



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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Dental Champions Corner

Congratulations to Jason Wesco (Class I) and Chris Tilden (Class 6) for being selected for the Sunflower Foundation Advocacy Fellowship Class of 2016! The Fellowship Class is a group of 15 recruited in a variety of sectors, including health, business, social service, faith, local government and education. [Here](#) is a list of the 2016 Fellows!



KS Community Oral

Hotel Deadline



If you are [reserving](#) a hotel room for the conference, the OHK block room rate expires **TOMORROW, October 29!** The Crowne Plaza Overland Park is located at 12601 West 95th St., Lenexa, KS 66215.



If you have not registered for the Oral Health Kansas conference, we still have availability. [Register](#) soon before we are full! This year the conference is at the K-State Olathe building 22201 W

Health Coalition Members!

If you have not signed up for the Community Oral Health Coalitions Meeting on Thursday, November 12, please do so quickly! This meeting is by invite only! Leaders from the state's community oral health coalitions will gather to share current projects, successes and challenges and to seek ways to collaborate with each other and at the state level. [Register now!](#)

If you have any questions, contact Doug Bowman, Dbowman@oralhealthkansas.org or 785-235-6039.

Cut Out Sugar

A new [study](#) with obese children was used to determine if cutting back on sugar improves their health. The answer was yes. Cutting the sugars out of their diet by replacing them with starchy foods, showed health improvements within 10 days. [Read more](#) to find out what the conclusion was.



Twitter Storm

October is [Health Literacy Month](#) and the Children's Dental Health Project would like to bring awareness to oral health

Innovation Dr, Olathe, KS 66061.

For more information, view our [website](#) or email us at info@oralhealthkansas.org.

Tobacco 21|KC

Healthy KC, a partnership of the Greater Kansas City Chamber of Commerce and Blue Cross and Blue Shield of Kansas City are working to improve the health and well-being of area residents. Its four pillars are nutrition, physical activity, work/life integration and tobacco cessation. Their initiative, Tobacco 21|KC, is hoping to raise the legal smoking age from 18 to 21, in the Kansas City area.

According to the [Centers for Disease Control and Prevention](#) preventing tobacco use among youth is critical to ending the tobacco epidemic in the United States.

- Tobacco use is started and established primarily during adolescence.
 - Nearly 9 out of 10 cigarette smokers first tried smoking by age 18, and 99% first tried smoking by age 26.
 - Each day in the United States, more than 3,800 youth aged 18 years or younger smoke their first cigarette, and an additional 2,100 youth and young adults become daily cigarette smokers.

The [Campaign for Tobacco-Free Kids](#) lists a Toll of Tobacco in Kansas. The numbers are astonishing!

literacy. Join us and other advocates in a Twitter storm, #healthliteracymatters, on October 29, to raise awareness of the challenges we face in oral health literacy.

Follow us on [twitter](#)

Drink Display

We have just a few slots open in November and December if you would like to reserve the sugary drink display!

You might have seen our display around your community. We provide all supplies for the sugary drink display, including handouts for health eating habits and toothbrushing. Shipping costs are reimbursed by Oral Health Kansas. [Contact](#) us to reserve a display!



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- High students who smoke 10.2% (16,300)
- Male high school students who use smokeless or spit tobacco 13.2% (females use much lower)
- Kids (under 18) who become new daily smokers each year, 2300

Smoking is also the cause of mouth, pharyngeal, laryngeal, and esophageal cancer. The risk of developing oral cancer is higher in people who use both tobacco and alcohol. Avoiding or stopping the use of tobacco decreases the risk of oral cancer. Read more from OHK's [Tips and Tricks](#).

The Tobacco 21|KC campaign already has nearly 100 supporters, including Oral Health Kansas. To learn more about how to join the Tobacco 21 movement, please contact info@oralhealthkansas.org.

The [Kansas Health Institute](#) and the [Kansas City Star](#) also reported on the campaign.



National Brush Day!

[National Brush Day](#) was initiated in 2013 by the Ad Council and the Partnership for Healthy Mouths,



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Healthy Lives as part of the Children's Oral Health Campaign. The campaign is the day after Halloween, November 1, as a reminder to brush after eating from your trick or treat bag! Not only should we be encouraging to brush for two minutes two times a day every day, also remember to floss daily, drink water with fluoride and eat sweets in moderation!

If your child comes back with a bag full of candy, have him choose 10 pieces of candy and that's what he keeps. Or limit how much he can eat each day. Remember to check in your town if there's a [Halloween Candy Buy Back](#). Locations will buy back candy and send a care package to troops overseas. This could be a guilt free way to explain to your child he will be helping others by giving up his candy.

Don't forget, if you're handing out candy, think of [alternatives](#). Children also like to get stickers, markers or small crafts. Children with braces might not be able to eat candy but still want to receive something fun!

Are you participating in National Brush Day on November 1? [Send](#) us your picture participating in the day and we'll post it on our Facebook!

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