



MARK B HORTON, MD, MSPH
Director

State of California—Health and Human Services Agency
California Department of Public Health



ARNOLD SCHWARZENEGGER
Governor

October 1, 2007

TO: Health Provider:

SUBJECT: WATER FLUORIDATION NOTICE

The California Department of Public Health (CDPH) recommends suspending prescription fluoride supplements for one year in areas served by the Metropolitan Water District of Southern California (Met).

Pursuant to Title 22, Section 64433.7 of the California Code of Regulations, this letter serves as official notice that Met will begin to increase the fluoride content of the treated water it supplies to its member agencies within Los Angeles, Orange, Riverside, San Diego, and Ventura counties. The fluoride level in the water supplied from all five Met treatment plants will be increased from the current levels of 0.1–0.4 ppm (mg/L) to 0.7–0.8 ppm (mg/L), starting October 29, 2007. By adjusting the fluoride content of Met's treated water supply, Met will supply its member agencies with water that contains the optimal level of fluoride. This important preventive public health measure will help reduce the incidence of dental caries (tooth decay) for residents of all ages in our community.

Local public water systems that use Met water exclusively will be receiving, and thus delivering, optimally fluoridated water to their customers. However, the Met service delivery area is vast, and some systems blend Met water with their own local water sources before it is supplied to customers. This may result in the blended water having suboptimal fluoride levels (<0.6 ppm [mg/L]). Although suboptimal fluoridation still provides some benefit, CDPH has requested that local public water systems use a one-year period to determine the average fluoride level of the blended water supplied to customers.

Prescribing fluoride supplements is at the professional discretion of health providers, based on factors such as the current level of fluoride in the local public water system as well as a patient's overall risk for dental disease. However, it is recommended that you

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suspend supplements for one year after the Met implementation date to allow the local public water systems mentioned above time to record average fluoride levels in their water. Halting supplements during this one-year period will help ensure that consumers do not receive more fluoride than is necessary and will not have an effect on tooth formation in children. After one year, and thereafter, we recommend that you resume verifying the fluoride level of your local public water system using the CDPH website listed below. This will help guide you in providing updated fluoride supplement prescriptions to patients. If the average fluoride level of your local public water system is 0.6 ppm (mg/L) or greater, CDPH and the U.S. Centers for Disease Control and Prevention suggest that you discontinue fluoride supplements for your patients.

Please contact Dr. David Nelson at the CDPH Office of Oral Health if you need additional information. Dr. Nelson may be reached at David.Nelson@cdph.ca.gov or (916) 552-9947. To review fluoride levels in California public water systems, refer to the section entitled "Fluoride Levels in Public Water Systems" on the CDPH website at: www.cdph.ca.gov/certlic/drinkingwater/Pages/Fluoridation.aspx.

Sincerely,



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Director



Wilma J. Wooten, MD, MPH
County of San Diego
Public Health Officer