

UTAH BOARD OF PHARMACY

*Newsletter to Promote Pharmacy
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Understanding Prescription Fluoride Supplements: Key Information for Pharmacists Following Utah's HB 81

The landscape of fluoride access in Utah has recently changed with the enactment of **House Bill (HB) 81 Fluoride Amendments**, which prohibits the addition of fluoride to public water systems. This change impacts how residents, particularly children, receive optimal fluoride levels. As a result, the Utah Department of Health and Human Services (DHHS) and the Utah Department of Commerce Division of Professional Licensing (DOPL) are providing information to help pharmacists and dental professionals address patient questions regarding prescription fluoride supplements.

Key Changes and Their Implications

- **Cessation of Public Water Fluoridation:** As of May 7, 2025, residents in Davis and

Salt Lake counties and Brigham City no longer have access to fluoridated drinking water. This change requires alternative methods for fluoride intake.

- **Pharmacist Prescribing Authority:** A major component of HB 81 is the authorization for pharmacists to prescribe fluoride supplements directly, without requiring a prescription from a dental or medical provider. This aims to increase access to fluoride for all children in Utah.

The Importance of Fluoride

Fluoride plays a vital role in maintaining strong and healthy teeth by strengthening tooth enamel and preventing tooth decay. Its benefits are realized through both topical and systemic delivery methods:

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Understanding Prescription Fluoride Supplements: Key Information for Pharmacists Following Utah's HB 81 (cont)

- **Topical Methods:** These include fluoridated toothpastes and mouth rinses, as well as professionally applied fluoride varnish.
- **Systemic Methods:** Historically, this included the ingestion of fluoridated water. Now, with the change in law, prescription supplements have become a primary systemic delivery method.

It is important to emphasize that topical and systemic fluoride work synergistically to provide the most effective defense against cavities.

Addressing the Fluoride Gap in Utah

A significant portion of Utah's population resides in areas where natural fluoride levels in water are insufficient for dental protection. Fluoride supplements are designed to bridge this gap, ensuring children receive the necessary fluoride for optimal oral health.

Guidance for Pharmacists and Dosing Recommendations

The Utah Department of Commerce DOPL has developed the [Utah Guidance for Fluoride](#) document. This guidance authorizes pharmacists to prescribe and dispense fluoride supplements for children who are not receiving optimal fluoride from their water, aligning with the [American Dental Association Dietary Fluoride Supplements: Evidence-based Clinical Recommendations](#).

Supplemental dosing recommendations are tailored to two key factors:

- 1) **Age of the child:** Different age groups have varying fluoride needs.
- 2) **Naturally occurring fluoride in the local water system:** This is a critical factor in determining the appropriate supplement dosage.

Resources for Determining Fluoride Levels

To provide accurate recommendations, it is essential to determine the natural fluoride levels in a patient's drinking water. Here are valuable resources:

- **Public Water Systems:** Encourage patients to contact their local water district or city directly for the most accurate information on natural fluoride levels.
- **Private Well Water:** Individuals with private well water will need to have their drinking water tested by a certified lab.
- **Utah Department of Environmental Quality Map:** This [interactive map](#) displays natural fluoride levels for Utah communities, based on reports from public water systems.
- **Utah Dental Association:** The [Utah Water Fluoridation Levels handout](#) provides additional information.
- **Centers for Disease Control and Prevention (CDC) My Water's Fluoride:** This [website](#) is particularly useful for communities outside Davis and Salt Lake counties and Brigham City.

Educational Materials for Patients

To assist pharmacists and dentists in communicating these changes to patients and their families, the DHHS [Oral Health Program website](#) offers educational materials in both English and Spanish. These resources compile credible information to facilitate effective patient education. Additionally, the Utah Dental Association provides a [fluoride toolkit](#) and handouts.

By utilizing these resources and understanding the new legal framework, dentists can continue to provide comprehensive oral health guidance and ensure their patients receive optimal fluoride protection.

DOPL Announcement: 2025-2026 COVID-19 Vaccine Administration Guidance

DOPL is issuing guidance clarifying the use of the **2025-2026 COVID-19 vaccine**, following the recommendations from the Advisory Committee on Immunization Practices (ACIP).

DOPL clarifies its current Vaccine Administration Guidance dated April 10, 2024 (and Vaccine Administration Protocol, revised September 2023), as follows:

- Utah pharmacists have the authority to prescribe and administer the 2025-2026 COVID-19 vaccine in accordance with the latest

voted on and approved recommendations from ACIP. Pharmacists are also able to delegate the administration of 2025-2026 COVID-19 vaccine to trained pharmacy interns and pharmacy technicians.


While the recent ACIP recommendations shifted from a broad “should vaccinate” to a “shared clinical decision-making” model for most age groups, Utah’s guidance and protocols with respect to those ACIP recommendations allow pharmacists to provide the vaccine to eligible patients

without a prescription from another healthcare provider.

Pharmacists are also still authorized to administer any FDA-approved vaccine pursuant to a prescription or a collaborative practice agreement.

This document expires when the CDC approves and publishes the ACIP product-specific recommendations for the 2025-26 COVID-19 vaccine.

This document can be found on the Utah DOPL Pharmacy [home page](#) on the “Welcome” tab, under “Announcements.”



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