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To: jparnell@oralhealthkansas.org
Subject: Oral Health Kansas Weekly Wednesday Update



ORAL HEALTH KANSAS
Weekly Wednesday Update

*Our Mission:
To improve oral health
in Kansas through
advocacy,
public awareness
and education.*

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May 19, 2010

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**Oral Health
Plan Summit**



ORAL HEALTH KANSAS



BUREAU OF ORAL HEALTH

June 11, 2010

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Kansas School Board Votes on Vending Machines in Schools

By August 2011, sugary drinks, including sodas, as well as candy, will be banned in vending machines at public schools across the state of Kansas.

On Wednesday May 12th, the Kansas State Board of Education voted 7-3 to adopt the Kansas prekindergarten through grade 12 wellness policy guideline on vending machines. This significant change in the state's public school system should have an important impact on the oral health of Kansas schoolchildren.

Foods with sugar, including foods that stick to the teeth like toffee, raisins, caramels, or hard candy, are a contributing cause of tooth decay. Beverages like fruit juice and milk contain sugar, and if sipped throughout the day will increase dental decay. Carbonated sodas like colas and fruit drinks are "double trouble" - the carbonation and sugar produce acid that eats at your tooth enamel.

It takes 20 minutes for the mouth to clean out the sugar from those snacks and beverages. Within those 20 minutes the sugar within the mouth is turning into an acid and attacking the tooth surface, causing decay.

It is okay to eat and drink foods and beverages that contain large amounts of sugar, as long as it is done in moderation.



To help maintain good oral health, it is best to drink water or swish the mouth with water after eating or drink foods and beverages that contain large amounts of sugar.

To read more about the State Board of Education's restriction on sugary foods and beverages, click here:

http://cjonline.com/news/local/2010-05-12/board_restricts_sugary_vending

Save The Date

*A New Decade for Oral
Health:*

THINK BIG

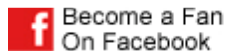
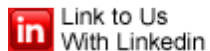
2010 Oral Health Kansas Conference

December 2 & 3, 2010

Capital Plaza Hotel
Topeka, Kansas



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