

Water Fluoridation

SSWD's Water Supply Enhanced

Sacramento Suburban Water District (SSWD) has taken a proactive approach to ensuring an adequate water supply for customers. SSWD currently draws water from local groundwater basins. To reduce overdrafting of the groundwater supply, SSWD has adopted a process known as “conjunctive use.” Conjunctive use combines the use of treated surface water in wet years, when ample water is available from rainfall and snow pack, with the use of groundwater in dry years, when surface water isn’t as readily available. This diversified approach allows the groundwater basin to recharge, enhancing the reliability of our water supply, while allowing increased river flows during dry years. If groundwater resources become overburdened, that may result in a decline in water quality and increased pumping costs.

After years of long-range water supply planning, SSWD entered into an agreement with the City of Sacramento to acquire up to 20 million gallons per day of treated surface water from the American River. In February, 2007, SSWD began supplementing the existing groundwater supplies in the South Service Area (SSA) with this new water source, providing the SSA customers with treated surface water.

Compared to groundwater, surface water is typically softer, which means it has less mineral content. Lower mineral content results in reduced mineral deposits on home fixtures, including showers and sinks.

Water Fluoridation and Public Health

Water fluoridation in California is largely in response to State law (AB 733) which states, “In order to promote the public health through the protection and maintenance of dental health, the department [of Public Health] shall adopt regulations..., requiring the fluoridation of public water systems.” (California Health and Safety Code Section 4026.7.(a))

If your children are currently taking fluoride supplements, please consult your health professional to determine if your child should continue treatment.

Surface water received from the City of Sacramento is fluoridated in accordance with California Department of Public Health (DPH) standards. To maintain an optimal fluoride level in its total water supply, meet DPH standards and provide the greatest health benefit for the prevention of tooth decay, SSWD is fluoridating its groundwater supply in the SSA.

Water fluoridation is the process of adjusting the concentration of the naturally occurring levels of fluoride in the water to optimal levels. At optimal levels, water fluoridation is a safe, cost-effective and proven way of preventing tooth decay. Studies have shown that communities with water fluoridation experience significantly lower rates of tooth decay in their population. A Centers for Disease Control (CDC) study estimated that every \$1 invested in community water fluoridation saved \$120 in avoided costs for dental treatment. According to the CDC, the national average cost to restore one cavity with dental amalgam is about \$65—which is the approximate cost of providing fluoridated water to an individual for a lifetime.



See Reverse Side for FAQs

SSWD Administrative Office

Frequently Asked Questions

What is water fluoridation?

Fluoride is a naturally occurring element found in most water supplies. Water fluoridation is the addition of fluoride to adjust the natural fluoride concentration found in drinking water and bring it to the optimal levels that provide the most benefit for dental health.

Is water with fluoride safe to drink?

Yes, water with fluoride is safe to drink. A 1993 study by the National Research Council, performed for the Environmental Protection Agency, confirmed that optimal levels of fluoride in drinking water pose no health risk for problems such as cancer, kidney failure or bone disease. In fact, no claim of negative health effects caused by water fluoridation has ever been scientifically substantiated. The practice of water fluoridation is strongly supported by an extensive list of leading health organizations, including the American Dental Association, the American Medical Association, the World Health Organization and the U.S. Public Health Service's Centers for Disease Control and Prevention.

What are the benefits of fluoridated water?

Community water fluoridation is considered one of the ten greatest public health achievements of the 20th century. Fluoride reverses the demineralization process in teeth, effectively reducing tooth decay. Sixty years of research show that communities with fluoridated water experience an 18 to 40% reduction in tooth decay.

How much fluoride is in the water?

SSWD adjusts the concentration of fluoride in the water to meet optimal levels per State standards. The amount added will vary slightly from well to well as naturally occurring fluoride levels fluctuate. Optimal levels of fluoride in the water supply are between 0.7 and 1.3 parts per million (ppm). (One ppm is equivalent to 1 teaspoon in 1,300 gallons of water, which is enough water to fill an average bathtub more than 40 times.)

Who receives the fluoridated water?

Only SSWD customers in the South Service Area receive fluoridated water (see map on reverse side).

Who should I contact if I have additional questions?

SSWD is happy to answer questions you may have. Call us at 916.972.7171 or visit www.sswd.org for links related to fluoride.



Este informe contiene información muy importante sobre su agua potable. Si necesita ayuda entendiendo la información, por favor solicite la ayuda de un amigo o familiar que le pueda ayudar a traducirlo.