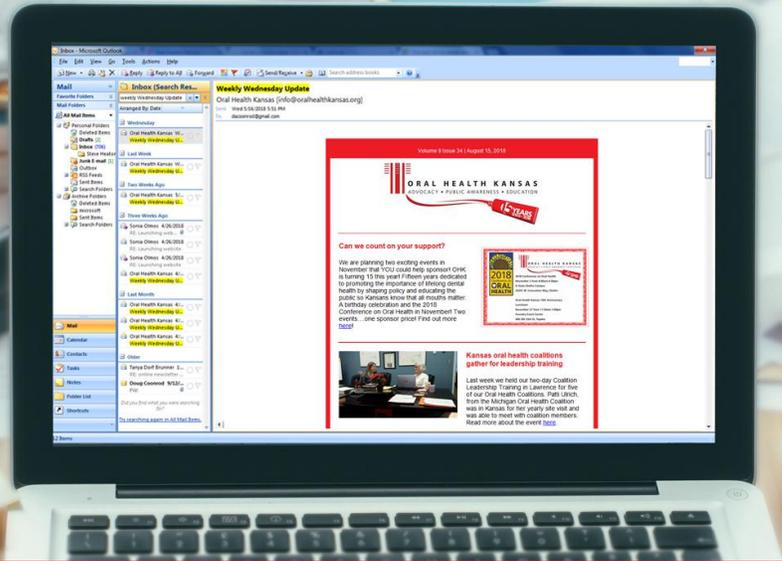




ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION



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](#).

Click here to sign up for our [Weekly Wednesday Update](#).

December 12, 2018

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Only Three Days Left To Choose An Insurance Plan On The Marketplace



If you have not signed up for insurance on the marketplace, the deadline is December 15. Are you not sure how to fill out the application? Do you know what information you may need? Navigators are there to help! They can help you with [Advanced Premium Tax Credits and Cost-Sharing Reductions](#) which are based on income and household size. Cost-sharing subsidies work by reducing a person or family's

out-of-pocket cost when they use health care services, such as deductibles, copayments, and coinsurance. Unlike the premium tax credit (which can be applied toward any metal level of coverage), cost-sharing subsidies can only be applied toward a silver plan.

To qualify for a tax credit you must:

- Have a household income from one to four times the Federal Poverty Level (FPL), which for the 2019 benefit year will be determined based on 2018 poverty guidelines (In 2019, the subsidy range in the continental U.S. is from \$12,140 for an individual and \$25,100 for a family of four at 100% FPL, to \$48,560 for an individual and \$100,400 for a family of four at 400% FPL.)
- Not have access to affordable coverage through an employer (including a family member's employer)
- Not eligible for coverage through Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or other forms of public assistance
- Have U.S. citizenship or proof of legal residency (Lawfully present immigrants whose household income is below 100% FPL and are not otherwise eligible for Medicaid are eligible for tax subsidies through the Marketplace if they meet all other eligibility requirements.)
- If married, must file taxes jointly in order to qualify

CoverKS.org and [United Way 211](http://UnitedWay211.org) are the best ways to find Navigators.



Submit Your Comments For Healthy People 2030

The U.S. Department of Health and Human Services (HHS) is soliciting written comments on the proposed objectives for [Healthy People 2030](http://HealthyPeople2030.gov). Healthy People is a national effort that sets goals and objectives to improve the health and well-being of people in the United States. Previous public comments on the proposed Healthy People 2030 framework helped shape the vision, mission, foundational principles, plan of action, and overarching goals for Healthy People 2030. In this comment period, the input is for proposed Core, Developmental, and Research objectives. The public is invited to submit comments on the proposed objectives from **December 3, 2018 to January 17, 2019**.

Over 200,000 comments submitted regarding proposed changes to public charge

Monday was the deadline to submit comments to the Department of Homeland Security regarding the proposed changes to the public charge designation and 210, 889 comments were received nationwide. Oral Health Kansas submitted our own comments, which can be found [here](#). All public comments can be reviewed [here](#). Thank you to those that submitted comments and raised awareness to help us fight these proposed changes that would harm the health of Kansans!

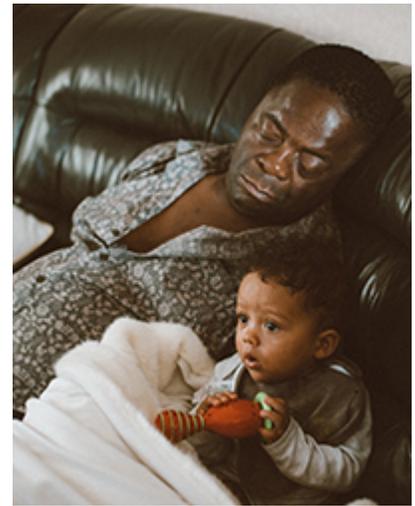


Photo by Humphrey Muleba on Unsplash

The proposed changes to the public charge designation would broaden the list of health-related programs considered when determining if someone is likely to become a public charge to include programs such as Medicaid and the Supplemental Nutrition Assistance Program (SNAP).

As a result of the proposed changes to the definition of public charge, it is estimated that anywhere from 2.1 to 4.9 million people may disenroll from Medicaid or CHIP, programs that are vital to providing oral healthcare to these populations.



National Institute of Dental and Craniofacial Research

January 10: Webinar On New Surgeon General's Report

In 2000, the U.S. Surgeon General issued the first Report on Oral Health. The report famously described dental disease as a silent epidemic, and the insights offered in the report helped to shape the public oral health infrastructure across the country.

The Surgeon General plans to release a new Report on Oral Health in 2020. The [National Institute on Dental and Craniofacial Research \(NIDCR\)](#) is leading the project to produce the report, and they are hosting a webinar on the status of the report in January. Mark your calendar to join the webinar on Thursday, January 10 from 11:00 to 11:30 am. [Click here for details about the webinar.](#)

NIDCR is accepting public on the upcoming report by January 25, 2019. Members of the public may submit their ideas about oral health, its impact on public health, and new trends. Oral Health Kansas will share sample comments after the January 10 webinar.

USDA Lowers Nutrition Standards In Schools

Last week, the US Department of Agriculture announced final plans to roll back nutrition standards for school lunches. The changes will go into effect next July and will affect the current rules regarding sugar, salt, and whole grain content in the foods served in school cafeterias. Already this year, the Department of Agriculture began allowing schools to serve low-fat flavored milk. Many school districts had been moving away from serving flavored milk because of the sugar content before the rule change.



Adding sugar to otherwise healthy beverages like milk provides kids with extra calories and sugar, which endangers their oral health. [Learn more about the sugar content of popular drinks and reserve our sugary drink display to share the message at your school, office, or event.](#)

Read more in the [New York Times](#) and [Topeka Capitol-Journal](#).



Most of you know Kelly Rippel as our Water Access Manager for the Thirsty for Health Project, and we are excited to announce that he has taken on a new role!

Oral Health Kansas has a new contract with the Kansas Department of Health and Environment's Bureau of Oral Health for Kelly to serve as the state's Community Water Fluoridation Specialist.

This week Kelly is attending the Centers for Disease Control and Prevention grantee meeting where he is



networking with fluoridation specialists in other states. Visit the [Fluoride in Kansas website](#) to learn more about water fluoridation in Kansas or you may reach Kelly at 785-235-6039 or krippel@oralhealthkansas.org.



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. Spots fill up quickly!

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](#).

Interested in purchasing a Sugary Drink Display? Great, email us at info@oralhealthkansas.org and we'll send you more info!



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