

Private Well Water in Nebraska

Challenges and opportunities to reduce nitrate consumption and potential health complications

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Nitrate is a naturally occurring compound found in soil and water. However, certain human activities can contribute to concentrations of nitrate beyond the level considered safe. While the Clean Water Act (1974) requires public water systems to monitor and treat nitrate-contaminated water, drinking water from private wells is not governed by those regulations.

CHALLENGES TO REDUCING NITRATE INTAKE AND ADDRESSING HEALTH IMPACTS

What might prevent protection of Nebraska's at-risk populations from potential adverse health impacts of nitrate consumption?

Lack of awareness

Inability to limit pollution

Limited access to medical care

High cost

OPPORTUNITIES TO REDUCE EXPOSURE

How can individuals that rely on private wells for their drinking water limit their nitrate intake?



Regular Water Testing



Water Treatment Options