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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**

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**Contact:** Alicia Ekhoﬀ, Dental  
Program Coordinator, (217) 531-4538  
Lori A. Holmes, Public Relations,  
(217) 531-2927

## **Champaign-Urbana Public Health District Gives Illinois Communities Top Honors for Maintaining Fluoride Levels**

*Champaign-Urbana Public Health District applaud local measures  
to improve overall community health.*

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) recognized five community water systems for maintaining state mandated fluoride levels every month in 2007. State recommended fluoride levels are 0.9 to 1.2 parts per million, in standard drinking water.

The community water systems recognized included:

- Illinois American Water – Champaign: 24 consecutive years
- Sangamon Valley Public Water District: 9 consecutive years
- Ludlow Water Department: 2007
- Royal Water Department: 2007
- Sadorus Water Department: 2007
- Honorable Mention – Ogden Water Department: 11 out of 12 months in 2007

“Water Fluoridation is a proven way to prevent tooth decay and improve overall oral health for both children and adults,” said Alicia Ekhoﬀ, Dental Program Coordinator for CUPHD.

“CUPHD appreciates the care that these local water companies are taking to ensure better oral health for the members of their communities.”

Scientific studies have found that people living in communities with fluoridated water have fewer cavities than those living where the water is not fluoridated. Community water fluoridation is a cost-effective, equitable and safe way to provide protection from tooth decay and CUPHD

commends those communities who fulfill the state mandated levels of fluoride in their water systems.

Fluoride in drinking water helps improve the quality of life through less tooth decay, reduced time lost from school and work, and less money spent to restore, remove or replace decayed teeth. In Illinois, 99 percent of those served by public water systems receive the benefit of fluoridated drinking water compared to the current national average of 66 percent. Fluoride is found naturally in water, but in many communities the amount of the mineral is too low and does not meet the required standards. Water operators must add fluoride to provide optimal health benefits to their communities. Of the 1,840 water supplies in Illinois, 859 systems adjust fluoride levels. The average cost is about 50 cents per person per year. A small cost when compared to the savings in dental treatment. Water fluoridation currently benefits more than 200 million Americans, 12.4 million in Illinois.

The Champaign-Urbana Public Health District's Dental Division offers preventative and restorative procedures and simple extractions at their new location at 201 West Kenyon Road in Champaign. Appointments are available Monday thru Friday; 8:00am – 4:00pm by calling 217-531-4279. Children enrolled in the Urbana School District may also be seen at the Urbana School Health Center located in the Urbana High School. Appointments are available Monday thru Friday; 8:00am – 4:00pm by calling 217-239-4220.

For more information on the importance of Fluoride in water or any CUPHD dental clinics or programs please contact CUPHD at (217) 352-7961 or visit CUPHD on the web at [www.cuphd.org](http://www.cuphd.org).

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