

# FACT SHEET



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## FLUORIDATION



### What is fluoridated water?

"Fluoridated" water is water which contains fluoride at a level of 1mg/L. The fluoride can occur naturally in a water supply or may be added by the water authority. All supplies within the Riverina Water Area of Supply contain natural fluoride which ranges from 0.3-1.0mg/L.

The optimum fluoride level in drinking water to control tooth decay is 1mg/L, that is, 1 millionth of each litre is fluoride. For example, water supply to the township of Holbrook has a natural fluoride content of 1mg per litre so needs no further additions.

Other Riverina Water supplies contain 50% to 80% of the desired fluoride content, so, Riverina Water only need add a small amount more to bring it to the desired level.

### Why add fluoride to the water?

Fluoride is added to drinking water to protect teeth against decay. The dosing level is tested daily by operators to maintain 0.8-1.2Mg/L. Levels below 0.7mg/L will result in decay and levels over 2mg/L will cause dental fluorosis (tooth discolouration).

The dosing of fluoride is not a legal requirement but is highly recommended by the Australian Dental Association and NSW Department of Health.

Dental experts throughout the world agree that if drinking water contains the above levels of fluoride, there will be a significant reduction in tooth decay in children. Tooth decay will also be reduced in their adult life by forming a protective coating around the teeth, increasing the strength of tooth enamel.

### Is fluoride safe?

Fluoride is widely dispersed in the environment and is present in most foodstuffs. As previously mentioned, it also quite often occurs naturally in water. At the levels mentioned above, fluoride is perfectly safe for human consumption.

The addition of fluoride to the water is regulated by the NSW Health Department and legislated guidelines must be followed. The fluoride is added in strictly controlled amounts and final water quality is monitored every day by the RWCC operators. Independent samples are submitted to the NSW Dept of Health each month.

### Are all Riverina Water supplies fluoridated?

Not all Riverina Water County Council waters supplies are "fluoridated".

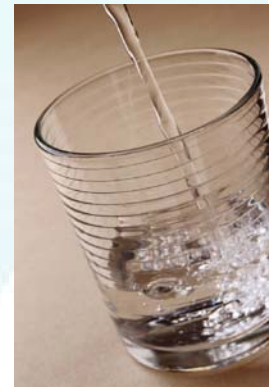
**Fluoridated waters** are in Wagga Wagga, San Isidore, Ladysmith, Mangoplah, Pleasant Hills, Holbrook, the Bulgary-Lockhart system, the Urana- Oaklands system, the Wagga Wagga - Walla Walla and Wagga Wagga - Milbrulong rural systems.

Those locations **not fluoridated** are Oura, Collingullie, Tarcutta, Humula, Rand, Morundah, Walbundrie, Woomargama.

If you live in a non-fluoridated area, your dentist can advise on the most appropriate way to gain the tooth protection offered by fluoride.



Dental fluorosis



Riverina Water County Council can be contacted on  
telephone 02 69220608 and we have a  
**Web Site at [www.rwcc.com.au](http://www.rwcc.com.au)**