

# ENVIRONMENTAL Fact Sheet



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## Community Water Fluoridation in New Hampshire

This fact sheet is intended for use by New Hampshire citizens and health professionals evaluating the need for fluoride supplements for the prevention of tooth decay.

The U.S. Centers for Disease Control and Prevention (CDC) recommends the optimum fluoride level of **0.7 +/- 0.1 mg/L** in drinking water as the safest, most cost-effective method of prevention of tooth decay and overall improvement in oral health (Ringelberg 1992). This recommendation is supported by reviews of the latest scientific assessments (Federal Register, Jan 2011) by the U.S. Department of Health and Human Services (HHS) and U.S. Environmental Protection Agency (EPA). Although many studies focus on the benefits to children, water fluoridation is also effective in preventing dental caries (or cavities) in adults, reducing enamel caries by 20%-40% (Newbrun 1989).

The community public water systems (PWS) serving fluoridated water to New Hampshire residents are listed below. Several of these serve drinking water to adjacent communities as well. However, not all residents in a particular town may be served by the water system. For example, Manchester Water Works serves water to portions of the Town of Derry, but other parts are served by small community wells that do not fluoridate, and may or may not have optimum levels of naturally occurring fluoride. Residents using private wells must test their well water to establish natural fluoride levels, if any.

| Water System<br>PWS ID                                     | Communities<br>Served               | Approx. Service<br>Population | Fluoridation<br>Start Date     | Chemical<br>Used                                |
|--|-------------------------------------|-------------------------------|--------------------------------|---|
| Concord Water Dept.<br>PWS 0501010<br>Tel. (603) 230-3951  | Concord, Penacook                   | 44,000                        | 1952 - 1960;<br>1978 - Present | Fluorosilicic<br>Acid                           |
| Fryeburg Water Co.<br>Tel. (207) 935-2010                  | Fryeburg, ME<br>Eastern Conway*, NH | 100 in NH                     | Unknown                        | Sodium<br>Fluoride                              |
| Dover Water Dept.<br>PWS 0651010<br>Tel. (603) 516-6459    | Dover                               | 28,000                        | 1989                           | Sodium<br>Fluoride and<br>Fluorosilicic<br>Acid |
| Durham/UNH Water Sys<br>PWS 0691010<br>Tel. (603) 862-1390 | Durham                              | 15,400                        | 1955                           | Sodium<br>Fluoride                              |
| Hanover Water Dept.<br>PWS 1071010<br>Tel. (603) 640-3238  | Hanover                             | 8,500                         | 1958                           | Sodium<br>Fluoride                              |

| Water System<br>PWS ID                                       | Communities<br>Served   | Approx. Service<br>Population | Fluoridation<br>Start Date     | Chemical<br>Used      |
|--|---|-------------------------------|--------------------------------|-----------------------|
| Laconia Water Works<br>PWS 1281010<br>Tel. (603) 524-0901    | Laconia and<br>part of Belmont*   | 16,650                        | 1989                           | Sodium<br>Fluoride    |
| Lancaster Water Dept.<br>PWS 1291010<br>Tel. (603) 788-3201  | Lancaster   | 2,450                         | 1965                           | Sodium<br>Fluoride    |
| Lebanon Water Dept.<br>PWS 1321010<br>Tel. (603) 448-2514    | Lebanon   | 10,050                        | 1956                           | Sodium<br>Fluoride    |
| Manchester Water Works<br>PWS 1471010<br>Tel. (603) 624-6482 | Manchester, Bedford*,<br>Derry*, Goffstown*,<br>Central Hooksett*,<br>Londonderry | 160,000                       | 2000                           | Fluorosilicic<br>Acid |
| Portsmouth Water Works<br>PWS 1951010<br>Tel. (603) 520-0622 | Portsmouth, Madbury,<br>Greenland, New Castle,<br>Newington                       | 37,000                        | 1975                           | Fluorosilicic<br>Acid |
| Pease Trade Port<br>PWS 1951020<br>Tel. (603) 520-0622       | Pease Trade Port<br>Businesses (Portsmouth)                                       | No residential<br>customers   | 1950s - 1990<br>2002 - present | Fluorosilicic<br>Acid |
| Rochester Water Dept.<br>PWS 2001010<br>Tel. (603) 335-4291  | Rochester   | 25,000                        | 1967                           | Sodium<br>Fluoride    |

(\* ) Serves only a portion of the town. Please contact the PWS representative for specific service areas.

#### For More Information

New Hampshire Department of Environmental Services Drinking Water and Groundwater Bureau,  
(603) 271-2513, [dwgbinfo@des.nh.gov](mailto:dwgbinfo@des.nh.gov) or [www.des.nh.gov](http://www.des.nh.gov)

[New Hampshire Department of Health and Human Services Oral Health Program](http://www.dhhs.nh.gov), (603) 271-4568,  
[nhhealthylives@dhhs.nh.gov](mailto:nhhealthylives@dhhs.nh.gov).

[U.S. Centers for Disease Control and Prevention, Division of Oral Health, Community Water Fluoridation](http://www.cdc.gov)

#### References

CDC MMWR, October 22, 1999; 48(41); 933–940, “Achievements in Public Health, 1900-1999: Fluoridation of Drinking Water to Prevent Dental Caries”

Federal Register Notice, Jan 13, 2011 <https://www.federalregister.gov/articles/2011/01/13/2011-637/proposed-hhs-recommendation-for-fluoride-concentration-in-drinking-water-for-prevention-of-dental-caries>.

Newbrun E., Effectiveness of water fluoridation. J Public Health Dent 1989; 49:279-89.

Ringelberg ML, Allen SJ, Brown LJ. Cost of fluoridation: 44 Florida communities. J Public Health Dent 1992; 52:75-80.

Note: This fact sheet is accurate as of April 2020. The availability of additional information after this date may render this information inaccurate or incomplete.