1945: Fluoridation study begins

1945

Fluoridation begins in Grand Rapids, MI

Level of fluoride set at **1mg/L (ppm)** based on 30 years of research which demonstrated this to be the optimal level for cavity reduction with minimal level of very mild dental fluorosis

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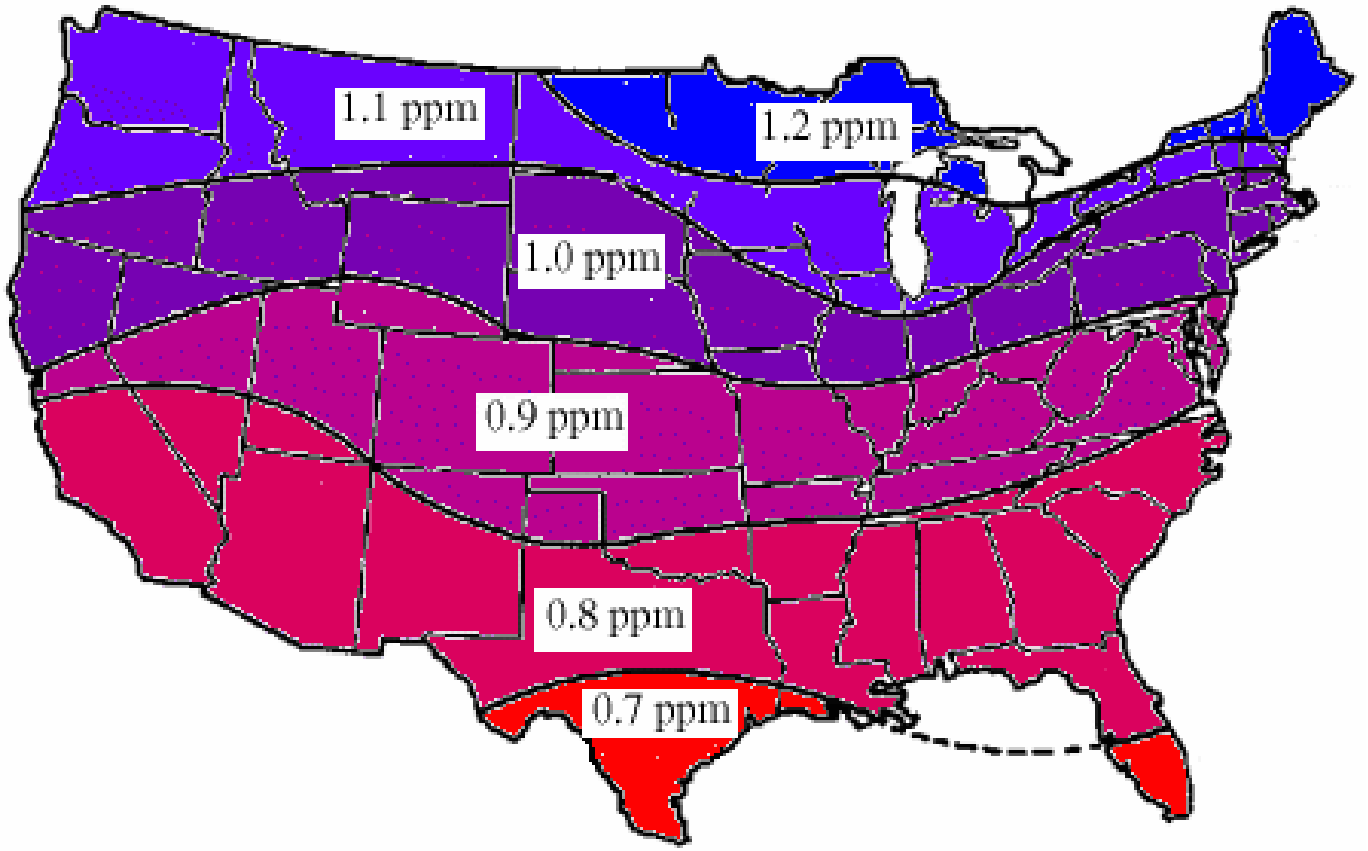
*(**Sources**: Landmark photo courtesy of the Journal of the Michigan Dental Association, March 2020; Timeline for Community Water Fluoridation. CDC website accessed 12-28-21)*

1962: CWF range adjusted based on climate



1962

- USPHS recommends a sliding scale to adjust levels for increased water consumption – and therefore fluoride – in warmer weather
- Children living in warmer climates drank more water than those in colder climates
- The optimal level varies from 0.7 ppm to 1.2 ppm depending on the local climate

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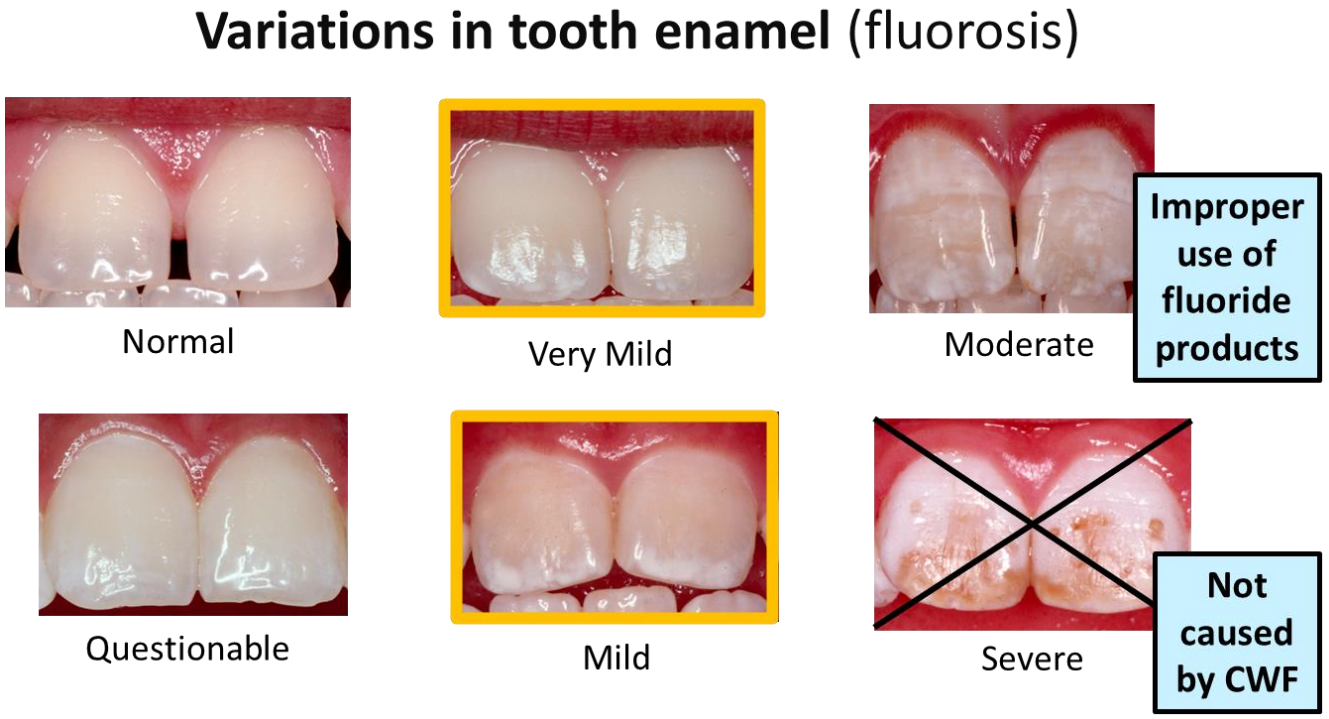
(***Source:*** *Timeline for Community Water Fluoridation, CDC website, accessed 12-28-21)*

2015: CWF set at a single sweet spot = 0.7 ppm



2015

- U.S. Public Health Service, based on scientific evidence:
  - water intake is the same for children in all areas of the country
  - several additional sources of fluoride are available through food, beverages, toothpaste,…
- Level is set at lower end of the previous range from 1962
- Optimal level for maximum cavity reductions of 25% with minimal very mild to mild dental fluorosis

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(***Sources:*** *"What does dental fluorosis look like?", CDC website accessed 12-28-21; "Public Health Service Recommendation for Fluoride Concentration in Drinking Water for Prevention of Dental Caries", Federal Register 05/01/2015, accessed 12-28-21)*