



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.

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Bid Farewell And Say Hello

On Friday, December 13, Oral Health Kansas held their quarterly board meeting and also bid farewell to two board members, Amber Sellers and Lissa Staley. Amber has served on the board for six years. She is a member of the Dental Champions Class 4 and has served on committees and volunteered for at least 10 years. She's been a big champion of the annual conference and chaired the committee for a few years. No matter what was happening in her life, she made Oral Health Kansas a priority.



Lissa has served on the board for just two years, but her influence has been felt for many years. She was the inspiration for starting the sugary drink display, and she was responsible for its original proliferation. She challenges us to think about our influence in the community and in the state differently. She encourages us to seize opportunities and dream of new possibilities. She is leaving our board far too soon, but her influence is not likely to conclude anytime soon.

We are excited to welcome our new board member, Whitney Zamora. Whitney is a Registered Dental Hygienist and with the Kansas Dental Hygienists Association (KDHA). We are looking forward to having her expertise at our table.



Where Does Kansas Rank?

The United Health Foundation released the 2019 America's Health Rankings Annual Report. For three decades, [America's Health Rankings](#) has provided an analysis of national health on a state-by-state basis by evaluating a historical and comprehensive set of health, environmental and socioeconomic data to determine

national health benchmarks and state rankings. Kansas dropped in the rankings from 27th to 29th in the last year.

Some highlights for Kansas:

- Since 2012, obesity increased 16% from 29.6% to 34.4% of adults
- In the past year, diabetes increased 10% from 10.5% to 11.6% of adults
- In the past two years, disparity in health status decreased 32% from 31.7% to 21.6%
- In the past year, frequent mental distress increased 10% from 11.4% to 12.5% of adults

Some of the challenges:

- High prevalence of obesity
- Low rate of dentists
- Low HPV immunization coverage among adolescent females

The full annual report is

here https://assets.americashealthrankings.org/app/uploads/ahr_2019annualreport.pdf



Oral Surgeon Joins KC Children's Surgery Center

One of our exhibitors at the 2019 Conference on Oral Health was the [KC Children's Surgery Center](#) in Kansas City, Kansas. KC Children's Surgery Center is a [Blue Cloud Pediatric Surgery Centers](#) location. They are eager to announce their new board certified oral surgeon, Dr. Aaron Sterling Card, MD, DMD. For more information or

questions, call the office at 816-235-3455.



Causes Of Dry Mouth

During the cold, winter months we may feel that our body is more dry including our mouths. But the cold is not what causes dry mouth. Dry mouth, called xerostomia, is the cause of the lack of producing enough saliva to keep your mouth wet.

Dry mouth can be caused by a number of things, including:

- Anxiety
- Dehydration
- Mouth breathing
- Medications

What can you do if you're experiencing dry mouth? Drink water! Limiting drinks with caffeine can help. You can also suck on hard candies that are sugar free or chew sugar free gum.

Use our [Tip and Trick one pager](#) to learn more about dry mouth and share this resource! Delta Dental of Kansas provides [information on how to relieve dry mouth.](#)

This week we bid farewell to Pam Smith, Dental Champions Class VII, as she left her position as Oral Health Specialist at the Community Care Network of Kansas. Pam has been involved in Oral Health Kansas projects for several years, including community water fluoridation and a pilot project to help children with disabilities access dental services. We've enjoyed working with her and wish her the best!



Photo courtesy of USD 465

Reserve Now For The End Of The Year

Don't wait until the new year to book your sugary drink display. Get your reservation in before another month gets booked! Or [purchase](#) a Sugary Drink Display to have as your own!

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 a month.

We will do our best to fulfill requests of less than 30 days but there is no guarantee.

There is no charge to use the Sugary Drink Display; postage is reimbursed if you send in your receipt. All we ask is for you to fill out our survey included in the display materials and provide us with feedback about the display. **Click [here](#) to make a reservation!**

Interested in purchasing a Sugary Drink Display? Click [here](#) to download our brochure.

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