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## One Year Later Smoking Ban Offers Cleaner Air

Michigan, the state that implemented its

## Thirsty This Summer? Choose Water Instead of Pop, Soda, Sports Drinks or Caffeine Drinks

By: Marcia Manter

Summertime is the ideal time to encourage kids of all ages to drink more water. During hot weather children can become dehydrated but not recognize the risks. Signs include feeling lightheaded, dizzy or tired... or having dry mouth, throat, and lips.

Kids tend not to notice the heat if they are outside having fun or participating in sports. Children will cool off after being hot and sweaty by running under a sprinkler or jumping in a pool, but may not think to drink water.

The big temptation is to drink soda pop, sports or energy drinks, just like professional athletes. The American Academy of Pediatrics encourages parents and caregivers to give children water to drink for hydration. They warn against other beverages.

On May 30, 2011 the American Academy of Pediatrics issued this press release: "Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents. Routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted, because they can increase the risk of overweight and obesity, as well as dental erosion." To view the press release [CLICK HERE](#)

clean indoor air law just days before Kansas did, now has some studies showing that the air quality in establishments has improved tremendously and that there have been major reductions in secondhand smoke markers in bar employees. In addition, hospitality workers are reporting improvements in respiratory health.

These results have been shown to reduce the number of heart attacks in such areas covered by effective clean indoor air laws. Kansas should be experiencing the same results. To view the report [CLICK HERE](#)

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To learn more about healthy beverages for children, here is excellent report from the University of Minnesota Extension Service: Healthy Beverage Choices - University of Minnesota Extension Service: To view the report [CLICK HERE](#).

## Lt. Governor Colyer Announces Medicaid Reform Forums

This week the Lt. Governor announced a series of three public forums about Medicaid reform will be held this summer. Earlier this year the Lt. Governor began a Medicaid reform project by asking for ideas about how to both save money in Medicaid and improve health outcomes. Oral Health Kansas submitted a proposal to provide dental services for all people enrolled in Medicaid. We plan to continue addressing the cost effectiveness and health benefits of a dental benefit during the forums this summer.

The forums will be held in Topeka, Wichita and Dodge City:

**Topeka:** Wednesday, June 22nd; 1:30 p.m. - 4:30 p.m  
Kansas Expocentre, Maner Conference Center

**Wichita:** Thursday, July 7th; 1:30 p.m. - 4:30 p.m.  
Location TBD

**Dodge City:** Friday, July 8th, 9:00 a.m. - 12:00 p.m  
United Wireless Arena, Magouirk Conference Center

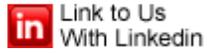
The Lt. Governor also announced he will launch an internet-based tool to receive additional comments and ideas from members of the public. This tool is set to launch in a few weeks. He plans to hold a conference in August in the Kansas City area as the final step in the public input process.

To see a summary of the proposals submitted to the Lt. Governor's Medicaid reform team in February of this year, [CLICK HERE](#)

To see a copy of all the proposals submitted in February, click here: [CLICK HERE](#)

For more information about the public forums this summer, please contact the OHK office.

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to [jparnell@oralhealthkansas.org](mailto:jparnell@oralhealthkansas.org)



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