

## Maine Communities With Fluoridated Water Supplies And Years Started

Anson	1983	Holden	1967	Springvale	1972
Arundel	2004	Houlton	1968	Standish	1997
Ashland	1966	Hulls Cove	1963	Thomaston	1969
Auburn	1969	Indian Island	1963	Topsham	1955
Augusta	1997	Indian Township	1984	Van Buren	1967
Baileyville	1955	Island Falls	1967	Vassalboro (part)	1965
Bangor	1967	Kennebunk	2004	Vassalboro	1997
Bar Harbor	1963	Kennebunkport	2004	Veazie	1962
Bath	1969	Lewiston	1970	Waldoboro *	
Belfast	1960	Limestone	1987	Warren *	
Benton	1965	Lubec	1972	Washburn	1961
Berwick	2003	Machias	1966	Waterville	1965
Bethel	1970	Madawaska	1960	Wells	2004
Biddeford	1988	Madison	1983	West Bath	1969
Biddeford (Biddeford Pool & Fortunes' Rocks)	2004	Manchester	1997	West Bethel *	
Blaine	1971	Mars Hill	1971	Westbrook	1997
Boothbay	2003	Mechanic Falls	1971	Westfield (part)	1971
Boothbay Harbor	2003	Medway	1966	Windham	1997
Bradley	1963	Mexico	1967	Winslow	1965
Brewer	1967	Milford	1963	Winterport	1973
Bridgton	1963	Millinocket	1960	Winthrop (part)	1972
Brunswick	1955	Monmouth	2001	Winthrop ("East")	1997
Bucksport	1969	Newcastle	1971	Wiscasset	1989
Camden	1969	Newport	1972	Woolwich	1969
Cape Elizabeth	1997	Northport	1998	York (part)	2004
Caribou	1959	Norway	1952		
Chelsea	1997	Oakland	1994	<b>Notes:</b>	
Clifton	1967	Ogunquit	2004	* = Community water supplies with naturally occurring fluoride	
Cumberland	1997	Old Orchard Beach	1988		
Damariscotta	1971	Old Town	1963	Communities listed by name indicates that all citizens served by the community water supply receive fluoridated water (1.2 ppm).	
Dexter	1984	Orono	1962		
Dover-Foxcroft	2000	Orrington (part)	1967		
Dixfield	1971	Owls Head	1969		
Eagle Lake	1974	Pittsfield	1965	Those communities listed with "(part)" indicate either that different parts of the community implemented fluoridation at different times, or that not all citizens served by the public water supply receive fluoridated water because the community is served by more than one water supply.	
East Millinocket	1966	Pittston	1973		
Eastport	1969	Pleasant Point	1969		
Eddington	1967	Portland	1997		
Ellsworth	1969	Presque Isle	1960		
Embden	1981	Randolph	1973		
Fairfield	1965	Raymond	2002	Provided by the Maine Center for Disease Control and Prevention, Department of Health & Human Services 4/2009	
Falmouth	1997	Rockland	1969		
Farmingdale	1973	Rockport	1969		
Fort Fairfield	1959	Rumford	1959		
Fort Kent	1972	Saco	1988		
Freeport	2000	Salisbury Cove	1983	For more information, contact: Oral Health Program 287-2361	
Friendship *		Sanford	1972		
Fryeburg	1971	Sangerville	1972		
Gardiner	1973	Scarborough (Pine Point)	1988		
Gorham	1997	Scarborough	1997		
Greening Island	1959	Skowhegan	1973		
Guilford	1972	Southport	2003		
Hampden	1965	South Freeport	2000		
Hartland	2002	South Gardiner	1962		
Hermon	1967	South Portland	1997		
		Southwest Harbor	1959		

# Dietary Fluoride Supplement Schedule

Age	Fluoride Supplement Fluoride ion level in drinking water (ppm) <sup>1</sup>		
	< 0.3 ppm	0.3 – 0.6 ppm	> 0.6 ppm
Birth – 6 months	None	None	None
6 months – 3 years	0.25 mg/day <sup>2</sup>	None	None
3 – 6 years	0.50 mg/day	0.25 mg/day	None
6 – 16 years	1.0 mg/day	0.50 mg/day	None