



## 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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## National Women's Health Week

Did you know women's oral health is unique? Our hormones have an affect on our gums and teeth. Hormones can cause gums to bleed because of blood flowing to the mouth. Women also are more prone to gum disease because of hormones. But gum disease is preventable and good oral health is manageable. Keeping up with your oral health by brushing at least twice a day with a fluoride toothpaste and flossing daily, can help prevent

issues and will help you get into the habit of keeping your oral health healthy!

If you're pregnant, it's safe to go to the dentist. Let your provider know that you are pregnant and keep up with your appointments. Maintaining good oral health during pregnancy also will help your baby stay healthy and you can later help your baby learn good habits!

Click [here](#) to learn more about women's oral health.



## TV Advertising And Sugary Drinks

Sugary Drink FACTS 2020, a report from the Rudd Center for Food Policy & Obesity, showed that TV advertising for sugary drinks targeted Black and Latino youth. The 2020 report found that sugary drink manufacturers continue to disproportionately target Latino and Black youth with sugar-infused advertising.

Some findings of the report:

- Black teens saw 2.3 times as many ads on TV for sugary drinks as white teens. The majority of these television ads consisted of ads for regular sodas, energy drinks and sports drinks.
- Even as fewer Latino preschoolers and children watch Spanish-language TV, Latino preschoolers viewed 13% more Spanish-language TV ads for regular soda/soda brands in 2018 than in 2013 (38 vs. 33 ads viewed), and Latino children viewed 25% more ads (32 vs. 26).

Dietary guidelines recommend that teens consume no more than 25 grams of added sugars, yet most products being marketed contain more than 25 grams per single serving. Drinking water is a healthy option for a beverage but if you choose a sugary drink, drink it all in one sitting. Sipping on a sugary drink can increase the number of acid attacks on your teeth.

Read the full article [here](#).

Check out OHK's [Acid Attack Kit](#). The Acid Attack Kit includes all the supplies, visual aids, and instructions needed to get people involved in seeing how their food and beverage choices effect their oral health. It's a fun activity to do with your family or classroom.



## Oral Health And Individuals With Intellectual/Developmental Disabilities

Missouri has shared it's first ever report on the Oral Health of Individuals with Intellectual/Developmental Disabilities. The report was created with data received through the Elks Mobile Dental Unit which is administrated by the Truman Medical Center and works in cooperation with the Jackson County Health Department, the Missouri Elks Benevolent Trust and the Missouri Department of Health and Senior Services to provide oral health preventive services to the special health care needs population and Missourians with seriously neglected dental problems. The data collected was from 2019-2020.

Below are some of the results from the report:

- Among both the genders, males account for the highest percentage of satisfactory oral hygiene for the year 2019 and 2020. The difference between males and females for satisfactory oral hygiene stands at 3.97% for the year 2019 and 5.36% for the year 2020
- The participants that have satisfactory oral hygiene were highest for the 'White' race. From the year 2019 to 2020 the percentage of satisfactory oral hygiene participants increased by 3.94%
- Dental Sealants can be seen in 21-30 years of females and 11-30 years of males in the year 2019. Additionally, for the year 2020, dental sealants can be seen for the females and males of the age group 11-20

Read the full report [here](#).



## What Are The Health Care Needs Of Your Community?

The Kansas Department of Health and Environment (KDHE) would like to hear from community members and health care workers about the health care needs in your communities. The information from these surveys will help guide state and federal agencies that deliver programs for rural and underserved areas. **Oral Health Kansas is especially interested in having you share any dental needs that you are aware of in your community.** Please take 10 minutes right now to complete one (or both if you are a provider) of the surveys on your computer, mobile device, or tablet. Surveys close early June and results shared in August 2021.

## Health Care

**Provider:** [https://wichitastate.co1.qualtrics.com/jfe/form/SV\\_cAQIH135F9w0PQ2](https://wichitastate.co1.qualtrics.com/jfe/form/SV_cAQIH135F9w0PQ2)

(This includes anyone working in a hospital, medical clinic, dental office or mental health setting)

## Community

**Member:** [https://wichitastate.co1.qualtrics.com/jfe/form/SV\\_9vuu0luR4S0g8Um](https://wichitastate.co1.qualtrics.com/jfe/form/SV_9vuu0luR4S0g8Um)

(Anyone in the community...health care providers, too!)

**Questions?** Reach out to the Kansas Office of Primary Care and Rural Health at [KDHE.PrimaryCare@ks.gov](mailto:KDHE.PrimaryCare@ks.gov).



## Upcoming Events

- 2021 Conference on Oral Health, presented by Oral Health Kansas, November 4 and 5. More information will be provided [here](#).
- 2021 OPEN Academy, Connecting for Collective Action to Advance Equity and Systems Change, will be held on June 23 - 25, with pre-conference offerings on June 22, and optional webinars to “set the stage” the week of

June 14. Register [here](#).

- Kansas Mission of Mercy, July 23 - 24 in Wichita, Kansas. Find more information [here](#).
- Community Care Network of Kansas, Virtual Conference, September 20 - 23, 2021. More information coming soon.



Let's give Teresa Miller, new President and CEO for the Kansas Health Foundation (KHF), a big Kansas WELCOME! Teresa comes to Kansas from Pennsylvania and started her journey with KHF this week. OHK looks forward to

meeting Teresa and sharing with her the oral health landscape in Kansas.



Photo Teresa Miller, CEO, Kansas Health foundation  
Picture courtesy of Kansas Health Foundation



## Sugary Drink Display Sanitation

**Out of an abundance of caution, we are suspending use of the Sugary Drink Display until further notice.**



During this time, hand washing and social distancing is on everyone's mind. We want everyone to have the comfort of knowing we sanitize our sugary drink displays. They are wiped down and cleaned off after they have been returned.

Follow Us



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