



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](#).

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All Aboard The Cavity Free Express! Travels To Troy, Kansas

Developed by the [Kansas Head Start Association](#), All Aboard the Cavity Free Express! is an interactive oral health event for families with young children. Last week, families with the Early Head Start and Parents as Teachers programs in Doniphan County took hour-long virtual train trips to the town of Cavity Free. They

stopped at several stations along their route, learning through fun activities about the importance of having healthy teeth and ways they can improve their oral health. When they reached their destination, the "residents" of Cavity Free welcomed them and visited about their experiences. Many families were inspired to make changes in their daily routines that will improve their oral and overall health. [Kathy Hunt, Dental Program Director at Oral Health Kansas](#), facilitated this event with funding from Wrigley Company Foundation and the American Dental Hygienists' Association.

Go to our [Facebook page](#) and see more pictures from the All Aboard event!



Taking Applications For Committee Members

Oral Health Kansas is looking for members to join the Resource Development/Conference Planning Committee. One of the duties of this committee is to help plan the annual Conference on Oral Health for Friday, November 8, 2019. How fun is that to help plan a conference? The committee meets by phone on a

monthly basis. Bring your innovative ideas to the table!

If you're interested in being a member, fill out the application [here](#). Applicants will be notified by May 15.



Thank You To Our Volunteers

National Volunteer Week is an opportunity to celebrate the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, build stronger communities and be a force that transforms the world. We couldn't be more thankful for our Oral Health Kansas [Board of Directors](#) and [Community Oral Health Coalitions](#) that make a difference in their communities and for all Kansans.



Celebrating National Dental Hygienists Week

This week is National Dental Hygienist Week. What a great time to celebrate and thank dental hygienists for their work. At Oral Health Kansas we are lucky to have [Dental Program Director, Kathy Hunt, RDH, ECP II](#) on our staff. Kathy truly cares about everyone's mouths, from the tiniest human to the elders. Kathy is always learning so she can provide the best education to others on oral health. You may see Kathy exhibiting at an event and excitedly talking about our Acid Attack Kits or providing you resources for clinics near you. She has also been seen giving workshops to people with disabilities and teaching them about healthy eating habits. Kathy has also presented at national conferences. Thank you, Kathy, for working hard to help Kansans have access to dental care!



Celebrate National Minority Health Month

April 2019 is [National Minority Health Month](#), and for the observance this year, the HHS Office of Minority Health will join our partners in raising awareness about the important role an active lifestyle plays in keeping us healthy. The theme for the 2019 observance is Active & Healthy, emphasizing the health benefits of incorporating even small amounts of moderate-to-vigorous physical activity into our schedules. Taking a 30 minute (or less) walk, taking the stairs over the elevator, reaching for fruit instead of sweets, and choosing water, can all impact both our overall and oral health.

Oral health disparities continue to exist for racial and ethnic groups. [According to the Centers for Disease Control and Prevention, statistics show:](#)

- Non-Hispanic blacks, Hispanics, and American Indians and Alaska Natives generally have the poorest oral health of any racial and ethnic groups in the United States.
- The greatest racial and ethnic disparity among children aged 2-4 years and aged 6-8 years is seen in Mexican American and black, non-Hispanic children.

- Blacks, non-Hispanics, and Mexican Americans aged 35-44 years experience untreated tooth decay nearly twice as much as white, non-Hispanics.



Learn FACTS On Fluoride

Did you know fluoridation makes a difference in school performance, social relationships and success later in life? Drinking fluoridated water keeps teeth strong and reduces cavities (also called tooth decay) by about 25% in children and adults. Fluoridation also saves you money! Drinking fluoridated water helps you save money on dental care. Brushing and flossing alone helps prevent cavities but fluoride is more cost effective. Do you know if your community in Kansas has fluoridated water? On the [Fluoride in Kansas website](#) you will find facts on fluoride and how much fluoride is in your water. Click here to [view your county](#).

If you have questions about fluoride, contact our Community Water Fluoridation Specialist, Kelly Rippel. Call 785-235-6039 or email him at krippel@oralhealthkansas.org



Congratulations to Steve Coen, CEO of the Kansas Health Foundation, for being the [2019 recipient of the Dr. Doren Fredrickson Lifetime Commitment to Public Health Award](#). Dr. Doren

Fredrickson served as the Sedgwick County Health Officer from 2002 to 2008. The Sedgwick County Division of Health uses National Public Health Week each year to honor Dr. Fredrickson's extraordinary efforts in public health. We are elated to see Steve Coen receive this distinguished award!

[View a list of past recipients.](#)



Reserve A Sugary Drink Display

Our Sugary Drink Display is popular! We receive reservation requests weekly.



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.

Spots fill up quickly! 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? Great, email us at info@oralhealthkansas.org and we'll send you more info!

Follow Us



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