



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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Be an exhibitor at our conference

Exhibitor early bird registration ends **September 12**. Sign up!

OHK's [annual conference](#) is November 3-5 in Overland Park. This year's theme is "Igniting Collective Impact: Inspiring Communities. The conference this year will engage oral health advocates and practitioners in conversations about the collective approaches we all can take to inspire communities to make big differences in improving the oral health of their residents.

Exhibitors will participate on November 4 as well as have an opportunity to attend the day's

New Study: Health consumer advocates are successful in supporting Medicaid program

The University of Kansas announced the results of a new study this week that shows the effectiveness of consumer health advocacy organizations. A researcher at KU studied the advocacy work advocacy organizations, including Oral Health Kansas, engaged in following the transition in 2013 to a fully privatized Kansas Medicaid program.

The researcher, Kevin McCannon, studied how consumer health advocates have shaped the political debate around Medicaid reform and KanCare over the last three years. He noted that advocacy organizations brought the concerns of consumers to the table and resulted in successes, including the establishment of a legislative KanCare oversight committee.

Research showed that rather than argue

sessions! If interested email [Sonia](#).



Award Nominations are Open!

Nominations for the 2016 Excellence in Oral Health Awards are open! In November we will honor outstanding accomplishments by Kansans in the following categories:

- Dentist
- Dental Hygienist
- Organization
- Community Leader
- Volunteer
- Policymaker
- Dental Champion

Help us tell the stories of the amazing work that goes on across the state every day by nominating someone for one of the awards. Details and the nomination forms are available on [Oral Health Kansas' website](#).



that Medicaid should not be privatized, consumer advocates framed the issues in terms of accountability, transparency, and the experience consumers have in getting the care they need. [KU's news story](#) observes, "Bringing concerns of consumers to the table reshaped the discourse on KanCare and attained some successes."



To learn about and be a part of Oral Health Kansas' advocacy efforts to improve dental services offered under KanCare, [visit our website](#) or contact us at info@oralhealthkansas.org.

Welcome Dental Champions Class VIII

We are excited to announce our new Dental Champions Class VIII will begin this week! Within this year, the new class of Dental Champions will be honing leadership skills and developing plans to exercise leadership in improving oral health and water fluoridation in our state.

Share your KanCare story

The [Centers for Medicare and Medicaid Services \(CMS\)](#) are seeking stories of individuals who lost services following their annual review and subsequently started receiving bills from their providers. If you would like to share your story with the [Kansas Advocates Network](#), email Sean Gatewood at seangatewood@outlook.com.



An independent voice for those served by KanCare.

Prepping school lunches

Now that school's are back in session, we are busy packing lunches in the morning! Here are some [tips](#) on how to reduce the amount of sugar in your child's lunch.



This fall, the class members will take part in intensive leadership training through the [Kansas Leadership Center](#) and will participate in the annual Oral Health Kansas Conference.

Congratulations to the 12-member class!

- Rachel Alexander, Oral Health Kansas, Inc.
- Bill Blasing, America's Dentists Care Foundation
- Keyna Chertoff, UMKC School of Dentistry
- Denise Cyzman, Kansas Association for the Medically Underserved
- Cheryl Hermer, USD 259
- Alexandro (Alex) Martinez, Score 1 for Health (KCU)
- Davette McCoy, RDH, E.C. Tyree Health and Dental Clinic
- Adrienne Olejnik, Rossville Community Library
- Michelle Ponce, Kansas Association of Local Health Departments
- Kelly Rippel, Oral Health Kansas, Inc.
- Brett Roufs, DDS
- James B. Trotter, DDS, UMKC School of Dentistry

DENTAL CHAMPIONS
Leadership Program
a program of Oral Health Kansas, Inc.

Sugary Drink Display

Our friends in Colby, Kansas, borrowed our sugary drink display and received lots of interesting questions from children who wanted to learn more about the sugar in their drinks. It also was featured in the local newspaper!



Colby 4th grader Angelina County (top, at left) and her friends asked Citizens Medical Center nutritionist Courtney McLaughlin (right) questions about sugar in sugary drinks Thursday at Colby Grade School. The after-school program, which is part of the school's healthy habits, presents her research on the fat content in snacks and sugary drinks. She also gave the lowest fat content while Swiss Rolls have the most.

Good food – and better



Our drink display has 10 beverages that will show you how much sugar is in each! Its a great conversation starter with children and parents to begin thinking about what is in their drink.

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

American Heart Association releases statement on sugar intake

The American Heart Association (AHA) [released a statement](#) on how much sugar intake children should have. Children and teens should consume less than 6 teaspoons of "added sugars" a day and drink no more than 8 ounces of sugary beverages a week, according to the American Heart Association's first-ever scientific statement recommending specific sugar limits for kids.

HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS or SIX TEASPOONS of ADDED SUGARS DAILY** for a healthy heart.

less than six...

American Heart Association Statement
Added Sugars and Cardiovascular Disease Risk in Children
It's why®

Some foods and drinks contain sugar naturally, but added sugars - which go by many names and find their way into many products - are introduced during processing or preparation. Added sugars have a host of names on food ingredient labels, such as high fructose corn syrup, dextrose, fructose, fruit juice and more. Added sugar isn't just present in cakes and cookies, it can show up in a wide variety of foods such as Chinese chicken salad, barbecue sauce, hamburger buns and salad dressings.

Beginning July 2018, the Food and Drug Administration will require manufacturers



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to show not just all sugars on food labels but also those that were added. Watching our eating healthy habits as well as our children's reduces the risk of oral health issues and overall health. OHK has a [list of tips](#) on how to eat healthy for a healthy mouth.



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