

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH



Jewel Mullen, M.D., M.P.H., M.P.A.
Commissioner

Dannel P. Malloy
Governor
Nancy Wyman
Lt. Governor

DWS Circular Letter #2015-06

TO: Public Water Systems that Fluoridate in Connecticut

FROM: Lori Mathieu, Public Health Section Chief, Drinking Water Section
Linda Ferraro, State Dental Director

DATE: May 13, 2015

RE: Fluoridation – HHS/CDC announcement and CT Laws for adjusted water fluoridation

On Monday, April 27, 2015, the U.S. Department of Health and Human Services (HHS) released the final Public Health Service (PHS) recommendation to lower the optimal fluoride level in drinking water to prevent tooth decay for public water systems with adjusted fluoridation. The new recommended level will maintain the protective decay prevention benefits of water fluoridation and reduce the occurrence of dental fluorosis, which in the U.S is typically only seen in a minor cosmetic change in the appearance of tooth enamel that does not affect the health of the teeth.

The new recommendation is for a single level of 0.7 milligrams of fluoride per liter of water. It updates and replaces the previous recommended range (0.7 to 1.2 milligrams per liter) issued in 1962. The earlier PHS recommendation for fluoride concentration was a range based on outdoor air temperatures, with children in warmer climates consuming more water than those in cooler climates. Current research shows that the amount of water consumed by children is fairly consistent in all U.S. regions; therefore a single fluoride level is recommended. The U.S. Public Health Service Recommendation for Fluoride Concentration in Drinking Water for the Prevention of Dental Caries was published in *Public Health Reports*: <http://www.publichealthreports.org/fluorideguidelines.cfm>

Connecticut's current law concerning fluoridation includes requirements under both Connecticut General Statute Section 19a-38 and Regulation of CT State Agencies Section 19-13-B102(e)(7)(L). These laws require public water systems that serve over 20,000 or more persons to maintain fluoride levels between 0.8 mg/l to 1.2 mg/l. Please see the attached Fluoride Fact Sheet for more detailed information. This Fact Sheet can also be found on our web-site: www.ct.gov/dph/publicdrinkingwater

The Department is reviewing options on possible changes to the law to include this recommendation from HHS to lower the optimal fluoride level. As a reminder, public water systems will continue to be required to maintain fluoride levels between 0.8 and 1.2 mg/l until a change is made to Connecticut's statute. Public water systems can choose to lower their average fluoride level as close to, but, no less than 0.8 mg/l, until such time as the law changes.



Phone: (860) 509-7333 • Fax: (860) 509-7359 • VP: (860) 899-1611
410 Capitol Avenue, MS#51WAT, P.O. Box 340308
Hartford, Connecticut 06134-0308
www.ct.gov/dph

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We will notify all fluoridating public water systems of any developments on proposed changes to the law. If you have any questions or concerns, please do not hesitate to contact either Lori Mathieu at 860-509-7333 or Linda Ferraro at 860-509-8074 to discuss or by email as noted above.

cc: Ellen Blaschinski, Branch Chief – Regulatory Services Branch, DPH
Local Health Directors