



Iowa's 2018 Report on Community Water Fluoridation

Iowa's 2018 Report on Community Water Fluoridation provides information on the fluoride status of Iowa's water supplies. This report is designed to assist local public health professionals, dental and medical professionals, and the public to make informed decisions about their oral health.

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

- ❖ It is a cost effective way to prevent and reduce tooth decay. The annual return on investment for water fluoridation is between \$5 and \$32 for every \$1 spent, depending on community size.²
- ❖ It provides a reduction in tooth decay by at least 25 percent throughout a person's lifetime.³
- ❖ It provides a lifetime of safe tooth decay prevention regardless of age, income, or education.

In 2018, there were 1,068 public water systems serving 2,833,395 Iowa residents; 148 systems adjusted their fluoride level, serving 1,603,188 people; 485 systems did not adjust their fluoride level and serve 263,573 people (Table 1).

	Number of Systems	Population Served by System
All Water Systems	1,068	2,833,395
Fluoridated		
Adjusted	148	1,603,188
Natural	201	385,019
Defluoridated	1	1,692
Consecutive	192	435,752
Multi-Source	9	128,586
Total	551	2,554,237
Non-Fluoridated		
Non-Adjusted	485	263,573
Consecutive	32	15,585
Total	517	279,158

Of the Iowa residents served by a community water system, 90.2 percent received fluoridated water. However, only 69.9 percent of that 90.2 percent received optimal (0.6-1.2 mg/L) fluoridated water to prevent tooth decay on a daily basis, a 9.9 percent increase from 2017. To find the fluoride level in a certain community visit the CDC website, [My Water's Fluoride](https://www.cdc.gov/fluoridation/index.html). This website is updated monthly by the Iowa Department of Public Health.

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/policy/hst/statestrategies/oralhealth/index.html>

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