



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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Why in heaven's name aren't teeth considered part of our health?

A [blogger, Susan Sared, shares](#) her frustration of why dental care is not part of health care." While the ACA defines dental coverage as an essential benefit for those under 18, insurers aren't required to offer dental coverage for adults. Medicare, the nations largest insurer, doesn't cover routine dental work. And coverage for adults through Medicaid varies from state to state."



New Nutrition Facts Label: A step in the right direction

On May 24th, the first substantial changes to the Nutrition Facts label in over 20 years were announced. The label will now include grams of added sugars and the percent daily value of added sugars, and require portion sizes to more accurately reflect how people consume packaged foods.

This move is meant to encourage Americans to eat healthier. Government health officials recommend eating no more than 50 grams of added sugars or the equivalent of 12.5 teaspoons of granulated sugar a day, based on a

Introducing Delaware's Oral Health Toolkit

Improving oral health for all Delawareans is one of the First State's greatest public health and wellness opportunities. Tooth decay significantly impacts the health of Delawareans of all ages from all walks of life. It is the most common chronic childhood disease in the U.S. today. Yet, most dental disease is nearly 100 percent preventable.

This [toolkit](#) provides simple resources that will help organizations like yours easily make oral health a part of everyday activities.

Delaware's goals:

- Provide free, customizable, and easy-to-use web-based tools
- Share best practices, success stories, and partner contributions
- Create a diverse and active community of oral health champions

Make oral health a priority for a wide range of organizations



Are oral health issues

2,000 calorie diet. However, the FDA estimates Americans on average consume the equivalent of 20 teaspoons through added sugars like honey, high fructose corn syrup and other sweeteners.

"For the first time ever, we'll be able to see clearly just how much sugar is added to processed foods, especially foods marketed to our kids," stated Juliet Sims, MPH, RD, from the Prevention Institute. "I think people will be stunned, but most importantly people will finally have the information they need to make decisions for their families and to speak up for broader changes in the kinds of food that are marketed and sold in their communities."

The science on sugar is clear added sugars are key drivers of diabetes, tooth decay, heart disease, and other preventable chronic diseases. The Food and Drug Administration's move to remake the Nutrition Facts label comes as added sugars face unprecedented public scrutiny and as grassroots movements to tax sugary drinks and curb junk food

genetic?

Most of us know what we inherited from our family? Do you know if you inherited any oral health issues? Its important to find out if issues run in your family and it will be more important for you to take care of your teeth! [Find out which oral health problems you can inherit.](#)



The life of a dentist

When we go to the dentist, we hope for a cure from our pain or a cleaning and off we go! But what about on the other side of that exam chair? What does a dentist go through? Dentists are supposed to "fix" the problem, but what are patients doing to avoid future problems? A [dentist shares](#) what its like living in a dentists shoes.

marketing gain momentum. The sugar, food and beverage industries lobbied hard against the labeling requirement, and continue to pour resources into defeating grassroots policy measures to regulate their products.

Labeling added sugars will empower schools, child care programs, and other government nutrition and food service programs when it comes to setting and meeting nutritional standards. "For decades, we've had to work around the fact that we don't know how much added sugar we're dealing with," Sims said. "So many institutions that provide meals and snacks to children and communities, such as schools, daycares and workplaces, want to support health. These new labels are going to make their ability to provide healthy food that much easier."

The FDA news is a significant milestone. Nearly 8 in 10 Americans use food labels as a shopping guide. When the new labeling system goes into effect, in summer of 2018, the impact on the



Sugary Drink Display

We have open slots for the drink display! Reserve one for your event or office!

The drink display is free and shipping costs are reimbursed when you return it to us. [Email us](#) to reserve a spot!



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food industry will be massive.

Oral Health Kansas applauds these efforts and looks forward to exploring additional changes, such as showing sugar content in a measurement that most are familiar with... teaspoons... to increase the nutritional literacy of Americans so they can make educated choices about the food they consume.

Amount Per Serving	
1 Cup (121g)	
Container about 3.5	
Calories 25	Calories from Fat 0
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 340mg	0%
Total Carbohydrate	
Dietary Fiber 1	
Sugars 3	

KanCare Expansion events in your area

The [Alliance for a Healthy Kansas](#) is planning community events across Kansas to learn about what KanCare expansion would mean to Kansans. If there's an event in your

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 View on Instagram

area, make sure to attend! Share your stories, concerns and questions. Let your consumers, friends, family and colleagues know about these events.

Tuesday, June 21, 6p-8p
College Hill United Methodist Church
2930 E. 1st St. N
Wichita, KS

Wednesday, June 22, 6p-8p
Dodge City Senior Center
2408 Central Ave. Dodge City, KS



ALLIANCE FOR A
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