

FLUORIDE SUPPLEMENTATION FOR CHILDREN

The American Dental Association recommends dietary fluoride supplements (tablets, drops or lozenges) for children ages six months to 16 years who live in non-fluoridated areas and are at high risk of developing tooth decay.

In Northern Arizona there is no community water fluoridation and the water in most communities does not contain sufficient fluoride for effective prevention of tooth decay. To verify the level of fluoride in your community's drinking water please check the CDC's maintained website named "[My water's fluoride](#)".

Arizona has some of the highest rates of dental decay in the nation. By age four, 49% of Arizona children have tooth decay. By age eleven to thirteen, 65% of Arizona children have tooth decay.

Dietary fluoride supplementation is based on the natural fluoride concentration of the child's drinking water and the age of the child. Please reference the chart below.

Fluoride Supplement Dosage Schedule—2010

Approved by the American Dental Association Council on Scientific Affairs

AGE	FLUORIDE ION LEVEL IN DRINKING WATER (PPM)*		
	<0.3	0.3-0.6	>0.6
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
<p><i>*1.0 part per million (ppm) = 1 milligram per liter (mg/l)</i></p> <p><i>** 2.2 mg sodium fluoride contains 1 mg fluoride ion.</i></p>			

Please find below examples of fluoride levels in drinking water in Northern Arizona retrieved from the CDC website.

COMMUNITY	FLUORIDE LEVEL IN DRINKING WATER (MG/L)
CHINO VALLEY	0.39
COTTONWOOD	0.17
FLAGSTAFF	0.14
HOLBROOK	0.41
KINGMAN	0.5-1.2
LAKE HAVASU	1.30-3.00
PAGE	0.31
PRESCOTT	0.38
SEDONA	0.17
SHOW LOW	0.17
SPRINGERVILLE	0.35-0.86
ST JOHNS	0.23
WINSLOW	0

STAMP OUT CAVITIES

RX FLUORIDE