

# COMPARING DEFLUORIDATION AND SAFE-SOURCING FOR FLUOROSIS MITIGATION IN ETHIOPIAN RIFT VALLEY

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**SUMMARY:** In the Ethiopian Central Rift Valley (ECRV) an estimated 8 million people are exposed to high levels of naturally occurring fluoride, due to intakes through drinking water, beverages and food, which make them at risk of dental and skeletal fluorosis. This paper describes the outcome of a research that compared the efficacy of the two main mitigation measures, i.e. defluoridation and safe sourcing, by looking at their sustainability, cost-effectiveness and vulnerability. The outcomes suggest that sourcing drinking water from safe source is the preferred approach - because it reduces management burden and it enables a wider coverage. When such safe sources are absent, community based bone char fluoride removal systems proved to be a good alternative. The involvement of the community before the implementation phase played a crucial role in the success of defluoridation projects.

Key words: Defluoridation; Ethiopia; Fluoride; Fluorosis mitigation; Safe-sourcing.

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