

Fluoridation

What is fluoridation?

Fluoride is naturally present in low concentrations in Hunter Water's sources. In addition, fluoride is added to drinking water supplied by Hunter Water Corporation in the form of Fluorosilicic Acid.

Hunter Water is required by State Government legislation under the *Fluoridation of Public Water Supplies Act 1957* to fluoridate the water supply.

Why fluoridate?

Fluoride in water helps prevent tooth decay. It is particularly effective in protecting children's teeth while they are forming and helps reduce dental decay in adult teeth.

What level of fluoride is in drinking water supplied by Hunter Water?

The typical concentration of fluoride in drinking water supplied by Hunter Water is one milligram per litre. This is within the recommendations of the National Health and Medical Research Council (NHMRC) Australian Drinking water Guidelines.

Is fluoride safe?

The introduction of fluoridation in drinking water has been assessed in detail and there have been numerous studies and inquiries worldwide and in Australia. This work reaffirms the lack of adverse health problems at the fluoride concentrations used in public water supply systems. Major studies have also substantiated initial claims that the improvements in dental health come at a minimal cost to the community.

Who supports fluoridation of drinking water?

Fluoride in drinking water is supported by the World Health Organization, the Australian Dental Association, the Australian Medical Association, the National Health and Medical Research Council of Australia, the Australian College of General Practitioners and The Public Health Association of Australia Inc.

Fluoridation is recognised as a safe and effective public health measure demonstrated to improve the dental health of the community.