

What is fluoride?

Fluoride is a naturally-occurring mineral that is found in some water sources and certain foods. It has been shown to help strengthen tooth enamel and reduce the risk of tooth decay when present in drinking water. Fluoride is particularly beneficial for reducing dental cavities in children, but people of all ages can benefit from fluoride to help prevent tooth decay.

What is fluoridation?

Water fluoridation is a public health measure that involves adding small amounts of fluoride to public water supplies for the purpose of improving dental health. The practice of fluoridation has been shown to significantly reduce the incidence of tooth decay, and is endorsed by numerous health organisations worldwide, including the World Health Organization and the Australian Dental Association.

How is fluoridation regulated?

The [Health \(fluoridation\) Act 1973](#) regulates the safe and effective addition of fluoride to drinking water in Victoria. The [Code of practice for fluoridation of drinking water supplies \(2nd edition\)](#) specifies the requirements for the safe design and effective operation of a fluoridation plant. All Victorian water agencies must practise fluoridation according to the code. Fluoride is also regulated and managed according to the *Safe Drinking Water Act 2003*, the Safe Drinking Water Regulations 2015, and the National Health and Medical Research Council's Australian Drinking Water Guidelines.

What is the role of the Department of Health in fluoridation?

The Department of Health Victoria is responsible for administering the Health (Fluoridation) Act, which gives them the power to direct Victorian water agencies to fluoridate water supplies, approve fluoridation plants and management systems, and specify the type and amount of fluoride to be added. They also provide funding for the construction and operation of fluoride dosing plants.

Which South Gippsland Water systems are fluoridated?

Currently only the Lance Creek water supply system is fluoridated. Fluoridation commenced in 2013 for this system following direction and approvals from the Department of Health. Refer to the table below to find towns connected to the Lance Creek system.

Where can I find further information on fluoride and fluoridation?

Click here: [Water fluoridation in Victoria \(health.vic.gov.au\)](http://health.vic.gov.au)

My tap water is not fluoridated; where can I get advice on dental health care?

Dental health care information can be found here: [Unfluoridated areas \(health.vic.gov.au\)](http://health.vic.gov.au)

Table: Is my water fluoridated?

Town/Locality	Is my water fluoridated?	Average fluoride concentration mg/L*
Alberton	No	< 0.05
Cape Paterson	Yes	0.87
Dumbalk	No	0.09
Fish Creek	No	< 0.05
Foster	No	< 0.05
Inverloch	Yes	0.86
Koonwarra	No	0.06
Korumburra	Yes	0.88
Lance Creek	Yes	0.83
Leongatha	No	0.06
Loch	Yes	0.87
Port Albert	No	< 0.05

Port Welshpool	No	< 0.05
Meeniyah	No	0.06
Nyora	Yes	0.87
Poowong	Yes	0.86
Port Franklin	No	< 0.05
Welshpool	No	< 0.05
Toora	No	< 0.05
Wattlebank	Yes	0.83
Wonthaggi	Yes	0.87
Yarram	No	< 0.05

Notes:

*Based on results for period 1 November 2022 to 30 April 2023

< means "less than"; i.e. the level is below the detection limit of the test