

Community Water Fluoridation in Iowa

1. What is the recommendation for the optimal fluoride level in water for the prevention of tooth decay (cavities)?

The Iowa Department of Public Health recommends an optimal fluoride level of 0.7 mg/L in drinking water. This recommendation is based on those provided by the U.S. Department of Health and Human Services (which includes the Centers for Disease Control and Prevention).

2. The water in my community contains natural fluoride. Is it still recommended that I fluoridate?

<i>Natural Fluoride Level</i>	<i>Recommendation</i>
The lab-certified natural fluoride level in my water is greater than 0.7 mg/L .	Your water contains sufficient natural levels of fluoride for the prevention of tooth decay.
The lab-certified natural fluoride level in my water is between 0.6 mg/L and 0.7 mg/L .	According to the CDC, it is not justified to spend the money or time to adjust the fluoride level in your water. Your water is considered naturally fluoridated.
The lab-certified natural fluoride level in my water is less than 0.6 mg/L .	Fluoridation is recommended. The way to prevent tooth decay is with optimally, or 0.7 mg/L, fluoridated water.

3. I would like to initiate water fluoridation in my community or replace/upgrade existing equipment. Is there funding assistance for this?

Yes! The Delta Dental of Iowa Foundation offers opportunities for communities to apply for community water fluoridation supplies. Previous awards have ranged from \$5,000 to \$25,000+. These applications can be used to initiate or maintain water fluoridation. More information can be obtained by contacting Maren Lenhart with Delta Dental at 515.261.5590.

4. I have more general questions. Who do I contact?

Please contact Sarah Petersen at the Iowa Department of Public Health.
sarah.petersen@idph.iowa.gov or 515.204.3450.

