

Fluoride

Effective - Cavity reduction by up to 40% in communities with optimally fluoridated water, confirmed by the U.S. Surgeon General and the Centers for Disease Control and Prevention.

Fluoridated water benefits all age groups:

- Reductions in childhood dental caries range from 18% to 40%.
- Caries reduction has been found to be 8% to 37% among adolescents (the average was 26.5%).
- Fluoridation reduces enamel caries in adults by 20% to 40% and prevents caries on the exposed root surfaces of teeth, a condition that particularly affects older adults

Natural - Fluoride exists naturally in water. Community water fluoridation simply adjusts the level of naturally-occurring fluoride to optimize protection against oral disease.

- Naturally occurring fluoride levels in water can be higher or lower than levels optimal for prevention of oral disease. Fluoridation of community water supplies does not involve introducing a foreign element to the water, but rather it involves carefully adjusting the existing fluoride levels for maximum oral health benefit.
- Fluoride has been added to community water supplies for over 50 years, and its continuing safety has been confirmed by numerous studies during that time.

Safe - Community water fluoridation has been practiced for over 50 years, and currently benefits nearly two-thirds of Americans who use public water systems.

- Opponents of water fluoridation have claimed it increased the risk for cancer, Down syndrome, heart disease, osteoporosis and bone fracture, AIDS, low intelligence, Alzheimer disease, allergic reactions and other health conditions.
 - The safety and effectiveness of water fluoridation have been re-evaluated frequently, and no credible evidence supports an association between fluoridation and any of these conditions.

If you are billed for your water by a local water system/district, you can contact your community water district to determine:

- The level of fluoride in your water, and
- Whether the fluoride amount is naturally-occurring or adjusted to align with levels beneficial for oral health.

Your water district billing statement should include the utility's contact information.

Single family well owners can have their water tested for fluoride at a laboratory; local health districts often have testing capabilities. Attached are health district contact listings in Washington State:

Health District	Phone
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Adams County Health District	509-659-3316
Asotin County Health District	509-758-3344
Benton-Franklin Health District	509-943-2614
Chelan-Douglas Health District	509-886-6427
Clark County Health District	360-759-7076
Clallam County Department of Health & Human Services	360-417-2408
Columbia County Public Health District	509-382-2181
Cowlitz County Health Department	360-414-5582
Garfield County Health District	509-843-3412

Grant County Health District	509-766-7960
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Grays Harbor County Public Health & Social Services Department	360-532-8631
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Island County Health Department	360-240-5554
Jefferson County	360-385-9400
Kitsap County Health District	360-475-0473
Kitsap County Health District	360-297-2960
Kittitas County Health Department	509-933-8220
Klickitat County Health Department	509-493-2235
Lewis County Health Department	360-740-1489
Lincoln County Health Department	509-725-9213
Mason County Department of Health Services	360-427-9670
Northeast Tri-County Health District	509-684-5048
Okanogan County Health District	509-886-6427
Pacific County Health Department	360-642-9349
San Juan County Health & Community Services	360-378-4474

Public Health - Seattle & King County	206-296-4586
Skagit County Health Department	360-336-9380
Skamania County Health Department	360-397-8215
Snohomish Health District	425-339-8640
Spokane Regional Health District	509-324-1550
Tacoma-Pierce County Health Department	253-798-6579
Thurston County Health Department	360-786-5581
Wahkiakum County Department of Health and Human Services	360-795-6207
Walla Walla County-City Health Department	509-527-3290
Whatcom County Health Department	360-676-4593
Whitman County Health Department	509-397-6280
Yakima Health District	509-249-6529

Other laboratories can be located in the yellow pages of your phone directory.