3.2.2 Protective effects in adults
Community water fluoridation protects against dental caries at all ages, with studies demonstrating beneficial effects in children as young as three and adults up to 75 years of age. Adults are susceptible to decay in the root surfaces of their teeth (which tend to become exposed due to gum recession with increasing age). Adults living in fluoridated areas have considerably less root surface caries than those living in non-fluoridated areas, …

3.2.3 Reduction of socioeconomic inequalities
Community water fluoridation is of particular benefit to communities of low socioeconomic status, who tend to have higher rates of dental caries and less access to dental treatment and other forms of fluoride supplementation. Community water fluoridation reduces the socioeconomic inequalities in caries experience, and remains the most socially equitable means of achieving community-wide exposure to the caries prevention effects of fluoride.

3.2.4 Maximising dental health benefits
Maximal dental health benefits are obtained through a combination of water fluoridation, tooth brushing and appropriate use of fluoridated toothpaste, healthy diet and regular reviews by a dental professional. Caries prevalence is decreasing in both fluoridated and non-fluoridated areas. This is thought to be due to wider exposure to other fluoride vehicles, such as fluoridated toothpaste, and a ‘diffusion’ effect with fluoridated beverages being distributed to non-fluoridated areas. Even so, water fluoridation has been found to have an effect over and above that of other fluoride sources, providing additional topical fluoride to teeth throughout the day.