

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 aquifers. To prevent 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 is not as readily available. This diversified approach allows the groundwater basin to recharge and enhances the reliability of our water supply. Conjunctive use helps SSWD avoid the consequences of an overburdened groundwater supply that may include: declining water quality, increased pumping costs and regulatory consequences.

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. Since February 2007, and when available thereafter, SSWD has been supplementing the existing groundwater supplies in the South Service Area (SSA) 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.



SSWD South Service Area receiving fluoridated water

Water Fluoridation and Public Health

The fluoridation of water by public water systems in California received a boost with the establishment of Section 116410 of the California Health and Safety Code. Section 116410 required the State to adopt regulations (by January 1, 1997) concerning the addition of fluoride to drinking water that are designed “..... to promote the public health of Californians of all ages through the protection and maintenance of dental health.....”

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

SSWD fluoridates the groundwater supply in the SSA to the level that meets DDW requirements and provides the greatest health benefit for the prevention of tooth decay. The City of Sacramento fluoridates the surface water SSWD purchases in accordance with the same requirements.

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 than those without fluoridated water. The Centers for Disease Control and Prevention (CDC) has recognized community water fluoridation as one of the 10 great public health achievements of the 20th Century.

A 2016 economic study by the CDC estimates that communities with fluoridated water experience an overall rate of return of \$20 for every dollar invested in water fluoridation. The cost of a lifetime of water fluoridation for an individual is less than the cost of one filling.

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 process of monitoring and controlling fluoride levels in the public water supply to reach the optimal level. Regulatory requirements in California identify 0.7 ppm as the optimal level of fluoride in drinking water with a corresponding allowable range (fluoride control range) of 0.6 ppm to 1.2 ppm.

Is water with fluoride safe to drink?

Yes, water with fluoride is safe to drink. A 2002 Medical Research Council report concluded there is no evidence for significant health effects on the immune system, gastrointestinal tract, or for reproductive and developmental defects. Additionally, a 2006 study by the National Research Council, performed for the Environmental Protection Agency, confirmed that the optimal level of fluoride in drinking water poses 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. There is strong support for community water fluoridation from an extensive list of leading health organizations, including the American Dental Association, the American Medical Association, the World Health Organization and the CDC.

What are the benefits of fluoridated water?

Fluoride reverses the demineralization process in teeth, effectively reducing tooth decay. Seventy years of research show that communities with fluoridated water experience an 18 to 40% reduction in tooth decay. Besides fewer cavities, the health benefits include less severe cavities and less pain and suffering because of tooth decay.

How much fluoride is in the water?

SSWD adjusts the concentration of fluoride in the water to meet optimal level per State standards. The amount added will vary slightly from well to well as naturally occurring fluoride levels fluctuate. The optimal level of fluoride for the water supply is 0.7 ppm. Concentrations may vary between 0.6 and 1.2 parts per million (ppm). (One ppm is equivalent to 3 drops in 42 gallons).

Who receives the fluoridated water?

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

Whom should I contact if I have additional questions?

If you have any other questions about water fluoridation or other questions about the water SSWD provides to customers, please call us at 916.972.7171, or visit www.sswd.org for other links related to water quality.



Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien.