

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.

To view past issues [click here](#).

Click here to sign up for our [Weekly Wednesday Update](#).

January 18, 2023

Volume 14, Issue 3

OHK is Dedicated to Diversity

Dr. Martin Luther King Jr. fought for diversity and inclusion. He wanted a world where we honored everyone's differences and identities. Oral Health Kansas is dedicated to diversity in staff, Board, and Dental Champions Leadership Program that reflects our state's population in terms of age, culture, gender, profession and geographic location. We hold true to this by having a Commitment to Diversity statement in our policies that defines our organizational



philosophy in identifying the target populations for our advocacy and education work as well as the way we manage our daily business.

We often hear stories from individuals who say they feel more comfortable working with a provider that resemble themselves. We need to build community among our state and having cultural diversity in the dental community is one way to start. We start by understanding the current makeup of the dental

provider community, but data in Kansas is lacking. OHK has been advocating with the Kansas Dental Board to include questions about race and ethnicity in the license and renewal process for all dentists and hygienists. We're hopeful that adding these questions will help us all understand how much more we need to do to increase the number of dentists and hygienists from minority groups.



Help Get Smiling Faces

It is time to ensure all people who are enrolled in KanCare have access to dentures or partials if they need them. We want people to live healthy lives by making it easier to eat and feel confident with a smile! We are leading the charge to request an appropriation to add dentures to the Medicaid (KanCare) covered services. We have information on our [webpage for denture advocacy](#) and will be adding resources in the coming

weeks. We anticipate beginning the big push during budget hearings in the House and Senate in a few weeks.

Would you join us in the advocacy to add denture coverage to Medicaid? Please fill out [this short form](#) to join us in our advocacy push. We'd love to have you join us this year!



Still Time to Join!

We are still looking for members to join our new Dental Care Access Lived Experience Advisory Group. This committee will

consist of members that have been directly impacted by poor access to quality dental care. Our intent in creating this committee is to drive the strategies to address access to dental care, as well as to ensure all strategies incorporate a health equity/racial equity lens. OHK is looking for people on Medicaid or who have been on Medicaid and have experiences struggling to find access to dental care as well as meet the target characteristics below. It's the stories and qualitative data that help us identify the solutions needed to increase access to care and we need people like you to have these conversations.

Target populations

Oral Health Kansas wants to form a diverse and inclusive group. We are seeking people from the following communities:

- People with intellectual/developmental disabilities
- Parents of young children
- Older adults
- People with physical disabilities
- People experiencing poverty
- Veterans
- People living rural areas
- People of color
- Immigrant populations
- English not first language
- LGBTQ community
- Native American

Meeting Schedule

The group will meet every quarter at a time that is most convenient for the members. Members will receive a small stipend for their time.

Next step

Apply to join the Dental Care Access Lived Experience Advisory Group using [this form](#).

Please share it with others who may be interested in joining.

Please share our flyer with anyone who may be interested. [Click here to download it.](#)

National Healthy Weight Week

January 15-21 is National Healthy Weight Week, a time to encourage everyone to focus on healthy eating, physical activity, optimal sleep, and stress reduction to achieve and maintain a



healthy weight. According to the Centers for Disease Control and Prevention (CDC), obesity affects more than 40 percent of Americans, placing them at higher risk for heart disease, stroke, type 2 diabetes, and certain types of cancer.

Obesity affects some groups more than others. [Data from the CDC](#) shows that Black/African American adults had the highest prevalence of obesity (49.9 percent), followed by Hispanic/Latino adults (45.6 percent) and Asian adults (16.1 percent). Below are some tips to help you towards healthy eating and drinking habits:

- OHK has created various Tips and Tricks: [Healthy Eating for a Healthy Mouth \(Spanish\)](#); [Soft Drinks and Cavities \(Spanish\)](#); [Tiny Drinks Big Sugar \(Spanish\)](#). Click [here](#) for more Tips and Tricks.
- The National Institute of Diabetes and Digestive and Kidney Diseases [Changing Your Habits for Better Health](#), also available in [Spanish](#), outlines four stages you may go through when changing health habits such as eating and physical activity.
- The U.S. Department of Agriculture [MyPlate website](#) and [Start Simple with MyPlate app](#) include healthy eating tips organized by food groups and simple recipes, such as [meals tailored for Asian, Hispanic/Latino, American Indian/Alaska Native, and Middle Eastern communities](#)



Update Your KanCare Information

KanCare will restart eligibility reviews in April of this year. If you are a KanCare (Medicaid) recipient it's important to make sure KanCare has your current address and contact information. This will ensure you receive information when it's time to review your eligibility. Here are several ways to update your information:

- Call your Managed Care Organization - the number should be on the back of your insurance card
- Call KanCare at 1-800-792-4884

Go to kancare.ks.gov and use the KIERA chatbot in the right hand corner

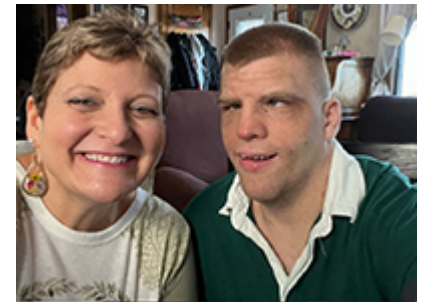


Upcoming Events

- **Kansas Public Health Association:** Take 20's every third Thursday of the month, beginning January 19 at 12:00pm CST. Click [here](#) to register.
- **Missouri Oral Health Policy Pre-Conference Webinar, What's Up with That? - HRSA Oral Health,** January 20, 11:00am-12:30pm CST. Click [here](#) to register.
- **Kansas Mission of Mercy,** March 24 and 25 in Topeka. Click [here](#) for more information.
- **Healthy People 2030 Oral Health Promotional Series: Reducing Lifetime Tooth Decay Experience in Children & Adolescents,** February 1st 12:00 pm-1:00 pm CST. Register [here](#).
- **Webinar: Oral Health for Children - What You Should Know** (This is a Kansas Department of Health and Environment Child Care Licensing approved training). February 6, 6-7:30pm CST. Register [here](#).
- Do you support breastfeeding families? Breastfeeding 101 Basics Class February 16, 8:30m-12pm CST. Register [here](#).
- **2023 National Oral Health Conference,** April 17 - 19, 2023. Click [here](#) to register.



[Families USA](#) is working on a video series to share at the national level that will highlight the impact of dental services for adults enrolled in Medicaid. Families USA sent a film crew to Topeka, Kansas, to



interview Kathy Keck and her son Jacob about his dental needs and how his coverage will improve with the [Medicaid adult dental policy change](#). If you attended our 2022 Conference on Oral Health, you may recall Kathy and her son were part of a panel session. What a wonderful opportunity to share their story!



Sugary Drink Display

Click [here](#) to learn more about sugary drink display reservations!

Follow Us



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