

# ORAL HEALTH NEVADA NEWSLETTER



*Vision: Empowering All Nevadans to have the best oral health possible.*

*Summer 2015*

**Oral Health Nevada Inc.** is a 501(c)3 not-for-profit charitable organization whose mission is to improve the oral health of all Nevadans - especially those who are the most vulnerable, by expanding access to affordable preventive and restorative services, promoting oral health education, and expanding communication and support through diverse partnerships. [www.oralhealthnevada.com](http://www.oralhealthnevada.com)

## BUSY DAYS OF SUMMER

Some call these the “lazy days of summer,” though for Oral Health Nevada it’s been just the opposite. Summer began with our partnering with the Reno Rodeo to host an Oral Health Roundup. This event, during the Kids’ Day and Special Kids’ Day Rodeo events, proved to be a success with several hundred children receiving oral health education and their parents understanding the importance of early and regular dental care, both at home and at the dental office.

In July we presented a concurrent session at the Nevada Disabilities Conference held in Sparks. The presentation, “Connecting Every Child with Oral Health,” focused on five key areas to assure good dental health for children. We also joined partners from across the state invested in improving the health and wellbeing of Nevadans with disabilities and sponsored an exhibit booth. During the two-day event we met with hundreds of advocates, caretakers and residents who relayed stories of their experience accessing dental care.

Oral Health Nevada released two new fact sheets to compliment these events. First, *Tips for a Healthy Mouth for Someone with Special* (cont’d on next page)



**Syd McKenzie, RDH, holding a Senatorial Recognition signed by Senator Dean Heller (NV-R) acknowledging Oral Health Nevada’s participation in the Nevada Disabilities Conference in July.**

## BACK TO SCHOOL LUNCHES – DENTAL HEALTH IN A BROWN PAPER BAG

Do you remember sharing or trading the food in your lunch with a fellow student? You may have had a banana or an apple and they had potato chips or cookies. With back-to-school right around the corner, planning healthy lunches that your children or grandchildren will eat can be stressful, especially when there are so many unhealthy choices that may be “traded” for. What’s important to remember is that eating healthy isn’t only for good general health, it’s important for good dental health, too. (cont’d on page

## BUSY DAYS OF SUMMER

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*Needs* includes information on medication use and dental health, basic oral hygiene and ideas for adapting a toothbrush. The second fact sheet titled, *Tips for a Healthy Mouth*, reviews 5 areas to assure optimal dental health for children. This fact sheet is available in Spanish. These fact sheets may be found on our website under Consumer Resources.

As we approach September, we're making plans to attend the Nevada Public Health Association's annual meeting. We'll be presenting, "Oral Health a Neglected Public Health Problem" on Thursday, September 24<sup>th</sup>. Please join us...



## Oral Health Nevada Lassoos Reno Rodeo

Earlier this year a partnership was established between Oral Health Nevada and the Reno Rodeo Association. This partnership led to a grant award from the American Dental Association Foundation, (see related article) to host an Oral Health Roundup as part of the Kid's Day and Special Kids Rodeo events held annually in June. Started in 1919, the Reno Rodeo is one of the top 25 rodeos in the country – known as the "Wildest, Richest Rodeo in the West," with more than 116,000 spectators attending the 10-day event. "We are excited about our partnership with the Reno Rodeo and this funding allowed us to provide needed oral health education to several hundred youth from around the state that attended these two events," commented Oral Health Nevada Board Chair, Christine Garvey.

Armed with hundreds of toothbrushes and toothpaste, puppets and other demonstration models and our volunteers, Oral Health Nevada "round-up" children of all ages and their families for an oral health education fair at the late June event. In addition to tooth brushing instruction, the children learned about flossing, the hazards of using tobacco and the importance of nutrition and dental sealants for a lifetime of healthy smiles. Parents and grandparents of very young children were taught about early childhood caries and the importance of a dental visit by the child's first birthday. Each child left the Roundup with a "Buckeroo Bag" containing a new toothbrush, fluoride toothpaste and a few other fun surprises.

On hand were dental hygienists from the Nevada Dental Hygienists' Association, in addition to the state's Oral Health Program. The Roundup continued at the Special Kids' Rodeo on Sunday, June 21<sup>st</sup>, with Oral Health Nevada distributing Buckeroo Bags to more than 125 children, adolescents and young adults with special health needs.

For more photos of the Oral Health Roundup visit our website.



## **AMERICAN DENTAL ASSOCIATION FOUNDATION FUNDS ORAL HEALTH NEVADA**

Oral Health Nevada Inc. was recently awarded a grant from the American Dental Association Foundation to expand our efforts to provide oral health education to children and youth and their families. The funding supported Oral Health Nevada's collaboration with the Reno Rodeo Association and its presence at the Reno Rodeo Kids' Day and Special Kids' Rodeo on June 20 and 21 with its inaugural "Oral Health Roundup."

Earlier this year, Nevada received a grade of "F" for children's dental health in Nevada Legislative Briefing Book. In addition, 47% of the state's Head Start children have experienced tooth decay and 12% have untreated tooth decay. Equally unacceptable – less than 50% of 3<sup>rd</sup> graders have dental sealants, which prevent tooth decay on molar teeth. Furthermore, Nevada ranks higher than the national average for tobacco use – 43<sup>rd</sup> in the country (22%) for adult cigarette smokers and 20<sup>th</sup> (10%) for those 12-17 years of age. In addition, about 3% of adults and 8% of high school males use smokeless/spit tobacco regularly.

Oral Health Nevada was one of thirteen not-for-profit organizations in the country to receive the American Dental Association Foundation Semi-Annual Grant Program award in 2015. The American Dental Association Foundation is a 501(c)3 charitable organization that provides assistance for the dental community, and works to improve oral health by supporting access to care, research, and education programs. The ADA Foundation's four Mission Pillars are Charitable Assistance, Access to Care, Research and Education. The Foundation's strategic ties with the American Dental Association, coupled with its strong volunteer leadership and its generous donors, give it a powerful yet flexible infrastructure to anticipate and quickly respond to the most pressing needs affecting dentistry and the public's oral health.

### **BACK TO SCHOOL LUNCHES**

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In Nevada, 64% of 3<sup>rd</sup> graders have experienced tooth decay and 29% are in the classroom with untreated decay. Poor dental health impacts learning – a child sitting in the classroom in pain has difficulty paying attention and listening and those same children lose class time due to dental visits or dental pain.

Certain foods increase the risk for poor dental health and while most people realize that foods high in sugar can promote tooth decay, many don't realize that foods high in carbohydrates like potato chips are just as harmful. Good food choices include fresh fruit, raw vegetables, and nuts like walnuts and raw almonds. Crunchy foods also have the benefit of self-cleansing the teeth, too. So, when you're thinking about school lunches, think dental health!

### **HAPPY BIRTHDAY COMMUNITY WATER FLUORIDATION!**

**This September community water fluoridation will be celebrating its 70<sup>th</sup> Anniversary. Community water fluoridation continues to be safe, cost-effective and efficient for preventing tooth decay in a community.**







## REMOTE AREA MEDICAL WILL VISIT NV

Nevada – It's official! Remote Area Medical (RAM) will bring free medical, dental, and vision services to Nevada again, this time visiting 3 areas of Nevada in October 2015; Yerington (October 9-11), Carson City (October 16-18), and Las Vegas (October 2-4)! When RAM visited Nevada in the spring of 2014, it was able to serve more than 1,700 people in Northern and Southern Nevada in just a few days. Patients do not need to register for an event. There is no income eligibility – the services are available to anyone. All RAM events are first come, first served, and no ID is required. The area where the services are provided will open up at 12:01am each day and numbers will be given out beginning at 3:30am. When the numbers run out for the day, no more numbers will be handed out. So get there early! Medical and dental services will begin at 6:00am each morning. For more information on where each RAM event will be held, go to [www.ramusa.org](http://www.ramusa.org)

\*\* Portions of this article first published by Healthy Communities Coalition in January 2015 at <http://healthycomm.org/2015/01/14/save-these-dates-remote-area-medical-ram-will-visit-yerington-carson-city-and-vegas-in-2015/>



Visit our website at [www.OralHealthNevada.com](http://www.OralHealthNevada.com)  
Contact us at [secretary@oralhealthnevada.com](mailto:secretary@oralhealthnevada.com)

**P.O. Box 10281  
Reno, Nevada 89510**

### **Oral Health Nevada Board of Directors**

**Christine Garvey, RDH**

**Syd McKenzie, RDH, BSDH**

**Adriana Perry**

**Pamela Straley, MS, RN-C**

**David K. Lund, DDS**