



## **BANGOR WATER DISTRICT**

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# **Bangor Water District Makes Recommended Fluoride Dose Reduction on January 19, 2011**

The U.S. Department of Health and Human Services, the U.S. Centers for Disease Control, the American Dental Association and other leading public health authorities continue to recommend optimal community water fluoridation as a significant health benefit. The goal of community water fluoridation is to achieve the desired oral health benefit while minimizing potential health risks. Providers of fluoridated public water undergo extensive training to safely apply fluoride in the amount recommended by the world's most respected public health authorities.

The citizens of Bangor voted in favor of drinking water fluoridation in 1967, and since then, the Bangor Water District has added fluoride at the optimal dose of 1.20 mg/L. This relatively small amount, equivalent to just over one part per million, has effectively reduced the incidence of tooth decay in our community for nearly 50 years now.

On January 7, 2011, the leading health authorities announced their proposed recommendation that the level of fluoride in drinking water can be set at the lowest end (0.70 mg/L) of the current optimal range, 0.70 – 1.20 mg/L, to prevent tooth decay. This latest recommendation takes into account new scientific data and recognizes that drinking water is now one of many sources of fluoride. Simply put, fluoride is found in many common modern-day consumables, and lowering the amount in drinking water is an effective and uniform way to ensure that everyone receives the optimal dose for continued dental health benefit.

The process of changing drinking water regulations can take several months or even years. When this particular announcement was made, every community water system that provides fluoridated water understood the need for official instruction from the appropriate regulatory agencies before making any reductions to fluoride dose.

The Bangor Water District was pleased to receive the Maine Drinking Water Program's Interim Guidance for Community Fluoridation on January 10, 2011 as it gave the District the option to make the reduction prior to the formal incorporation of the new dose level.

Like many fluoridating water systems in Maine, the Bangor Water District responded promptly to the recommendation after receiving direction from the Drinking Water Program. At its next regularly scheduled public meeting on January 18, 2011, the Bangor Water District sought and received approval from its Board of Trustees to adjust its fluoride dose to be consistent with the new recommendation.

With guidance from the Drinking Water Program and approval of its Board of Trustees, the Bangor Water District made this change official on January 19, 2011 and made the necessary adjustment to lower its fluoride dose from 1.20 mg/L to 0.70 mg/L. In doing so, the District maintains a record of following the prevailing advice of the leading health authorities in the matter of drinking water fluoridation.

Customers of the Bangor Water District are encouraged to call 947-4516 ext. 409 with any questions they may have about this or any other drinking water matter.

AMERICAN DENTAL ASSOCIATION



January 07, 2011

## ADA commends new fluoride recommendations

*Government cites effectiveness in preventing tooth decay*

By Craig Palmer

*Washington*—The Association commended new government recommendations Jan. 7 on fluoride in drinking water and said the ADA will continue advocating for community water fluoridation at the proposed levels.