

# Fluoride

Fluoride is a naturally occurring element. It has been added to water systems in North America since 1945 to help prevent tooth decay. Nearly 75% of the United States has access to fluoridated water.



**Some raw fruits , such as avocados, and vegetables, like radishes, naturally contain fluoride.**



Levels of Fluoride and other water quality facts about Waconia's water can be found in the **Consumer Confidence Report** which is published annually and can be found at [waconia.org](http://waconia.org) .

Sources:  
[epa.gov](http://epa.gov)  
[drinktap.org](http://drinktap.org)  
[Health.state.mn.us](http://Health.state.mn.us)



The State of Minnesota is currently in the process of drafting an amendment to lower the optimum Fluoride level from 1.2 mg/L to .7mg/L.

The City of Waconia has been lowering the Fluoride levels to comply.

**The level that can currently be found in water treated & distributed by the City of Waconia is between .8 - 1.0 mg/L**

## Facts

- Maximum amount allowed: 4.0 mg/L.
- **Optimum** level according to US Public Health Services .7 mg/L.
- These levels are based on the concentration level effective for **cavity reduction** while **minimizing the risk of fluorosis**.
- Fluoride is a mineral that is found naturally in nature. Some foods and water supplies contain **fluoride naturally**.
- Fluoride is also added to **drinking water** to promote strong teeth that are more **resistant** to the acid attacks that cause tooth decay.
- Water fluoridation became an **official** U.S. policy in 1951 and is still **required** by the State of Minnesota.
- Since that time, child **cavity rates** have been **reduced** by 20-40% where fluoridation has been implemented according to the American Dental Association.
- The fluoridation of drinking water is **recommended** by the ADA, the American Academy of Pediatrics, the U.S. Public Health Service and the World Health Organization.
- Fluoride does not affect the **appearance, taste or smell** of drinking water.
- Rivers and lakes generally contain fluoride levels less than .5 mg/L, but **ground water** particularly in **volcanic** or mountainous areas can contain as much as 50 mg/L.
- The US Centers for Disease Control proclaimed fluoridation to be one of the top ten **greatest** public health achievements of the past century because of its contribution in the **decline** of tooth decay.
- Dental Fluorosis is a cosmetic condition that causes mild discoloration of the tooth enamel.
- Skeletal Fluorosis, while severe, is extremely rare in the U.S. and is caused by excessive amounts of fluorine exposure.