



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Volume 8, Issue 13

March 29, 2017

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Training cups. What you should know.

We often have parents ask us, what cup should we use after the bottle stage? The aim is to shift from sucking to sipping. We know parents like to use cups that won't spill. Here are some suggested cups to use:

- A cup with a snap-on or screw-on lid that has a spout, but no valve
- Training cups with two handles
- Training cups with weighted bases to keep them upright and to cut down on spills

And of course, give your child fluoridated water in between meals!

Medicaid expansion on Governor's desk

On Tuesday, March 28, the Kansas Senate approved a bill to expand the state's Medicaid program to over 150,000 low-income working adults. Last month the Kansas House also approved the bill, so it now is on its way to Governor Brownback's desk. So far, our state has forfeited over \$1.7 billion in federal tax revenue by not expanding Medicaid to low-income working adults who do not make enough money to qualify for subsidies to help them purchase private insurance. Over 100 Kansas organizations testified in favor of [HB 2044](#) this year because it will provide basic health coverage for working adults and because it will inject hundreds of millions of dollars into our state's economy. [Oral Health Kansas joined the chorus of support](#) for the bill this year. [A recent poll](#) showed 82% of Kansans support Medicaid expansion in our state.

Please join Oral Health Kansas in urging Governor Brownback to follow the wishes

For more ideas, click [here!](#)



Green tea...is it good for your oral health?

A [study](#) indicated that green tea may reduce oral bacteria which, in turn, can promote the health of teeth and gums. Green tea which is an essential source for providing polyphenol antioxidants has the ability to protect against various oral diseases such as dental caries, gingivitis, periodontitis, halitosis and oral malignancy (protection and regression). In addition it can prevent from oral oxidative stress, inflammation resulting due to cigarette smoke and reduces dentin erosion and abrasion. Find out more information [here](#).



Reserve a sugary drink display

Do you have an event coming up? Do you want to teach families about sugary

of the majority of Kansans by signing HB 2044 to expand Medicaid coverage to over 150,000 people and add hundreds of millions of dollars to our state's economy. Call his office today to ask him to sign HB 2044: 877-KSWORKS (877-579-6757).



Repeal and replace stalls

Last week was an eventful week for health care reform. Last Friday, March 24, Congressional Republicans ended their plan to repeal and replace the Affordable Care Act, known as Obamacare, when they decided they did not have enough votes to pass the proposed American Health Care Act. The bill made sweeping changes to both the Affordable Care Act and the Medicaid program. It would have increased the premiums that could be charged to older people and eliminated the ten "essential health benefits" that must be covered by health plans offered through the state Marketplaces. The bill also would have changed the Medicaid program to a per

beverages? Reserve a sugary drink display even if its just for a one day event! Reserving yours ahead of time is crucial. [Sign up now!](#)

Our sugary drink display contains 10 popular beverages and shows how much sugar is in each. The display is free to use, up to a month and we reimburse postage.



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capita system, rather than the current system which reimburses for each eligible service provided through Medicaid, and it would have rolled back Medicaid expansion. Congressional leaders and the President have said they will move on to other priorities now, but the issue of changing how health reform and the Medicaid program work could come up again through new legislation and/or new policy proposals from the administration. Oral Health Kansas will keep you updated on this issue.



Corrected dates for OHK community forums on oral health issues

Last week we informed you Oral Health Kansas is scheduling a series of community forums around the state in April. We apologize that one of our dates was wrong. Below you will find the correct dates!

As a reminder the goal for our community forums, is to listen to local partners and stakeholders who share our interest in oral health issues. The forums also will provide a chance to hear an update on

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state-level oral health advocacy and education activities. All are welcome to attend.

Dates and locations of the community forums follow. An invitation with additional details will be available soon. Please share this information!

Johnson County - *Central Library - 9875 West 87th Street, Overland Park - Thursday, April 13th at 9am*

Colby - *Colby Community College Student Union, Room #106 - Tuesday, April 18th at 2pm*

Wichita - *Central Library - 223 South Main Street - Wednesday, April 19th at 1pm*

Topeka - *Topeka and Shawnee County Public Library - 1515 SW 10th Avenue - Thursday, April 20th at 10am*

Garden City - *St. Catherine's Hospital - 401 East Spruce Street - Thursday, April 27th at 6pm*

We hope that you will take the time to join us and contribute to the conversation about the importance of oral health.

Contact Doug Bowman if you have any questions at 785-235-6039 or dbowman@oralhealthkansas.org