



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.

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Support Policy Makers Who Support Oral Health

Are you planning to attend a candidate forum during this election season? Ensure oral health is part of the conversation by asking candidates some questions. Asking candidates questions about oral health helps raise the issue and ensures oral health remains a part of the conversation once they are elected.

Elevate the conversation about oral health in your community this election season by asking candidates about these oral health policy issues. Whether you attend a candidate forum or visit with candidates who knock on your door, these questions can help you start a conversation.

State Level Races

- What is your position on expanding Medicaid/KanCare for adults who fall in the coverage gap?
- What are your thoughts on including dental coverage for adults in Medicaid/KanCare?
- What is your position on increasing taxes on tobacco products?

Congressional Races

- What are your thoughts on including dental coverage in basic Medicare coverage?
- What is your position on replacing OR revising the Affordable Care Act?
- What changes would you make to the recent federal tax bill?



Sippy Visits WICFest

Sippy, the Thirsty for Health mascot, made a special appearance at the 2018 WIC Fest at Hillcrest Community Center in Topeka last week. WICFest marked the grand opening of a new WIC clinic in Southeast Topeka, and it featured a community resource fair. Oral Health Kansas partnered with the Bureau of Oral Health and Marian Dental Clinic to share our sugary drink display along with oral health resources.

Stay up-to-date about Sippy by becoming friends on [Facebook](#) and follow him on Twitter, @Sippy_TFH

Oral Health at Community Health Worker Symposium

Oral Health Kansas is committed to working with Community Health Workers to include oral health in their work. Last week, our Dental Program Director Kathy Hunt and KDHE Oral Health Program Manager Michelle Mieses presented at the annual Community Health Worker Symposium in Wichita. Her presentation, "You Can't be Healthy without Good Oral Health," had a small, but very engaged audience. They were thrilled with participating in a hands-on activity to create their own acid attacks. Oral Health Kansas and the Kansas Head Start Association also shared an exhibit showcasing our sugary drink display and other educational materials and supplies to support integrating oral health into all health education.



Congratulations to Michelle Mieses on being named Kansas Department of Health and Environment's Employee of the Quarter! Michelle serves as the Oral Health Program Manager at the Bureau of Oral Health, and she was recognized for her exemplary contributions to the department. She received her award from Governor Jeff Colyer.





Toddlers Consuming Too Much Sugar

A study released this month shows that toddlers in America are eating too much sugar. Children under age 2 should not consume any added sugar, but the CDC's new study showed that among babies 6 to 11 months old, 61% of their diet is added sugar. For children from 1 to 2 years old, 99% of their diet includes added sugar. Sources of added sugar include fruit juice, cereals, yogurt, and candy. This equals about seven teaspoons of added sugar each day.

The study, conducted in Maryland, asked the parents of 800 children aged 6 to 23 months what their child's "added sugar" consumption was in a 24-hour period. Extra sugar consumption has been linked to high levels of cavities, obesity, asthma, and risk factors for heart disease later in life. Consuming this much sugar at a young age also sets up children for bad habits throughout their childhood. The study's author Kristen Herrick said the best way to reduce consumption of added sugar is to "choose foods that you know don't have them, like fresh fruits and vegetables." [Click here](#) to read a *Newsweek* story about the study.



Reserve a Sugary Drink Display Today!

Make plans this summer to share our Sugary Drink Display at your office or an upcoming event. The display features 10 popular beverages and shows how much sugar is in each. You can reserve a display geared toward children or toward adults. The **display is free** to use for up to a month, and we reimburse the return postage! [Fill out this form](#), and we'll reserve a display for you!

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