

ORAL HEALTH NEVADA NEWSLETTER

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



Spring 2016

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.

ORAL HEALTH & WELL-BEING: A NEW REPORT

According to a newly released report from the American Dental Society, low-income adults are 10 times more likely to rate the overall condition of their mouths as “poor.”

The report, released by the ADA’s Health Policy Institute, includes results from a survey of almost 15,000 adults living in every state and Washington, DC. The questions focused on attitudes toward the importance and value of good oral health.

According to the Health Policy Institute, “The state-by-state report is ‘first-of-its-kind’ to show how seriously oral health issues impact the lives of US adults.”

Key findings include:

- Across all income levels, nearly 30% of adults said life is “very often” or “occasionally” less satisfying because of the condition of their mouth or teeth.
- 25% adults said they avoid smiling

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ORAL HEALTH NEVADA ATTENDS ORAL HEALTH 2020 WESTERN REGIONAL CONVENING

In May, representatives Chris Garvey, Pamela Straley and Cathie Davenport, members of Oral Health Nevada’s (OHN) board of directors, attended the Western Regional Oral Health 2020 Network Convening; hosted by the DentaQuest Foundation, a leading U.S. philanthropy focused solely on oral health. Through DentaQuest’s generous sponsorship OHN representatives were able to attend this rigorous and engaging work session in San Diego, California.

The DentaQuest Foundation supports the nationwide development of the Oral Health 2020 Network, a group of partners committed to working collectively at the national, state and community levels to ensure that oral health is regarded as essential to overall health and well-being.

The Oral Health 2020 network is based on a Grasstops, Grassmiddles and Grassroots structure:

Grasstops, known as the National Oral Health Connection Team (NOHCT), are leaders from all levels of the Network who bring a diverse range of knowledge and experience that support stakeholders within the network and who help drive policy and systems change at the national level. ASTDD Executive Director, Christine Wood, a NOHCT leader, was in attendance at the

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ORAL HEALTH & WELL-BEING REPORT

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because of the condition of their mouth or teeth.

- Nearly 60% of those surveyed said cost is the reason they hadn't visited a dentist in the past 12 months.

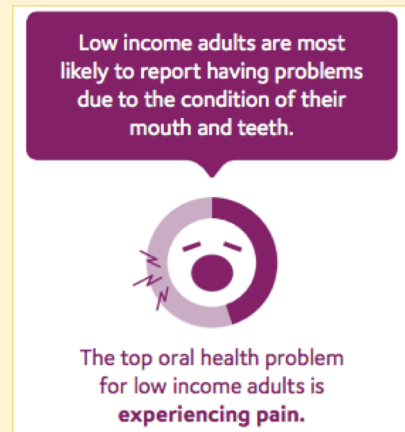
According to the report, results from adults surveyed in Nevada were no different. Thirteen percent of low-income adults report their mouth and teeth are in poor condition while only 36% report their mouth and teeth in fair condition. It is well known that poor oral health impacts employability and this study demonstrated that 30% of low-income adults reported the appearance of the mouth and teeth affects the ability to interview for a job, compared to 20% of middle-income and 18% of high-income adults.

The survey also asked, "How often have you experienced pain and embarrassment in the last 12 months due to the condition of your mouth and teeth?" with all Nevadans answering 9% and 10% respectively. Interestingly, income doesn't preclude Nevadans from experiencing dental pain with 23% of high income residents reporting pain due to the condition of their mouth and teeth.

Among all Nevadans that hadn't visited the dentist in the last 12 months, 57% reported cost was a factor for not visiting the dentist more frequently, 20% reported being afraid and 15% reported difficulty in finding a dentist.

There is good news – 96% of Nevadans report valuing oral health, 93% agree that regular dental visits keep them healthy, and 82% believe straight, white teeth help you get ahead in life.

With this valuable information, stakeholders and Advocates have new evidence to support policy changes to increase the availability of regular and affordable dental care for all residents of the state and nation.



Access additional report information specific to Nevada go to:
www.ada.org/~media/ADA/Science%20and%20Research/HPI/OralHealthWell-Being-StateFacts/Nevada-Oral-Health-Well-Being.pdf

** Some information for this article was taken from an article originally published by Jennifer Garvin.

THE MIGHTY MOUTH'S GUIDE TO SMART SNACKING & SIPPING

HOW TO AVOID **ACID ATTACKS** THAT HARM YOUR TEETH

Since 1978 the great American pastime of snacking has doubled.



This means that foods and drinks are touching your teeth more often. Sweet and sticky foods and drinks feed germs in your mouth.

After eating, the germs make acid that attacks your teeth for 20 minutes.

But I like to snack, so which foods are bad and which are good?

Check it out

THE GOOD

Choose tooth-healthy snacks such as fresh fruit, vegetables, cheese, yogurt, nuts, whole grains and lean meats. These foods don't stick to your teeth and are also good for your waistline.



THE BAD and the sticky

Avoid foods that are high in sugar and carbs such as bagels, juice, and gummy snacks.

These foods stick to your teeth and feed cavity-causing germs. It is the frequency of snacking combined with the type of snack that causes cavities.



ADDITIONAL TIPS



Eat sweets at mealtimes to reduce "time on teeth".



Eat or drink your treat all at once instead of nibbling or sipping frequently throughout the day.



Drink water (especially fluoridated water) after you snack to rinse the food off your teeth.

THE MIGHTY MOUTH
UNLEASH THE POWER OF ORAL HEALTH

TheMightyMouth.org

ORAL HEALTH 2020 WESTERN REGIONAL CONVENING - Continued from page 1 -

regional convening and contributed valuable insight not only on national issues, but also from a Nevada perspective as she resides in northern Nevada.

Grassmiddles represent the Regional Oral Health Connection (ROHC), made up of regional team leaders and state representatives. Chris Garvey, president of Oral Health Nevada, is the ROHC state rep for Nevada. Her role is to help inform the network of what's happening at the state level and to act as a spokesperson in the state's policy and advocacy circles. OHN's leadership role as the statewide oral health coalition provides the right opportunities to not only contribute to the national Network, but to benefit from the wealth of information and support provided by the Network.

Grassroots leaders are community-based organizations within the Network. Nevada's Grassroots leader is Terri Chandler, founder of Future Smiles, a school-based sealant and prevention program located in southern Nevada. Terri's leadership will be invaluable, recognizing that real actions to improve health equity and eliminate health disparities must incorporate the beliefs, values, and experiences of those who are most directly impacted by them.

Work at the three-day session was focused on team building - assessing where we are as a network and moving forward as it relates to the six goals set by the Network. Nevada has a long way to go for some of these goals, but when looking at the amazing accomplishments that OHN and its partners have been able to achieve in the last 2 years, it is not hard to imagine our state emerging as a leader in positive change for oral health.

DentaQuest believes that access to oral health is a social justice issue and that only through relationships will we be able to create a network of understanding that will change the landscape of how oral health is viewed as an essential part of lifelong health. For more information on the six goals, visit www.dentaquestfoundation.org.



(Left to Right) Terri Chandler, Chris Garvey, Christine Wood, Cathie Davenport, and Pamela Straley

JOIN EFFORTS TO IMPROVE ORAL HEALTH FOR ALL NEVADANS

We are building on efforts that began in 2015 when Governor Sandoval and the Nevada Legislature appropriated funding to support dental public health leadership at the state level. Advocacy and support for this funding came from prominent non-profits and experts in public health, education, dentistry, and primary care. Using this support as a foundation, Oral Health Nevada Inc. as Nevada's statewide oral health coalition was born. The coalition creates an annual work plan and policy agenda and brings a diverse group of stakeholders together offering networking and advocacy opportunities to its members with one goal in mind – improved oral health for all Nevadans.

Please visit our website, www.OralHealthNevada.com, and learn about Oral Health Nevada's mission and activities. We invite you to add your voice and join our collaborative effort to improve oral health for all residents of our state. Joining the coalition is easy and free – simply complete the online application on our website under the tab "Get Involved."



**Visit our website at www.OralHealthNevada.com
Contact us at secretary@oralhealthnevada.com**

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

Oral Health Nevada Board of Directors

Cathie Davenport

Christine Garvey, RDH

David K. Lund, DDS

Wendy Madson

Syd McKenzie, RDH, BSDH

Adriana Perry

Pamela Straley, MS, RN-C

