

# FLUORIDE IN DRINKING WATER

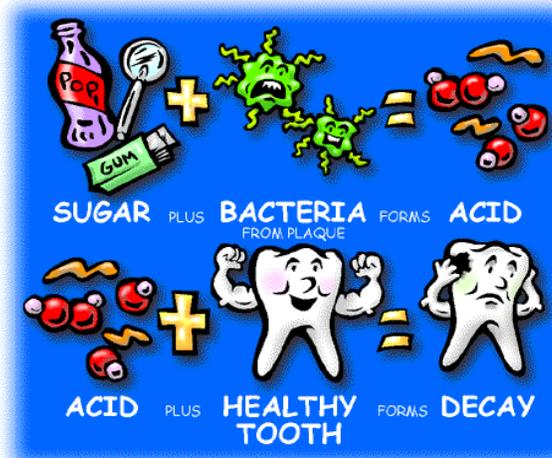
## GENERAL INFORMATION

Fluoride is a mineral that prevents tooth decay, and can be naturally present in drinking water at varying concentrations. When fluoride is not naturally present, it is often added to drinking water systems.

USAG-HI water systems are fluoridated. Army regulation requires fluoride to promote the dental health of Soldiers and families. Fluoride levels are routinely monitored and kept within an optimal range, as required by Army technical guidance and Safe Drinking Water Act regulations.



## WHAT ARE THE BENEFITS OF FLUORIDE?



According to the Centers for Disease Control and Prevention (CDC), fluoride inhibits and reverses the tooth decay process.

When sugar or refined carbohydrates are consumed, the bacteria in the mouth produce acid that remove minerals from the surface of the tooth. Fluoride will re-mineralize tooth surfaces, strengthening the tooth enamel.

Fluoride can reduce the amount of decay in children's teeth by as much as 60% (CDC 2006).

## WHERE CAN I FIND FLUORIDE DATA?

USAG-HI's fluoride data is reported to the Hawaii Department of Health, and is also available through annual Consumer Confidence Reports posted on the USAG-HI Sustainability Website:

<http://www.garrison.hawaii.army.mil/sustainability/DrinkingWater.aspx#Prgm>.

## HANDLING AND DISPOSAL PROCEDURES

The CDC (<http://www.cdc.gov/fluoridation/>) and American Dental Association are both good sources for general information (<http://www.ada.org/fluoride.aspx>). The Army Regulation ([http://www.apd.army.mil/pdf/files/r40\\_35.pdf](http://www.apd.army.mil/pdf/files/r40_35.pdf)) and technical guidance ([http://armypubs.army.mil/med/DR\\_pubs/dr\\_a/pdf/tbmed576.pdf](http://armypubs.army.mil/med/DR_pubs/dr_a/pdf/tbmed576.pdf)) provide Army-specific information. For fluoride questions specific to USAG-HI, please contact the Directorate of Public Works, Safe Drinking Water Program at (808) 656-3104.