



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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September is fruits and vegetables month

September is [Fruits and Vegetables: More Matters Month](#). Fewer than 1 in 4 adults eat the recommended amount of fruits every day and fewer than 1 in 7 adults eat the recommended amount of vegetables every day. Fruits and vegetables are good for us in so many ways. The fiber in fruits and vegetables stimulates saliva, which keeps the mouth moist and makes it difficult for harmful bacteria to grow. Fruits and veggies also provide vitamins and minerals such as calcium, iron and vitamin C. Respectively, they help strengthen enamel, promote tongue health and contribute to

Share your resources & products at the 2016 conference

We still have openings left for exhibitors for our [Oral Health Kansas conference](#) in Overland Park, Kansas. Our conference is November 3-5, with exhibitors on November 4 from 8-4:30.



Exhibitors will have:

- An 8-foot table with tablecloth and skirting
- Two chairs
- Electricity, upon request

healthy gums.

[Here](#) is a list of fruits and veggies with lots of vitamins! The more you expose children to fruits and vegetables, the more they will choose them. Make it simple for them to eat by slicing fruits and vegetables.



OHK activities this month...we are busy!

Oral Health Kansas is busy this month! Staff is out and about visiting with community coalition members, doing an oral health training with Sheltered Living residents or exhibiting at conferences.

Here is a list of conferences you might see us at this month. If you're attending one of these, stop by our table and see what's new!

* [Kansas Association for the Education of Young Children](#), September 9-10, Manhattan

* [Kansas Public Health Association](#), September 20, Manhattan

* [Kansas Association for the Medically Underserved](#), September 21-23, Wichita

* [Kansas Dental Hygienists Association](#), September 30-

- Complimentary internet access
- Complimentary access to all conference meal functions and speakers

A special early bird rate of \$350 is available until September 12. If you are a returning exhibitor, you will receive a 10% discount. Click here for the [exhibitor form](#).

Aren't available to exhibit but would like to include promotional materials? Contact Sonia at solmos@ohks.org.

Midwest schools are incorporating oral health

We rely on schools to help all of our children reach their full potential. School systems enhance students' abilities to grow learn and thrive, yet oral health is largely absent from the array of support services offered through the educational system. The Oral Health 2020 Network has set a [goal of incorporating oral health into the ten largest school districts by the year 2020](#). Incorporating oral health into school systems can include providing classroom oral health education, applying sealants, and connecting children and families to community resources. Ensuring oral health is a part of school settings can help children learn and grow to their full potential.

Many states have school screening programs in place, and the data available to understand the scope of the problem children have in maintaining their oral health is improving. The third largest school district in the nation is in the

October 1, Wichita



Attend a KanCare forum in your area

[The Alliance for a Healthy Kansas](#) is busy again making stops in your city. If there's a KanCare forum in your area, make sure to attend. Alliance for a Healthy Kansas wants to hear from consumers like you!

Thursday, September 8, 6:30pm

Kansas City, Kansas
Donnelly College
608 N. 18th St.

Monday, September 19, 6:30pm

Olathe
Kansas State University
22201 Innovation Drive,

Midwest, and it is making great strides in understanding and improving the oral health of its 400,000 students.

[Read more](#) about how the Chicago Public schools are incorporating oral health and creating new oral health champions in underserved schools.



Invite Thirsty for Health to your school

Recently Oral Health Kansas' Water Access Manager, Kelly Rippel, presented to the wellness executive committee at the Seaman School District in Topeka. They were excited to learn more about the [Thirsty for Health project](#) and quickly signed onto the project.

The Seaman School District will be one of several school districts that will participate in the project and promote

Rm #145B

September 22, 6:30pm

Arkansas City
Ark City Senior Center
320 South A Street

September 27, 6:30pm

Emporia
First United Methodist Church
823 Merchant

September 29 6:30pm

Hays
Sternburg Museum
Expeditions Mtg Rm, 3000
Sternberg Dr.

October 4, 6:30pm

Paola
Paola Community Center
905 E. Wea

**Wednesday, October 5,
6:30pm**

Atchison, Kansas
Trinity Lutheran Church
603 N. 8th St.



Sugary Drink Display

There is a lot of talk going on about our drink displays. So much talk, that folks are already starting to book into 2017! You don't want to miss your chance. Reserve your drink display now!

Our drink display has 10 beverages that will show you how much sugar is in each! It has children asking lots of questions!

drinking water throughout the school day. Kelly will help schools in the process to promote healthy drinking to students.

Bringing Thirsty for Health to your school could provide the following support and resources: 1) Free resources and assessments for benchmarking where water consumption can be increased; 2) A sugary drink display demonstrating the levels of sugar contained in popular beverages; 3) Educational materials and curricula along with assistance in updating administrative and building policies to improve water access points; 4) Facilitation for student focus groups and social media campaigns including a cartoon character contest to help improve student perceptions about how drinking water is both the healthy and 'cool' choice.

Are you interested in learning more about the project? Would you like Kelly to come speak to your school, wellness committee or just yourself? Contact [Kelly](#) to schedule a time for a visit!





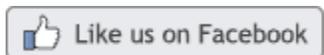
The drink display is free, and shipping costs are reimbursed when you return it to us. [Email us](#) to reserve a spot! Spots are filling up fast!



ORAL HEALTH KANSAS

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Grandparents prolong their oral health care needs

We know grandparents are an important part of our lives. But do they know how important they are themselves? [Oral Health America](#) (OHA) conducted a survey which showed that 57% of grandparents have delayed their own dental care in order to accommodate the cost of their grandchild's dental care needs.

OHA and [Generations United](#) are partnering to bring awareness to families on how important it is to have a healthy mouth. [Advocacy Week](#) (September 11-17), in conjunction with Grandparents Day (September 11) is a perfect time to talk to grandparents and elders on how important it is for them to take care of their oral health needs, not just their children's or grandchildren's.

The 2016 State of Grandfamilies report will be released September 13. This report will show results from a poll given, to ask questions such as: Are grandparents more well-informed about the impact of oral health on themselves and their grandchildren...or less?

Join OHK and other advocates for a Grandfamilies Twitter Chat on September 15 at 2pm CDT. to discuss the issues surrounding this growing family dynamic and how you can advocate for policies that prioritize oral health for them. Simply use #GrandfamiliesChat to join the conversation.



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