

# ORAL HEALTH KANSAS

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### Dental Champions Corner

Congratulations to Rep. Susan Concannon (Class 7) on being named one of the 2016 Council of State Governments' (CSG) Toll Fellows! The Toll Fellowship program is a national leadership development program for state government officials. The program will include sessions on media training, crisis management, appreciative inquiry, and adaptive leadership.

We are certain Rep. Concannon's experience with the Dental Champions program and the Kansas Leadership Center's approach to adaptive leadership has prepared her well for this program. 2016 marks the 30<sup>th</sup> anniversary of CSG's leadership program.

### Can you quit lying to your dental hygienist about flossing?

Yesterday, a news story was released that questioned the benefits of using dental floss. The important thing to remember is that the issue is about the lack of good quality studies showing that flossing is effective. It can be said that there are also no studies that show that floss is *not* effective. In other words, just because there is "no data" doesn't mean "there's no prevention." This meta-analysis highlights the need for better quality studies.

Tim Lafolla, a dentist with the National Institute of Dental and Craniofacial Research, which is part of the National Institutes of Health, states "In large epidemiological studies, the evidence for flossing turns out to be fairly weak. The condition we're trying to prevent, which is gum disease, is something that takes years to develop, and most of the studies only last for a few weeks or months." In the new review, researchers found that



## Exhibit at our OHK conference

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



## How to tell your story

Sharing your story with legislators is very important, but how you tell it, is just as important. [Communities Creating Opportunity \(CCO\)](#), is hosting a workshop on August

most trials were too short to determine if flossing could have long-term impacts on things like tooth decay. Unfortunately, tracking the long-term benefits of flossing isn't cheap or easy.

In response to the news story, the American Dental Association (ADA) released a [statement](#) regarding the benefits of using interdental cleaners.

"To maintain good oral health, the ADA recommends brushing for two minutes, twice a day with a fluoride toothpaste, cleaning between teeth once a day with an interdental cleaner and regular dental visits advised by your dentist. "Interdental cleaners, including floss, are an essential part of taking care of your teeth and gums."

They also suggest accessing ADA's consumer friendly website, [MouthHealthy.org](#), for more information about flossing.

One final thought: The jury is still out, so before you make the decision to stop flossing, please take your dental professional's recommendations regarding your dental care needs.



9, on how to frame your story. Dr. Seft Hunter and Micah Chrisman will lead a discussion on the process of story framing as it pertains to communications today. They will also provide some hands-on learning tools for social media engagement and news media cultivation. Click [here](#) to sign up!



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### Share KanCare feedback with CMS

At last week's KanCare stakeholder meeting, federal Centers for Medicare and Medicaid Services (CMS) representatives encouraged comments about KanCare be sent to an email address specifically set up for Kansas. CMS officials are interested in hearing from Kansas about issues with KanCare. To share comments, reflections, ideas or suggestions, please send a message to:

[KanCarecomments@cms.hhs.gov](mailto:KanCarecomments@cms.hhs.gov)



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### Sugary Drink Display

School will be back in session soon! Get your drink display reserved before we run out of spots!

## Primary election signals change in Kansas politics

The Kansas Primary Election was held yesterday, and the results show the Legislature will become a little more moderate when it convenes in January 2017. All seats in the Kansas House and Senate are up for election this year, and voters already made a significant shift in who represents them. Eleven conservative members of the Senate and House were defeated by more moderate primary opponents. The most prominent defeat of a conservative incumbent was Senate Majority Leader Terry Bruce (R-Nickerson) who had been planning to run for Senate President in 2017. A few primary races have vote totals that are too close to call yet, and a few more moderate Republicans won primary races in seats that were being retired by conservative members.

The change in the makeup of the Legislature will mean issues such as equitable tax policy, early childhood program funding, highways, and Medicaid expansion may see new interest. Oral Health Kansas will continue promoting Medicaid expansion, comprehensive dental benefits for adults served by KanCare, and a fair and equitable tax policy. The General Election will be November 8. Over the next three months, as candidates knock on your door or as you have the opportunity to attend candidate forums, we encourage you to bring up these topics:

### State Budget

Ongoing budget cuts are having a

Our drink display has 10 beverages that will show you how much sugar is in each! The drink display is free, and shipping costs are reimbursed when you return it to us. [Email us](#) to reserve a spot!



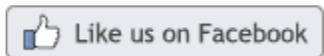
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detrimental impact on Kansans of all ages. Devastating cuts have hit Medicaid rates for dental and medical providers, schools, health departments, highways, services for the elderly, and higher education. Are there areas of the state budget that you perceive as off limits to more cuts?

### Medicaid Adult Dental Services

Oral Health is a critical component of one's overall health. Through the ACA and the Children's Health Insurance Program, most children have access to some dental service coverage. No such coverage is available to low-income adults. Do you support including comprehensive dental coverage in Medicaid/KanCare services for adults?

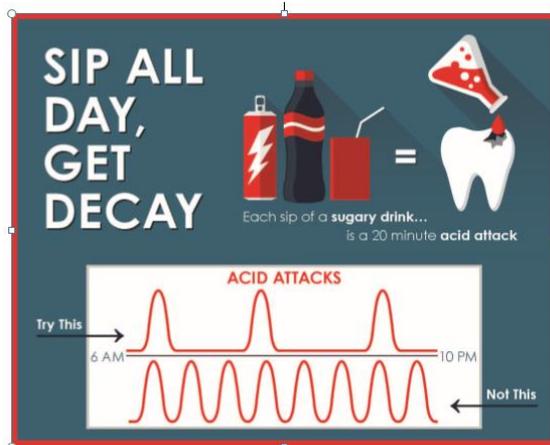
Read more about the Primary Election results and the outlook for the General Election from the [KHI News Service](#) and [Topeka Capitol-Journal](#).



## Participate in Soda Free August

August is #SodaFreeAugust month. The campaign is encouraging families to cut the soda and drink healthier beverages, in hopes they can cut out soda completely! Soda is known as "liquid candy." But soda is not the only liquid candy. There are other sugar-sweetened

beverages such as fruit drinks, sports drinks, sweetened teas, and energy drinks that may harm our teeth as well. [According to Dr. Jay Oltjen, D.D.S., M.S.](#), twenty two percent of one and two year old children consume soft drinks with an average of nearly one cup/day. Forty percent of pre-school children drink more than 8 ounces of soft drinks per day. Boys 12-19 years of age average 28 ounces/day and girls of the same age range average a rate of intake of 21 ounces/day. Daily between-meal consumption of soft drinks three or more times per day has been shown to increase the risk of dental decay by 179%. The sugars in a soda interact with the bacteria in your mouth to form acid and cause acid attacks on your teeth. With each swig of soda, an acid attack lasts 20 minutes.



What can parents do to limit their child's soda or sweet drink beverage intake:

1. Limit when they drink the sweet beverage. Don't allow it right before bed.
2. Monitor the amount of beverage they drink. Buy the smaller cans of soda, for example. Moderation is key.

3. If they drink a sweet drink, have them drink water as well, as a way to rinse their mouth.

4. Be a role model. If you drink soda or a sweet drink, your child(ren) will want too as well.

OHK has a one page [Tips and Tricks, Soft Drinks and Cavities](#) fact sheet. This is a simple resource page to hand out to families.