
How can parents and caregivers follow the recommendations?

- Breast milk is the most complete form of infant nutrition. The American Academy of Pediatrics recommends that babies be breastfed for the first full year of life.
- When liquid concentrate or powdered infant formula is used, **it should be mixed with water that is fluoride-free, or contains very low levels of fluoride.***

* The Department of Health checked several brands of locally available bottled waters for fluoride content and found all brands contained very low or zero amounts.

- Ready-to-feed formula may also be used.
- Only reverse osmosis filtering systems can remove fluoride from tap water. Filters such as Brita cannot remove fluoride from fluoridated water.

Resources

**Vermont Department of Health
Office of Oral Health**
108 Cherry Street
Burlington, VT 05401
802-863-7341, or 1-800-464-4343
<http://healthvermont.gov/family/dental/fluoride/formula.aspx>

Burlington Board of Health
645 Pine Street, PO Box 849
Burlington, VT 05402
802-863-0442
<http://www.ci.burlington.vt.us/health>

Burlington Community Health Center
617 Riverside Ave.
Burlington, VT 05401
802-864-6309
http://www.communityhealthcenterburlington.org/about_us.htm

Le Leche League International
802-985-8228, or 802-863-7981
<http://www.lelecheleague.org>

American Dental Association
<http://www.ada.org/public/topics/fluoride/index.asp>

Centers for Disease Control and Prevention
Division of Oral Health
http://www.cdc.gov/fluoridation/safety/infant_formula.htm

The Facts about Fluoridated Water and Infant Formula



**City of Burlington
Board of Health**



What is the concern about infant formula and fluoridated water?

Research has raised the possibility that infants under 12 months of age may be getting too much fluoride, if they drink formula mixed with fluoridated water.

While more research is being done, the American Dental Association and the Vermont Department of Health recommend mixing powdered or concentrated baby formula **with water that is fluoride-free or contains very low levels of fluoride**, for feeding infants under 12 months of age.

Why has the recommendation changed?

A child's teeth (baby teeth and permanent teeth) may develop **very mild to mild fluorosis** from drinking fluoridated water as an infant.

The Vermont Department of Health and the Burlington Board of Health want parents and childcare providers to know how to avoid the possible risk of fluorosis.

What is fluorosis?

Fluorosis is not a disease. Fluorosis affects the way teeth look:

- In **very mild** fluorosis, teeth may have faint white lines or streaks not readily visible.
- In the **mild form**, teeth begin to show more visible white spots.
- In **moderate to severe** fluorosis, the appearance and form of teeth are seriously affected.

(Photos of fluorosis can be found on the Vermont Department of Health website: <http://healthvermont.gov/family/dental/fluoride/formula.aspx>)

Why is fluoride added to water?

Fluoride is added to water to reduce tooth decay in children and adults.

Communities add fluoride to water systems by adjusting the amount of natural fluoride found in the water, to a level that is best for the dental health of its residents.

How would you know if your town water is fluoridated?

Burlington's community water supply is fluoridated. If you live in another town, contact your family dentist, doctor or the Vermont Department of Health to find out if the water you drink is fluoridated.

Call the Department of Health at:

- 802-863-7341, or
- toll-free at 1-800-464-4343

