



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS 96TH TEST WING (AFMC)
EGLIN AIR FORCE BASE FLORIDA

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FROM: 96 DS/SGDD

SUBJECT: FLUORIDATION INFORMATION

Fluoride is a natural element found in water and foods which has been found to provide dental health benefits. Various communities add fluoride to water systems to maintain a beneficial level while others have naturally occurring levels that are sufficient. Eglin AFB West Housing areas and Child Development Centers are supplemented and therefore contain optimal levels. The housing area on Georgia Ave and on Camp Rudder are not supplemented with fluoride and do not contain the recommended levels for dental benefits. The American Dental Association currently recommends optimal levels of 0.7-1.2 mg/L (ppm) in community drinking water.

The following link to the Florida Department of Health can offer additional information concerning water quality: www.doh.state.fl.us/Environment/water. Water authorities provide *Annual Drinking Water Quality Reports* to inform you about the quality of water and services provided; Eglin AFB produces this information annually and can be obtained through the Bioenvironmental Engineering Office (850-883-8607) or by clicking the following link: <https://em.eglin.af.mil/emc/emce/emcew/potwater.asp>

Individuals lacking adequate fluoride may obtain supplemental doses through prescribed methods. The attachment on the following page lists the recommendations for fluoride supplementation for children birth to sixteen years of age. Please contact your personal dental health representative or pediatrician if you are interested in further guidance.

FLUORIDE SUPPLEMENTAL DOSAGE SCHEDULE

Approved by the American Dental Association, American Academy of Pediatrics and American Academy of Pediatric Dentistry

Age	Fluoride Ion Level in Drinking Water (ppm)*		
	<0.3 ppm	0.3-0.6 ppm	>0.6 ppm
Birth-6 months	None	None	None
6 months-3 years	0.25 mg/day**	None	None
3-6 years	0.50 mg/day	0.25 mg/day	None
6-16 years	1.0 mg/day	0.50 mg/day	None

* 1.0 ppm = 1 mg/liter (ppm = parts per million)

** 2.2 mg sodium fluoride contains 1 mg fluoride ion.

Important Considerations When Using Dosage Schedule:

1. If fluoride level is unknown, drinking water should be tested for fluoride content before supplements are prescribed. For testing of fluoride content, contact the local or state health department.
2. All sources of fluoride should be evaluated with a thorough fluoride history.
3. Patient exposure to multiple water sources can make proper prescribing complex.
4. Ingestion of higher than recommended levels of fluoride by children has been associated with an increase in mild dental fluorosis in developing, unerupted teeth.
5. Fluoride supplements require long-term compliance on a daily basis.
6. Recommendations in this statement do not indicate an exclusive course of treatment or procedure to follow. Variations, taking into account individual circumstances, may be appropriate.

Fluoridation Information

Fluoride is a natural element found in water and foods which has been found to provide dental health benefits. Some communities add fluoride to water systems to maintain a beneficial level and others have natural containing levels that are sufficient. 81% of Okaloosa County is optimally fluoridated. The American Dental Association recommends optimal levels of 0.7-1.2 mg/L in community drinking water.

Optimal fluoride levels are found in the following water systems:

Eglin AFB ACC/Housing
 City of Fort Walton Beach
 City of Mary Esther
 City of Niceville
 Okaloosa Water and Sewage: Main System; West County System

The following link to the Florida Department of Health can offer additional information concerning water quality: www.doh.state.fl.us/Environment/water . Water authorities provide *Annual Drinking Water Quality Reports* to inform you about the quality of water and services provided. The following are links and phone numbers to inquire about the water quality in each designated area. The water company to whom your bill is paid is that which provides your services. Access to the Eglin AFB Environmental Management: <https://em.eglin.af.mil/emc/emce/emcew/potwater.asp>

Aburn Water System 850-682-1258 www.auburnwatersystem.com	City of Mary Esther Phone 850-243-3566 Fax 850-243-0736 http://www.cityofmaryesther.com/index.php/departments/utility-billing/water-department
City of Crestview Public Services Department 850-682-6132/6133 http://www.cityofcrestview.org/publicservices/publicservices.php	City of Niceville (850) 729-4064 http://www.cityofniceville.org/water-sewer.html
Destin Water Users Destin, FL 32541-2449 850-837-6146 www.dwuinc.com	Okaloosa County Water & Sewer 850-651-7171 http://www.co.okaloosa.fl.us/dept_ws_quality.html
City of Fort Walton Beach 850-833-963 http://www.fwb.org/index.php/utility-services	S.C.C. Inc. - Water Division currently served by OCWS
Freeport Water Systems North Bay Water System 850-835-2822 http://www.freeportflorida.gov/	City of Valparaiso 850-729-5402 Public Works 850-729-5407 http://www.valp.org/govt/water-reports.html