



# FLUORIDATION OF WATER SUPPLIES

FLUORIDATION IS RECOGNISED AS A SAFE AND EFFECTIVE PUBLIC HEALTH MEASURE DEMONSTRATED TO IMPROVE THE DENTAL HEALTH OF THE COMMUNITY



## FLUORIDE AND HUNTER WATER

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

## 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.

Fluoridation of public water supplies in New South Wales is regulated under the Fluoridation of Public Water Supplies Act 1957, and the Fluoridation of Public Water Supplies Regulation 2017. Hunter Water is required under this legislation to fluoridate its supplies to a level determined by the NSW Department of Health.

A [fact sheet](#) on fluoridation of drinking water from NSW Health provides more information on why to fluoridate.

## 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. The dosing range used by Hunter Water is specified in regulations produced by NSW Health.

## IS FLUORIDE SAFE?

Scientific evidence confirms that fluoride in drinking water is safe and effective for people of all ages. The National Health and Medical Research Council (NHMRC) has recently completed a thorough review of the latest scientific research relevant to Australia on the potential link between water fluoridation and human health. The NHMRC has confirmed that community water fluoridation helps to reduce tooth decay, and that there is no reliable evidence that water fluoridation at current Australian levels causes health problems. The NHMRC's [Public Statement 2017: Water Fluoridation and Human Health in Australia](#) reflects the latest evidence from this recent review. The NHMRC has also published [Water Fluoridation and Human Health in Australia: Questions and Answers](#) to support the release of the 2017 Public Statement.

## WHO SUPPORTS FLUORIDATION OF DRINKING WATER?

The overwhelming weight of scientific evidence supports community water fluoridation as a safe and effective measure in the prevention of dental decay. Relevant scientific evidence is regularly and systematically reviewed by the major health advisory organisations. On this basis, fluoridation of public water supplies is endorsed by numerous health advisory organisations, including the World Health Organisation, the US Centres for Disease Control and Prevention and Australia's peak medical advisory organisation - the National Health and Medical Research Council.

## Hunter Water

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