



In This Issue

[Fluoride Webinar Tomorrow!](#)

[Hermey's Holiday Checklist](#)

[Are You Ready for Fluoride?](#)

[New Mental and Dental
Health Partnership](#)

[Dental Champions Corner](#)

[Now Taking Reservations for
2015!](#)

Fluoride Webinar Tomorrow!

Don't forget to sign up for the fluoride webinar tomorrow from 2 - 3 PM CST! Three communities that fought and won the vote on community water fluoridation will discuss the context in which they operated and key strategies for winning.



New Mental and Dental Health Partnership

Valeo Behavioral Health Care and Community Health Ministry have partnered to provide dental care for Valeo patients starting in January. Many patients have not received dental care for some time, so this new partnership will greatly improve the dental health of this population.

Oral Health Kansas helped facilitate this new partnership through a [DentaQuest Foundation](#) grant, but these two organizations deserve the credit for making this happen. The connections between mental and dental health are not widely recognized, so this partnership is breaking new ground for other similar partnerships in the future.

The *Topeka Capitol Journal* wrote an informative article about this collaboration, highlighting how mental and dental health can be related. For example, people who have depression may take a further hit to their self esteem if they have tooth decay, and people with illnesses like schizophrenia may act out because they cannot explain that they are in pain.

If you would like to read the full article from the *Topeka Capitol Journal*, [click here](#).

Check out the [Mental Health: The New Oral Health Frontier](#) presentation from our recent conference!

OHK's Policy Director Megan Foreman will share how the Keep Fluoride campaign in Salina achieved their success.

[Sign up today!](#)

Hermei's Holiday Checklist

Check out these holiday tips brought to you by Hermei the Elf, aspiring dentist and dental do gooder. Thank you [Mouth Healthy](#) for providing these tips!



Brush your teeth two times a day for two minutes
Eat healthy snacks like fruits and vegetables
Avoid drinking sodas, juices and sports drinks with a lot of sugar
Protect your teeth by wearing a mouthguard during sports
Visit your dentist!

If you like to print out these helpful tips, [click here!](#)

Are You Ready for Fluoride?

Completing this quick [readiness assessment!](#)



Dental Champions Corner

Kathy Hunt, Class 1 and Project Director for Kansas Head Start Association's Kansas Cavity Free Kids program, gave a presentation at the National Head Start Association's Parent Conference held in New Orleans last week. The presentation provided Head Start staff with ideas for partnering with parents to improve oral health. More than 30 people attended and participants left with evidence based information as well as ideas and activities for actively engaging parents of young children to help them raise cavity free kids.



Now Taking Reservations for 2015!

Our Traveling Sugary Drink Display was a hit in 2014. Make sure to place your reservation for next year soon - **spots are filling up fast!** Reservations are made for one month at a time, and return postage is covered by Oral Health Kansas. Common locations for our display include schools, libraries, dental offices, and health fairs. [E-mail Sarah here](#) to make reservation today!



If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please contact us at info@oralhealthkansas.org.

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