



2017 Iowa's Annual Report on Water Fluoridation

The 2017 Annual Report provides information on the fluoride status of Iowa's water supplies. This one-page summary is designed to assist local public health professionals, dental and medical professionals, and the public to make informed decisions about their oral health. For the full report click [here](#).

Community water fluoridation is the precise adjustment of natural fluoride levels to the optimal level of 0.7 mg/L¹ to prevent tooth decay. Some benefits of community water fluoridation include:

- ❖ A cost effective way to prevent and reduce tooth decay. For every \$1 spent on CWF, \$38 in dental treatment costs are saved².
- ❖ A reduction in tooth decay by at least 25% throughout a person's lifetime³.
- ❖ A lifetime of safe tooth decay prevention regardless of age, income, or education.

There are a total of 1,091 public water systems serving 2,818,710 Iowa residents; 151 systems adjust their fluoride level, serving 1,608,909 people; 486 systems do not adjust their fluoride levels and serve 259,746 people (Table 1). Of the Iowa residents served by a community water system, 90.2 percent are receiving fluoridated water. However, IDPH can only verify that 63.6 percent of that 90.2 percent are receiving optimal (0.6-1.2 mg/L) fluoridated water to prevent tooth decay on a daily basis.

Table 1 - Community Water Systems in Iowa Identified as Fluoridated and Non-Fluoridated

	Number of Systems	Population Served by System
All Water Systems	1,091	2,818,710
Fluoridated		
Adjusted	151	1,608,909
Natural	210	380,004
Defluoridated	1	1,692
Consecutive	197	422,674
Multi-Source	10	129,185
Total	569	2,542,464
Non-Fluoridated		
Non-Adjusted	486	259,746
Consecutive	36	16,500
Total	522	276,246

To find the fluoride level in a certain community visit the CDC website, [My Water's Fluoride](#).

¹ <https://www.federalregister.gov/documents/2011/01/13/2011-637/proposed-hhs-recommendation-for-fluoride-concentration-in-drinking-water-for-prevention-of-dental>

² <https://www.cdc.gov/fluoridation/statistics/cost.htm>

³ <https://www.cdc.gov/fluoridation/index.html>