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Guidance on Optimal Fluoridation Levels for Community Water Systems

The Maryland Department of Health supports community water fluoridation as a safe, cost-effective, and equitable strategy to prevent tooth decay and improve overall oral health. The Department aligns with recommendations from the U.S. Public Health Service (USPHS), the Centers for Disease Control and Prevention (CDC), and the American Dental Association (ADA), which establish the standard concentration of fluoride to maximize dental health benefits while minimizing potential harms such as the risk of dental fluorosis.

- **Target Concentration:** 0.7 *mg/L* Recommended by the USPHS, the CDC, and the ADA as the ideal level for community water systems.^{1, 2}
- **Operational Range:** 0.6 – 1.0 *mg/L* Provides water plant operators with a functional range for daily operations, ensuring concentrations remain high enough to prevent tooth decay while remaining safely below upper threshold limits.³

¹ <https://www.cdc.gov/fluoridation/about/community-water-fluoridation-recommendations.html>

² <https://www.ada.org/resources/ada-library/oral-health-topics/fluoride-topical-and-systemic-supplements>

³ <https://www.federalregister.gov/documents/2018/07/13/2018-14968/proposed-guidance-regarding-operational-control-range-around-optimal-fluoride-concentration>