

WEEKLY WEDNESDAY UPDATE

The Weekly Wednesday Update is our newsletter which we email every Wednesday with oral health, health and policy updates from around the state and nationally.

To view past issues [click here](#).

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October 10, 2018

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How can you make a difference in oral health policy

For over 20 years, [Dr. Stuart J. Little](#) has worked in state government and assisted organizations such as Oral Health Kansas in advocating for sound public health policy change at the Kansas Legislature. Dr. Little will be at our 2018 Conference on Oral Health. He will share insight about how everyone can make a difference in oral health public policy.



Sign up for the 2018 Conference on Oral Health. The last day to [sign up](#) for the conference is Friday, October 26.

Washburn University nursing students learn about oral health



Last Friday, staff member Kathy Hunt gave an oral health presentation to 80 senior nursing students at Washburn University in Topeka. The students were fascinated with the information and had fun with a hands-on activity simulating "acid attacks" that occur in the mouth when germs process simple carbohydrates. The students were challenged to take what they learned with them into the medical field and find ways to insert oral health information into their new roles. Oral Health Kansas continues to look for ways to help people understand that they cannot be healthy without good oral health. Several safety net clinics across the state have been focusing their efforts on medical and dental integration.



Sippy visits western Kansas

Sippy had a fun visit at the Grinnell schools this week and met lots of students from pre-K to middle school. Grinnell school district school nurse Nancy Bixenman explained to the students about the goals of [Thirsty for Health](#) and why Sippy wants kids to pick water as their first beverage of choice.

She explained the importance of water for development and shared the sugary drink display as a way to visually show how much sugar are in popular drinks

75th annual Kansas Public Health conference

Last week, [Kansas Public Health Association \(KPHA\)](#) held their annual conference in Wichita. Oral Health Kansas had the opportunity to exhibit at the conference and were able to spread awareness of the role oral health plays in overall health. Attendees at the conference had the opportunity to hear from Lt. Governor Candidates from both major

parties over lunch, as well as ask questions of the candidates, such as how their administrations would work to prevent Kansans from having to seek their oral healthcare from emergency rooms.

KPHA also presented their annual awards at the conference, where they honored lawmakers from Topeka in their anti-smoking efforts. Former Topeka City Councilwoman Elaine Schwartz and Shawnee County Commissioner Bob Archer were both awarded "Public Health Policy Makers of the Year" for their role in working to raise the age to purchase and sell tobacco products in their respective communities. Learn more about their efforts [here](#).



Are you registered to vote? Deadline is approaching!

Tuesday, October 16th is the [last day to register to vote](#) before the general election! Whether it's a federal, state, or local election, all candidates can have an impact on your day-to-day life. State and local government often lead the way when the federal government isn't with policies such as Tobacco21, Medicaid Expansion, and Clean Indoor Air. This means your voice is always important in an election!

If you're unsure you can make it to the voting booth on November 6th, consider advance voting. With advance voting, any registered voter can vote by mail or in person before election day. Get your advanced voting application [here](#) to vote by mail.

To advance vote in person, [contact your local election office](#).

Important 2018 Election Advance Voting Dates

October

- Tuesday, October 16 - Last day to register to vote before the general election. Register [here](#).
- Wednesday, October 17 - First day advance ballots are mailed. In person advance voting may begin.
- Tuesday, October 30 - Deadline for voters to apply for advance voting ballots to be mailed for general election

November

- Monday, November 5 - Noon deadline to cast advance voting ballots in person.
- Tuesday, November 6 (General Election Day) - Mailed advance voting ballots must be postmarked on or before Election Day. You can also vote in person today!

Community water fluoridation resource for water operators

Be sure to check out the new website Campaign for Dental Health has created! It is a comprehensive resource that serves as an educational library for water operators about community water fluoridation (CWF). There you will find helpful topics and evidence-based materials about the effectiveness and safety of CWF, fluoridation and health, and it includes additional links.

Find it all at: <https://ilikemyteeth.org/waterops/>.



Oral Health Kansas participates in WSU Speed Networking

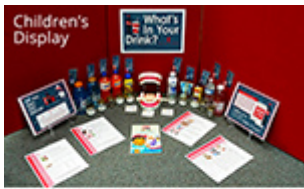
Christi Nance, OHK's Policy Director, recently attended a speed networking event for Wichita State University's College of Health Professions. She had the opportunity to talk about the importance of oral health and how students can incorporate it into their careers.

Christi was able to connect with several students in the school's dental hygiene program. More about WSU's degree options can be found [here](#).

Last week Megan Foreman, [Dental Champions Class VII](#), received the Virginia Lockhart Health Education Award at the Kansas Public Health Association conference. The award is



given for outstanding service in public promotion of health and/or environmental issues. Congratulations Megan!



Reserve a Sugary Drink Display Today!

What is a Sugary Drink Display? It's our drink display that has 10 popular beverages and shows how much sugar is in each. You can reserve a child drink display or an adult drink display for up to a month.



Reserve the drink display for your event or classroom. Christi shared with Topeka firefighters the healthy options for drinks.

Please note that requests made less than 30 days before the display is needed may not be able to be filled.

To learn more about our Sugary Drink Display and to reserve one, click [here](#)!

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