health Division with currently fluoridated systems. If you would like more information contact us. 💧