

Nitrate in Drinking Water Affects All of Us



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Concerns over elevated nitrate levels in Iowa's water have been raised for a number of reasons in recent decades. The challenges of providing drinking water that meets the nitrate health standard have received increased attention as public water systems face costly upgrades to maintain safe drinking water for customers.

Nitrate is regulated under the Safe Drinking Water Act at 10 mg/L. However, an increasing number of scientific studies link long-term, low-level nitrate concentrations in drinking water with serious health issues.

Nitrate may cause thyroid disease. This can affect anyone.

Nitrate can cause blue baby syndrome in infants less than 6 months old.

Nitrate may increase the risk of bladder, colorectal, and other types of cancer. This can affect anyone.



Nitrate may cause birth defects. This can affect people who are or may become pregnant.