

Give the gift of giving!

Wolverine Dental Hygienist Society

President's Message



Did you know that November 1st, the day after Halloween is now National Brush Day! Help NDA and AAPD celebrate by raising awareness, educating your community about the need for proper oral health care for our children. Text "brush" to 30364 to receive children's oral health tips on your cell phone.

Wolverine Dental Hygienists' Society is an organization that has endured many changes, In recent years we have lost our founding President (Albreta Merritt), celebrated 40 years of service, launched a Newsletter, created an awesome Committee - Access to Care and Education (ACE) who worked very diligently to host our First Walk a thon to raise awareness about Early Childhood Caries and currently working to host our First Dental Health Fair, and we are working with an attorney to become a 501 (c) 3 Non-profit Organization so that we may provide more services in the community. With that being said, I am proud to announce that I will be your President for the next two years. I am incredibly excited about the future of this great organization. I invite you all to become involved with making WDHS the very best it can be. If you have any computer skills, public health education, organizational skill, operate a PA161 agency, want to write an article for the Newsletter, or become involved in a committee; I (we) would love to hear from you.

Together we will raise awareness, make a difference and leave a legacy of excellence.

Barbara Thompson, RDH, BS, President, WDHS



Save the Date!

January 20, 2014
Celebrate
Dr. Martin Luther
King Jr. day

February 8th 2014
WDHS 1st Annual
Dental Health Fair
at St Vincent
DePaul on Gratiot
in Detroit.

April 27, 2014
CEU: 6 credits,
breakfast and
lunch included.
Speakers and
location TBA.

Looking for something to do during Dr. Kings holiday



Wayne State University's annual Dr. Martin Luther King, Jr. Tribute will take place Friday, January 17, 2014, 11 a.m., at the [Max M. Fisher Music Center](#). The Tribute brings together the metro Detroit community to celebrate and honor the life and legacy of Dr. King. Key Note Speaker: Dr. Mae Jemison, first African American Woman in Space

Upcoming Dental Health Fair February 8th 2013

Calling all Dental Hygienist, this is your opportunity to give back and make a difference. Please consider giving 1 hour of your time doing dental screening, cleaning and fluoride varnish treatments to children in need during our Dental Health Fair. Contact Donna Poole at 313-737-4848 to volunteer.



Upcoming CEU April 27, 2014

Earn 6 credits

Breakfast and Lunch included

Registration 7:30 am

Continental Breakfast served at 8am

\$85 for members \$115 for non-members

Visit our website for details: wdhsonline.com or call Sonya Taylor at 248-277-2652



DENTAL HYGIENE 100 YEARS 1913 – 2013: YET, AFRICAN AMERICANS REMAIN UNDERREPRESENTED

In celebrating the 100-year anniversary of the dental hygiene profession, I have decided to research how dental hygiene measures up in terms of being represented in the profession. I found several articles that addressed the issue of underrepresented minorities in dental hygiene, but I was struck by 3 of them and I want to share with you their findings.

The School of Dental Medicine, Department of Dental Hygiene, University of Pittsburgh, Pittsburgh, PA, studied some of the reasons why African Americans are underrepresented in dental hygiene. The purpose was to describe African American representation in dental hygiene and dental hygiene education, evaluate the relationship between the percentage of dental hygienists and the percentage of African American by State, and to look at how the professional practice environment of dental hygienists relates to African American demographics by state.

This descriptive study included the historical percentages of African American dental hygiene graduates over the last 10 years; the percentages of dental hygienists per state, cross-referenced with race demographics by state, and the Dental Hygiene Professional Practice Index (DHPPI) cross-linked with African American population statistics. (The DHPPI is a tool that summarizes the professional practice environment of dental hygienists by state.)

The results demonstrate that based on African American dental hygiene graduation rates from 1996 through 2003, and employment projection data from the U.S. Labor Review Board, African Americans will continue to be proportionately underrepresented in dental hygiene.

- Four of the top five states with the highest density of dental hygienists are in the 10 states with the lowest proportion of African Americans (Vermont, New Hampshire, North Dakota, and Oregon).
- Of the 10 states (and DC) with the lowest density of dental hygienists, 3 of them have the highest proportion of African Americans (Mississippi, Louisiana, District of Columbia).
- The 10 states with the highest proportion of African Americans had an average DHPPI score of 28.5%, which falls in the lowest "Restrictive" practice environment category.

The 10 states with the lowest proportion of African Americans had an average DHPPI score of 46.9%, which scores in the "Favorable" category. Of the 17 states with a higher than average African American population, (>12.1%), 14 were in the Limiting or Restrictive categories, 2 were in the Satisfactory category, 1 was in the Favorable, and none were in the Excellent category. Cont. page 5



Sistas can Mo Too!

Support the power of the moustache by celebrating your role as Men's Health Advocates and enlisting the men in your life to join the Gen Mo and become involved in their own HEALTH.
Us.movember.com

Kwanzaa 2013 begins on
Thursday, December 26
and ends on
Wednesday, January 1
www.officialkwanzaawebsite.org
for additional information
regarding the history, community
and culture!

Coping with Depression During the Holidays!

Submitted by Gail Woodson-Stamps, RDH

Health Tips: Holiday Do's and Don'ts

The holidays should be about making good memories, not about making things perfect.

Here are five ways to make your holiday happier.



1. Do Socialize

If you're feeling lonely, call a friend; find a church, or community center where you can be with other people.



2. Do think about what's important.

Happiness and fulfillment lie in the balance between self-care and caring for others.



3. Do exercise every day.

That's especially important when you're eating more. It's hard to be sad if you're physically fit.



4. Don't watch TV.

Most programs are not designed to make you a better person, or even feel better.

5. Don't spend so much

You don't have to buy electronic entertainment equipment that far exceeds the human sensory capability to detect the difference.



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All of this descriptive data indicate that African Americans are underrepresented in the dental hygiene profession. African Americans live in states that are disproportionately lacking dental hygienists. The professional practice environment for dental hygienists is more restrictive in states with high percentages of African Americans.

According to the School of Nursing, University of North Carolina at Chapel Hill, USA there is a problem of underrepresentation of minorities in the health care professions. Projections are that by 2050 minorities will represent 49% of the U.S. population. Research notably reports that the health care of underrepresented minorities is improved when providers of similar ethnic and racial backgrounds provide the care. However, minority representation in the health care professions has not kept pace with the increase of minorities in the population. A variety of groups (federal, state, private, and health professional educational institutions) have provided billions of dollars toward increasing the number of underrepresented minority health care providers. However, the effectiveness of these programs is not readily evident. The University of North Carolina at Chapel Hill recommend comprehensive evaluations of programs funded to increase diversity in the health professions and the development of a Minority Health Care Professionals Center to assume accountability for monitoring programs that receive funding to increase the number of underrepresented minority health care providers.

A survey of ethnicity and academic preparation of full- and part-time faculty was sent to directors of all accredited U.S. dental hygiene programs by **the School of Dentistry, University of North Carolina at Chapel Hill** in November 1991. Equal

Employment Opportunities Commission (EEOC) categories and definitions were used for ethnic minorities. Professional minorities were defined as male dental hygienists and female dentists. Survey data were analyzed using chi-square and ANOVA for unequal cell frequencies. The purpose of their study was to determine numbers of minority faculty in dental hygiene programs and to examine the academic preparation of faculty members who are dental hygienists.

One hundred twenty-six (62%) of the 203 surveys were returned. Only 41 (32%) of the programs reported one or more ethnic minorities among the full- or part-time faculty. Of the 1,025 dental hygienists employed full- or part-time as faculty, there were 59 ethnic minorities and 10 males. The majority of the dental hygiene programs that had dentists as full- or part-time faculty employed white male dentists. The most common minority among dentists was white female. Most dental hygiene program director respondents (66%) reported no minority faculty in their programs. Of the dental hygiene programs that did have minority faculty, most had only one member of one minority group. No significant differences in educational preparation were found between ethnic minority and white dental hygiene faculty. Significant differences in academic preparation of dental hygiene faculty were found among programs in different educational settings and, for full-time faculty, by degree awarded program graduates.

In conclusion, according to the study by the University of North Carolina at Chapel Hill, The limited numbers of minority faculty in dental hygiene programs restricts the number of dental hygiene students who have access to minorities as professional role models. To increase cultural diversity in dental hygiene education, efforts are needed to recruit more minority students and to encourage them to pursue advanced degrees for careers as dental hygiene educators. Cont. page 6

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I chose to highlight these 3 abstracts because of the significance placed on the need for minorities in dental hygiene, and the need for advanced education and preparation to meet these needs. As members of the Wolverine Dental Hygienists' Society you need to recognize that you are a part of a select group of minority health professionals. The service you provide is needed, yet because of your limited numbers many patients are not receiving. WDHS should be encouraging students to join their ranks as entry level dental hygienists and continuing their education in preparation for becoming public health specialists, dental hygiene educators, change agents, and a formidable force in the determining the direction of the dental hygiene profession. The traditional model of dental and dental hygiene delivery is changing. All dental hygienists must keep up with the growing new skills allowed by the changing Dental Practice Act or risk becoming a dental hygiene dinosaur that is outdated and unable to be a productive member of the profession.

"Tis education that forms the common mind, as the twig is bent so the tree inclines."

Barbara Seldon, RDH
Legislative Chair

In the Kitchen with Tamara

Almost Raw Key Lime Pie

Directions

1. Place in food processor and process until very smooth.
2. Place ingredients into pre baked graham cracker crust. Refrigerate until mixture is firm (approx. 3 hours)
3. If you are using dessert cups, place desired graham cracker crust mixture into cups, then add pie mixture. Refrigerate until firm.
4. Garnish prior to serving with shredded coconut, chopped pecans, and whipped cream. (or your favorite toppings)

NOTE: Avocados should NOT be hard at all. When you push on the outside of the avocado, there should be some give. However, if the skin is separating from the flesh of the avocado, its' too ripe.

3 large ripe avocados
½ cup fresh squeezed lime or juice (key limes are nice but not always practical)
¼ cup extra virgin coconut oil
½ cup soy milk powder (plain) (you may substitute with your favorite milk)
¾ cup raw sugar, turbinado sugar, or other form of raw sweetener



Happy Holidays,
Tamara Carter, RDH

Wishing you a safe Holiday Season
and Prosperous New Year!



*I've learned that people will forget what you
said, people will forget what you did, but people
will never forget how you made them feel.*

Maya Angelou

The United Nations' (UN) International *Literacy Day* annually falls on September 8 to raise people's awareness of and concern for literacy issues in the world. If you missed this window of opportunity to spread the word about Literacy and reading, during this Holiday season reach out and give a child the gift of a brand new book! Try “thebrownbookshelf.com” or “The Shrine of the Black Madonna” for noteworthy books.



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