Oral Health & Nutrition
Special Session

Rotary International Convention
Atlanta, GA       June 10, 2017

HEWRAG Board Members
Sheila Hurst, Ed.D.; PDG Laura Day;
DGN Jeff Bamford; Jim Green, DDS
Rotarian Action Groups...

- Autonomous groups of Rotarians, Rotaractors, family members, program participants, and alumni who are experts in a particular field
- Help Rotary clubs and districts plan and carry out community development and humanitarian service projects in their area of expertise
- Operate in accordance with Rotary International policy but are not an agency or controlled by Rotary International
Rotarian Action Groups – currently 27
https://my.rotary.org/en/rotarian-action-groups

1. Addiction Prevention
2. AIDS and Family Health
3. Alzheimer's and Dementia
4. Blindness Prevention
5. Blood Donation
6. Clubfoot
7. Dentistry
8. Diabetes
9. Disaster Assistance
10. Endangered Species
11. Environmental Sustainability
12. Food Plant Solutions
13. Health Education & Wellness
14. Hearing
15. Hepatitis
16. Hunger and Malnutrition
17. Literacy
18. Malaria
19. Mental Health
20. Microfinance & Community Development
21. Multiple Sclerosis
22. Peace
23. Polio Survival
24. Population and Development
25. Preconception Care
26. Slavery
27. Water and Sanitation
HEWRAG members share their expertise by collaborating with clubs and districts on service projects.
Supports districts, clubs, and Rotarians in 3 Areas of Emphasis

1. Medical Missions and Health Fairs
2. Oral Health and Nutrition
3. Cervical Cancer Prevention
Oral Health and Nutrition

- WHO says that “Tooth decay is the most common chronic disease of childhood.”
- It is estimated to effect 60-90% of children.
- The introduction of highly processed foods and sugar-based beverages is a major contributor to tooth decay.
- A healthy diet can help result in healthy teeth.
What We Want To Prevent
An issue worth addressing

~45 million people
~1000 dentists

~39 million people
~30,000 dentists

~16 million people
~80 dental surgeons

~192 million people
~4500 dentists
The Goal:

Improve the Oral Health Of Children through a Sustainable, Easily Adapted, Dental Preventive Care Program
An Answer: Kenya Smiles

A Program of

District 5160 (Northern Central California, USA),

District 9200 (now 9212) (Kenya), and

District 6150 (Central & NE Arkansas, USA)
The Rotarian, February 2014

Kenya Smiles
Project gets to the root of dental problems

Fewer than 1,000 dentists serve the 44 million people of Kenya, from the far reaches of the bush to Nairobi’s upscale Kibera slum. Dental hygiene is a rarity outside the privileged urban regions. “In rural areas, people have to travel long distances to see a dentist,” says Stephen Irungu, chief dental officer at Kenya’s Ministry of Health. “Reaching the rural population as Kenya’s, arranged by lawmakers. We worry about AIDS and malaria and TB among the world’s poor, but tooth decay is so much more common,” she says. “Unfortunately, it’s always been neglected,” even as processed and sugared foods proliferate in developing nations.

Enter Kenya Smiles, a project created by Sheila Hurst, an educational consultant and member of the Rotary Club of Building West, Calif., and Laura Day, 2012-13 governor of District 5160. The partnership with the Rotary Club of Nairobi – which also received support from districts 9322 (Ternife, Ethiopia, Kenya, and South Sudan) and 6150 (Arkansas) – was part of a global goal that brought a vocational training team (VTT) to the largest of Kenya’s dentists, including Irungu, to California in April 2013 for meetings, seminars, and training.

In July, 10 Americans, including Hurst, Day, and Sokal-Gutierrez, made the trip to Kenya, where they distributed four on-site mobile dental operating units, educational materials, and 5,000 Rotary bike/hand-pumps filled with toothbrushes, toothpaste, and collapsible mushroom-shaped cups – dubbed “magic cups” by their young recipients. A $10 donation funded each kit.

The team demonstrated how to use the kits with a lipless hand puppet, as outreach tools: “We’ll be using these throughout the community, if you will,” says Jiko stoves to make it easier to cook traditional grain- and produce-based meals. The Kenya Smiles project also funds education for mothers and helps train local dentists.

The project is good news in a nation where “the only thing they can do is extract teeth,” says Jeff Bamford, past Kenya rotary chair and charter president of the Rotary Club of Nairobi.

“I see the kids with great big smiles on their faces. When we talk to them, they’re so proud about it. We can see the knowledge spread from one grade to another,” he says. The educational component is what sets Kenya Smiles apart from many other dental projects, says team member Maureen Valley, an orthodontist at the University of the Pacific in San Francisco. Some traditional dental missions rely success by teeth drilled and extracted. “There’s been so little attention to attacking the root cause with education and intervention.”

Peter DuBois, executive director of the California Dental Association, concurs. “This program is working with the dental community in Kenya to enhance the oral health of the Kenyan population” by leveraging the resources of Rotary, governmental, and medical leaders: “I have never seen a program quite like it.”

DuBois, whose 25,000-member organization serves a state with roughly the same population as Kenya, arranged meetings with dental professionals for the Kenya VTT Delegation and brought the team members to the floor of the California State Assembly where they were recognized by lawmakers.

The project is good news in a place where “the only thing that can be done is extract teeth,” says Jeff Bamford, past Kenya rotary chair and charter president of the Rotary Club of Nairobi.

“We need more dentists and more mobile facilities,” says Bamford. “But right at the beginning, we need to make sure that tooth decay happens in less as possible.”

He is heartened that the project’s biggest evangelists have been the children themselves.

The Rotarian, February 2014
Featured in the ROTA Newsletter March 2016

PROJECT FOCUS:
By Laura Day
RC Anderson USA

We launched in 2011 the Rotary Foundation Global Grant, Kenya Smiles. And for those who supported it and funded it, including The Rotary Foundation, the good news is the project continues to make a difference today by improving the oral health and nutritional education of children, and not just in Kenya. To date, about 16,500 people have directly benefited.

How did this happen?

Six years ago, The Rotary Foundation (TRF) realized its vision of a new and improved grant model. What better way to embrace the change than to be a part of it? Thus, was born a project involving all 71 Clubs in District 5160 (Northern Central California, USA), District 6150 (Central and Northeast Arkansas, USA), District 9212 (Kenya, Ethiopia, Eritrea, and South Sudan), and the Rotary Club of Karen-Nairobi. We were fortunate that The Rotarian Magazine in August 2013 and February 2014 as well as breakout sessions at Rotary International Conventions in Sydney, São Paulo, and now Seoul recognized the project for its sustainability, now it brought about awareness, provided information, and promoted education. This helped boost support and interest in the project, thus contributing to its continued success.

Continue reading >

KENYA SMILES: ROTARY FOUNDATION GRANT AND ROTARIAN ACTION GROUPS

Kenya Smiles featured one of Rotary’s first Vocational Training Teams. A team of dental professionals, some of the best from Kenya, came to Northern California to learn and collaborate with members of the dental profession. And a US team went to Kenya to collaborate, teach, train, and educate. A big part of the project was getting the oral health and nutritional education to the children in some of the poorest parts of the country. We took backpacks filled with dental care supplies to thousands of beautiful children in many parts of Kenya. Kenya dentists and dental students provided exams and treatment for children using grant-sponsored equipment and supplies. Our team also taught local dental students and provided nutritional education for mothers and caregivers.

Vocational Training Team members, Kenya Rotarians, Rotaractors, and partners delivered oral health lessons and presented backpacks filled with dental supplies, information, and “magic cups” to thousands of children in Kenya. Women in Mukuru kwa Njenga Slum in Nairobi opened the Nutrition for Life Bakery after completing a grant funded Training program and receiving an energy-efficient oven and baking supplies provided by the Global Grant.

So what happens when the grant dollars are spent and a successful project might seem to have come to an end?

Well, a sustainable project does not end. And our timing was good because Rotary embraced the concept of Rotarian Action Groups, and Kenya Smiles found a friend in the well-established World Health Fairs Rotarian Action Group (WHFARG). Kenya Smiles and WHFARG merged to create the Health Education and Wellness Rotarian Action Group (HEWRAG). Its goal is to educate and to help bring good health and wellness to people everywhere, not just Kenya. Briefly, what is a RAG? These are communities of Rotarians and other interested parties, who provide resources, conduct projects, fundraise and provide connections and collaborations.
Kenya Smiles...

is improving the oral health of children in Kenya through a unique dental preventive care program that is easily adapted through East Africa and beyond.

is focusing on building awareness, providing information, and promoting education about good oral health and nutrition.

is employing creative strategies, affordable techniques and tools, and practical interactive educational activities.

is helping children be healthier, free from preventable mouth pain and tooth decay, ready to grow, motivated to learn, and prepared to thrive in a world of peace.

is now part of the Health Education and Wellness Rotarian Action Group.

www.kenyasmiles.org  www.hewrag.org  hewrag@gmail.com

Kenya Smiles
Simple, Scalable, Sustainable

Tooth decay is the #1 chronic global health problem for children today. To address this issue, Rotarians in Districts 5160 (Northern California), 9212 (Kenya), and 6150 (Central & Northeast Arkansas) brought together dental care professionals, physicians, associations, universities, government ministries, corporations, foundations, parents, educators, caregivers, and individuals in Kenya and the United States to design and implement a comprehensive oral health and nutrition program for children. The resulting Kenya Smiles Global Grant Project has achieved sustainable, widespread, positive results and has extended far beyond the original project area.

Featured in the ROTA Newsletter April 2016
Health Education and Wellness Rotarian Action Group

Rotarians Working Together To improve World Health

One of the first 10 Rotarian Action Groups formed was World Health Fairs (WHFRAG) which has been reorganized and expanded and was renamed in 2014 as the Health Education and Wellness Rotarian Action Group (HEWFRAG).

Our activities have taken place in the United States, Russia, Mexico, Fiji, Mongolia, China, South Africa, Kenya, Zambia, Nicaragua, Tanzania, Ethiopia, Thailand, the Philippines, and Myanmar.

Today, our areas of emphasis are built around Health Fairs and Medical Missions, Oral Health and Nutrition, and Cervical Cancer Prevention. If you have a project or event in one of these areas, we hope you will look to us as a well-informed and experienced source of support and information. We are interested in expanding our portfolio of services, so we are continuously looking to address issues related to health education and wellness.

www.hewrag.org  hewrag@gmail.com

Health Education and Wellness Rotarian Action Group

The goal of the Health Education and Wellness Rotarian Action Group is to promote good health and wellness through healthy lifestyle choices and disease prevention.

The focus is on building awareness, promoting education, and providing information to help achieve and maintain good health and to utilize effective prevention in an integrated way.

To learn more and to become involved: Visit: www.hewrag.org
Email: hewrag@gmail.com

Featured in the ROTA Newsletter April 2016
Breakout Sessions at 3 Rotary Conventions
The Rotary Foundation
Celebrating the First 100 years
The Rotary Foundation
Celebrating the First 100 years
“As an individual Rotarian, I could have had some effect, but as a group of Rotarians and with district and Rotary Foundation support, we can have a tremendous impact.”

Steve Pursley, Rotary Club of Stamford, USA - 2004
How did this all happen?
It began in 2012-2013 with 2 incredible Governors

PDG Laura Day
District 5160
International Partner: All 71 Clubs of District 5160 Northern Central California
It began in 2012-2013 with 2 incredible Governors

PDG Geeta Manek, District 9200 (9212)
Host Partner: Rotary Club of Karen
Nairobi, Kenya   District 9200
Team Leaders
Jeff Bamford & Sheila Hurst
Joined by PDG Karl Diekman and PAG Protus Lumiti
How Does It Work?

Building AWARENESS
Providing INFORMATION
Promoting EDUCATION
6 Project Components

1. Education and supplies for children
2. Nutrition Education
3. Training and Equipment for dental professionals
4. VTT Kenya to California
5. VTT California to Kenya
6. Media and Outreach
<table>
<thead>
<tr>
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<td>1. Education and supplies</td>
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<td>2. Nutrition Education</td>
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<tr>
<td>3. Training and Equipment</td>
<td>27,000</td>
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<td>4. VTT Kenya to California</td>
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<td>5. VTT California to Kenya</td>
<td>22,500</td>
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<tr>
<td>6. Media and Outreach</td>
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PDG Laura Day
Project Leader
Jeff Bamford, DGN District 9212
Country Coordinator
Sheila Hurst, Ed.D.  
Project Manager
Why Kenya Smiles?

- Involved every Club and every Rotarian in D 5160
- 100% Rotary Project
- Made Grant Process Accessible
- Utilized Foundation Training
- Provided Meaningful Vocational Exchange
- Matched Donations Increased the Budget
- Earned Foundation Points
- Created new international partnerships

**BENEFITS DESERVING CHILDREN**
Funding the Project

- A $200,000+ Rotary Global Grant project
- $53,000 raised $10 at a time in donations from Rotary Clubs and individuals
- Contributions from Districts 5160, 9212, and 6150
- Matching funds from The Rotary Foundation
- Other gifts and donations total $300,000+
Funding

TRF Global Grant
District Grants
D 5160 Rotary Clubs
Kenya Rotary Clubs
Individual Rotarians
Team members
Interact & Rotaract Clubs
Collaborative Partners
Other Organizations
University Medical Schools
NGOs
Other individuals
6 Components

1. Education and supplies for children
2. Nutrition Education
3. Training and equipment for dental professionals
4. VTT Kenya to California
5. VTT California to Kenya
6. Media and Outreach
Dental Preventive Care
Materials and Education

To help children learn how to take care of their teeth and oral health.
Dental Kits for Children

Rotarians and others were invited to contribute $10 to provide a child in Kenya with a dental care kit with supplies, materials, and instructions for dental care.
Dental Kit Sponsor’s Card

This Dental Care Kit is proudly presented by:

Name

Rotary Club of ____________________________
Club Name

District 5160, California, USA
Learn more at rotary5160.org/kenya-smiles

E-mail your new Rotary friend

E-mail Address

July 2013
The Rotary Clubs of District 5160 and the 2012-13 Governor’s Project: Improving the Oral Health of Children in Kenya Through a Sustainable Dental Preventive Care Program

Your donation of $10 will provide a child in Kenya with a backpack filled with dental hygiene products to keep them smiling!

rotary5160.org/kenya-smiles
Dental supplies for 5000 backpacks for children donated by Colgate Palmolive East Africa
The magic cup
5000 backpacks arrived!
Inserting the donor cards
Loading the Vans for delivery
Organizing on Site
Counting for presentations
Jeff Bamford, DGN District 9212
Country Coordinator
We gave lessons and delivered backpacks in small Nairobi slums
In huge Kibera Slum, Nairobi
In outdoor school assemblies
and indoor classrooms
(Notice Samson Saigilu)
Both Team Members Together
Sometimes for very large groups
And sometimes for small groups
Talking about oral health
Engaging the children
In small rural schools
And in large urban schools
Loitokitok District, Kenya
Sampson In a Maasai Village in Kenya
Everywhere we went, the children were exuberant,
Curious, Fascinated,
Grateful, and Joyous.
Their very own... to keep.
Sheila Hurst, Ed.D.
Project Manager
6 Components

1. Education and supplies for children

2. Nutrition Education

3. Training and equipment for dental professionals

4. VTT Kenya to California

5. VTT California to Kenya

6. Media and Outreach
Providing materials, information, and education to mothers, health care providers, educators, and care givers in two locations.
Traditional healthy foods and drinks are widely available.
And so are heavily marketed, inexpensive, sugar-based, highly processed foods and drinks.
Curriculum by the MUST Food Science Department
MERU Professor and UC Berkeley Professor discuss curriculum
Training the Trainers in rural villages near Meru Town
Training the Trainers in rural villages near Meru
Demonstrating the materials
600 local women were taught a 35 hour course in their local language by local trainers
Learning to grow and prepare healthy foods in healthy ways.
Growing gardens in rows and in sacks around poles.
Preparing & enjoying healthy foods with friends.
Soybeans and pumpkins
Sun drying fruits & vegetables
Jiko Efficient Stoves
Marilyn Brenchley, Director Thiiri Cultural Center with with Sam, local manufacturer of jiko clean cookstoves
Visiting the local jiko factory
Jiko Stoves cost $10 each, Women paid $3, Grant paid $7
600 women now own jiko energy efficient stoves
Birthday Cake made on a jiko!
“I learned....”

- to bake a cake on the jiko, so now I can afford to do something special for my family on special days

- to cook pumpkin without adding water and to serve it mashed with black beans. At home we only give pumpkin to our cows.

- to cook so many different greens and to cook them very little to conserve the vitamins and minerals.

- what a balanced diet is. Usually we just served carbohydrates and beans.
“I learned....”

• how to wean our babies to keep them healthy.

• how to make a compost out of the waste in our gardens that we can now use as fertilizer instead of buying chemicals.

• that so many greens growing around our shambas are more nutritious then sumikawike (kale)

• to eat vegetables raw and to make salads.

• how to store our grains so they won't spoil.
“I learned....”

- to feed my aged mother in law better. She doesn’t have teeth, and needs a variety of mashed foods.
- my baby doesn’t get diarrhea any more since I have learned to keep everything clean
- I can tell that my children are healthier and have more energy
- I used to use on load of fire wood every day, now I only go to the forest for wood once a week
- that the time I used to spend gathering fire wood, I can now use to care for my small vegetable garden and have more different foods to eat.
SIDAREC Mukuru Slum Nairobi
Mukuru kwa Njenga
Nairobi Slum
SIDAREC
Early Education Programs
Dr. Valley and Samson talked with 300 mothers and caregivers about nutrition.
Ministry of Agriculture Staff
Toothbrushes for 300 moms
Samples of nutritious snacks
Dr. Mutave talked about oral health and family dental care in Mukuru Slum, Nairobi.
A new women’s baking program with an energy efficient oven for Mukuru Slum, Nairobi.
Students listen carefully to the baking instructor.
Taking notes on the process.
Preparing the ingredients.
Healthy and delicious results.
The Nutrition for Life Bakery is open for business!
Making Soap & Detergent
Ready for the market