



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion

September 2008

Programs

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CUPHD Dental Program

Champaign-Urbana Public Health District's Dental Clinic is located at 201 W. Kenyon Road, Champaign and sees children ages 3-18 enrolled in Champaign or Urbana School Districts. Services include: cleanings, fluoride, x-rays, sealants, restorative care, and simple extractions. We see patients by appointment Monday through Friday, 8 a.m. to 4 p.m. Please call 217-531-4279 for an appointment.

September 2008 Champaign Clinic Visits

	C-U	Co	Other
New Patient	48	15	0
Visits by Patients of Record	252	30	0
Total Patient Visits	300	45	0

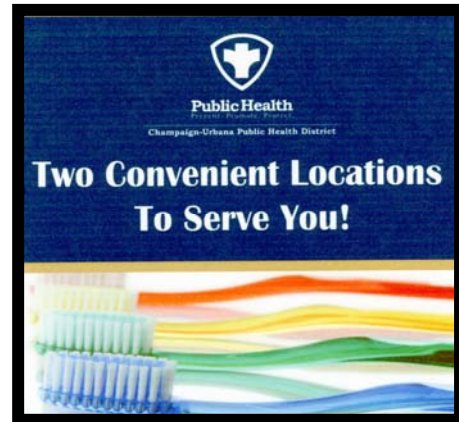
Procedures

Total Procedures Performed	1044
Average Procedures per Patient	2.68

Adult Patients

Adult Patients Scheduled	2
Adult Patients Visits	2

Number of Days Clinic Open 20



Urbana School Health Center Dental Program

Urbana School Health Center dental program sees children age 3-18 who are students in Urbana schools. Services include: cleanings, fluoride, x-rays, sealants, restorative care, and simple extractions. We see patients by appointment Monday through Friday, 8 a.m. to 4 p.m. Please call 217-239-4220 for an appointment.

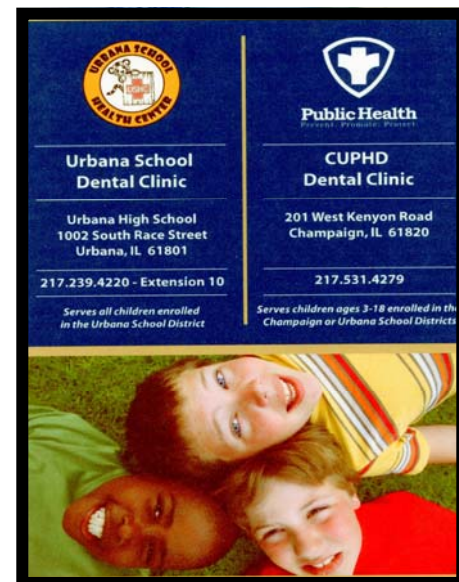
September 2008 Urbana Visits

	C-U	Co	Other
New Patient	61	2	0
Visits by Patients of Record	141	5	0
Total Patient Visits	202	7	0

Procedures

Total Procedures Performed	674
Average Procedures per Patient	3.08

Number of Days Clinic Open 20



CUPHD Dental is a member of IFLOSS. For Information please visit the link below: www.ifloss.org

Upcoming Events

CUPHD Dental recently visited Dr. Howard Elementary School in Champaign and provided service to 53 children along with a toothbrush, toothpaste, and a dental mouth mirror.



The CUPHD Dental Team has confirmed dates at the following schools this fall to provide dental screenings, sealants, cleanings, and fluoride varnish:

Barkstall Elementary: October 21-22
Bottenfield Elementary: November 17-18-19
Carrie Busey Elementary: December 2-3
Kenwood Elementary: November 12-13-14
Robeson Elementary: December 15-16-17
South Side Elementary: October 6
B.T. Washington Elementary: November 3-4-5
Westview Elementary: December 8-9-10
Jefferson Middle School: October 27-28-29-30

CUPHD Welcomes Kara Ruffatto, DMD: Kara Ruffatto, DMD recently joined CUPHD and will work fulltime at the Champaign Clinic. Dr. Ruffatto attended Southern Illinois University School of Dental Medicine and is a member of the American Dental Association, American Dental Education Association, Illinois State Dental Society, Academy of General Dentistry, and Psi Omega Dental Fraternity.

James Wahl, DDS is now available fulltime at the Urbana School Health Center. Dr. Wahl also serves on the HFS Policy Review Board and is a Doral Champion. He is a member of the Illini Dental Society, Illinois State Dental Society where he served on the Executive Committee for three years, and the American Dental Association where he served as a Delegate numerous years. Dr. Wahl has also been a media spokesperson for the ADA and was named a Healthy Smiles Hero through Lt. Governor Pat Quinn's office in 2007.

Dental Education

Hygienist Amanda Wright provides age-appropriate Oral Health Education Presentations upon request. The presentations include a free toothbrush, toothpaste, and floss for all attendees. Amanda provided the following presentations in September:

September 8th: The Pavillion
September 15th: The Pavillion

Upcoming Dates for Oral Health Presentations:

October 29th: South Side Elementary Kindergarten

On September 4th School Dental Screenings were offered at the Champaign Clinic from 6 p.m. to 8:30 p.m. Children were provided with a dental screening on a walk in basis. A dental screening is required by law for children in grades K, 2, & 6.

Dental Intern, Rajpaul Singh, participated at a Community Wellness Fair at the ARC on the University of Illinois campus and offered information about CUPHD's dental programs, brushing instruction, and free children's toothbrushes. Over 3,000 people attending the event on September 25th.

CUPHD Dental is available for Oral Health and Dental Care Presentations. For more information, please contact: **Alicia Ekhoﬀ**
Dental Program Coordinator
(217) 531-4538
aekhoﬀ@cuphd.org



Fluoride Varnish Program

- The Champaign-Urbana Public Health District's Dental Clinic Fluoride Varnish Program is for children age 0-35 months who are enrolled in Champaign-Urbana Public Health District's Maternal & Child Health Program
- The Fluoride Clinic is located in the Private Dental Office located next to the Vision Clinic and clients are seen on a walk-in basis, but must present the child's current medical card and the parent or legal guardian's photo ID to receive the service.
- Michelle Kramer, RDH evaluates children's teeth and oral health habits to determine if fluoride varnish is advisable. Fluoride varnish is applied at the same visit once the dentist has performed an exam.
- Parents are shown how to care for their child's teeth and gums and are provided with an age-appropriate toothbrush.
- **What is fluoride varnish?** Fluoride varnish is a protective coating that is painted on the surfaces of teeth to prevent new cavities from forming and to help stop cavities that have already started.
- **What does fluoride varnish do?** Fluoride Varnish strengthens teeth. The stronger the teeth are, the less chance that the child will get cavities.
- **Is fluoride varnish safe?** Yes, fluoride varnish can be used on babies' teeth. It's safe because it adheres to the teeth and only a small amount of fluoride is needed, so very little is swallowed.
- **How is fluoride varnish put on the teeth?** The varnish is painted on the teeth (just like nail polish is painted on nails). The varnish does not taste bad and can be applied quickly and easily. Your child may cry because young children do not like having things put in their mouth, but the varnish goes on very quickly and the hygienist will also show the parent how to clean their child's teeth and gums.
- **How long does the effect of the fluoride varnish last?** The protective effect of the fluoride varnish will continue to work for several months. After the fluoride varnish is painted on, the teeth will be slightly yellow and should not be brushed until the next day. The yellow color will come off when the teeth are brushed, but the fluoride will still be protecting the teeth.

Fluoride Varnish and Infant/Young Child Oral Health Care Clinics are offered on the following dates:

- Oct. 15, 9am-12pm & 1pm-4pm
- Oct. 16, 1pm-4pm
- Nov. 20, 1pm-4pm
- Nov. 21, 1pm-4pm
- Dec. 18, 1pm-4pm
- Dec. 19, 1pm-4pm

For more information about the benefits of fluoride varnish please visit: <http://www.illinoisap.org/oralhealth.htm>

Important Announcements

Effective September 1, 2008 CUPHD no longer offers appointments for new adult patients. Adults with the medical card may call Doral Dental at (888) 286-2447 for referral to a provider.

Effective January 1, 2009 all patients of the Champaign Dental Clinic will be required to have All Kids or the Medical Card as primary or secondary insurance in order to obtain dental services. Patients without All Kids are encouraged to call Christina Ladage at 531-4306 for assistance in obtaining All Kids.

The Urbana School Health Center (USHC) consists of a partnership of local agencies dedicated to the health and well being of children. Services provided at USHC are available to ALL students of the Urbana School District. Services are available during the child's school day, allowing for consistent, convenient, carefree medical, dental, and mental health services - from routine exams and procedures to acute care issues stemming from injuries or chronic disease conditions to counseling and wellness programs - USHC's community care approach ensures children the best care possible - away from home.



60% of the Urbana School District students are enrolled at the Urbana School Health Center. There are currently **3427** students enrolled in the program.

Medical - A Partnership with Frances Nelson Health Center

Visits

New Patient	54
Visits by Patients of Record	155
Total Patient Visits	209

*Refer to Dental numbers for dental visits

Special Events



Please help us in welcoming our dentist James Wahl, DDS. He has been working at the Health Center two days a week over the past two years, in September he became the USHC's full time dentist. This allows for USHC to offer dental services 5 days a week.

USHC would also like to welcome our NEW mental health counselor Amber Dowers, LCPC. We are excited to be able to offer this service to all the families of the Urbana School District.

Lastly, USHC would like to acknowledge our Asthma Educator, Rebecca Campbell. She counsels both children and their families that have asthma. Ms. Campbell offers asthma education every Wednesday. Call to make an appointment.

Call us today to make an appointment for either medical, dental, or counseling: 217.239.4220

Adult Prevention & Management of Disease

The adult immunization program serves adults over 18 years for routine, educational requirements, accidents and travel immunizations using scheduled appointments. During this time blood pressure checks and casual blood glucose checks are available for walk-in clients.

Immunizations	C-U	Co	Other
Hepatitis A	0	0	0
Hepatitis B	4	2	2
Polio	2	0	1
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	0	0	0
Mumps, Measles, Rubella	2	1	3
Tetanus and diphtheria	2	0	2
Tetanus, diphtheria and acellular pertussis	10	8	5
Hepatitis A and Hepatitis B	4	1	0
Typhoid	1	0	0
Varicella /chickenpox	4	0	0
Flu/Pneumonia Walk-Ins	0	1	0
BG Check	0	0	0
BP Check	1	0	0



Adult and Travel vaccines are available Monday & Wednesdays by appointment. Call 531-2922 -Ask for Theresa

The CUPHD Diabetes Program is funded in part by the Illinois Diabetes Prevention and Control Program (IDPCP) with a grant from the Center for Disease Control. In cooperation with U of I Extension Services a bimonthly newsletter is sent out to person with pre-diabetes or diabetes who have enrolled in the diabetes program. The statistics from their enrollment and yearly reviews help to form the picture of diabetes care in Champaign County, the state and the nation.

IDPCP Enrollment /Reviews 1
 Diabetes Newsletter distribution 251

Special Events

Diabetes Outreach meetings

Round Barn and Washington Square Outreach Meetings had total of 17 people attending. Current victories of their A1c tests were discussed by participants. Then the group moved into steps from small changes to big rewards. Everyone agreed that large resolutions are not easy to follow through. The idea of smaller changes of walking or getting up during TV commercials to start regular activity was appealing. Another challenge that seems doable is making a concerted effort to eat breakfast. We had a more technical discussion on the definition of the Dawn Phenomenon versus the Somogyi Effect to help participants sort out the reason for high a.m. blood glucose. We also discussed the reasons to use targeted blood glucose checks to define a situation.

Living Well With Diabetes

Living Well with Diabetes started with an informational meeting for sign up on September 23rd. 12 residents participated. The meeting will start October 6th for four Tuesdays. 3 participants are enrolled in the interest of supporting a family member.

Community Home Nursing Program offers a skilled nurses assessment and disease management for patients with Diabetes, Hypertension, Coronary Artery Disease, Glaucoma, Cancer, Pain Management, Nutritional, Medication Management and Client Centered education related to disease processes and management.



12 home visits were completed by a Registered Nurse

Services Rendered

Skilled Nurse Assessment: 9

Disease Management- Diabetes, Hypertension, Coronary Artery Disease, Pro-time Management, Glaucoma, Medication Management:0

Day Care Assessments: 0

Champaign-Urbana							
	40 y/o	50 y/o	60 y/o	70 y/o	80 y/o	90 y/o	100 y/o
M	0	0			1	0	0
F	0	2	0	1	1	0	0

Tobacco Programs

Project TNT is a 10 session program delivered in 5th grade classes. This program is different from most tobacco education curriculums in that it focuses on changing normative beliefs about the prevalence of tobacco use. Further, instead of just giving participants reasons not to use tobacco, it equips participants with decision-making skills as well as effective communication skills.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	2	Total # of people served	35
County	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0

Break the Habit is a partnership between the Illinois Tobacco Quitline and CUPHD. People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists, and CUPHD issues nicotine patches based on what the Addictions Specialists suggests.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0
County	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0



Freedom from Smoking is a 7-week, 8 session class that focuses on giving people who want to quit tools for success. Before the participants quit, they look at their habit, and reasons for wanting to be smoke-free, and develop an individual plan to quit. Patches are offered with this program.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	1	Total # of people served	5
County	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0



NOT HERE is a tobacco sales compliance program. We notify all tobacco vendors that we will check for compliance. After we test the stores, we send congratulatory letters if they pass. We forward those who fail on to law enforcement, who does an official check for compliance. 3 times a year

CU	# of Attempts	72	# of Sales	6
County	# of Attempts	43	# of Sales	5



Not On Tobacco (N-O-T) is a 10-week cessation program for youth. In certain municipalities in Champaign County, possession of tobacco products by minors is illegal. This program is offered to the minors instead of paying the fine.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	2
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

Smoke Free Illinois compliance is our education/enforcement program for Smoke Free Illinois. We handle all the complaints from the state for Champaign County as well as those from our website. We help businesses to comply with the laws, and report to the State's Attorney's if they do not.

CU	# of Complaints	2
County	# of Complaints	2



REALITY, IL is a program for youth ages 13-18 who are tobacco prevention advocates. We have meetings, events, set up bulletin boards, film commercials, create bus signs and billboards. They hold poster contests for elementary school students.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	7
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

Tobacco Education- Age-appropriate tobacco education is provided at schools by request.

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

We began several sessions in the County; will report when completed.



Other Education Programs

Hand Washing Education- age-appropriate hand washing education is provided to classrooms by request.

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0



Training Intervention Procedures (T.I.Ps) is an alcohol serving training program. CUPHD partners with The Champaign Police Department to bring this program to area alcohol servers.

CU	# of times presented (Count complete programs, not sessions)	2	Total # of people served	32
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

Juvenile Detention Center Outreach- various days throughout the month, our health educators provide a variety of programs to the youth in the Juvenile Detention Center. Topics include sexual health, nutrition, and tobacco.

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	1	Total # of people served	14

Reproductive Health- Age-appropriate sexual health programs are provided by our health educators, topics include puberty, self-image, sexually transmitted infection, and contraception.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	4
County	# of times presented (Count complete programs, not sessions)	1	Total # of people served	2

Health Educators assisted with the Child Safety Seat Inspection Station, a program run through our Division of Maternal and Child Health
Health Promotion team members assisted 3 times in the month of September



Coordinated
Approach
To
Child
Health

CATCH Programs Lucky Tray Day is offered to our partner CATCH schools. We send CUPHD staff, interns, and volunteers to schools at lunch. If the students are eating their GO foods, they get a raffle ticket. At the end of the day 3 students are selected to win prizes.

Fitness Fridays/Moving Mondays are days that our CATCH schools ask students to move when told over the intercom. We also offer structured physical activities at recess.

Schools currently participating in CATCH are:

	# of students
Dr. Howard Elementary, Champaign	488
Thomasboro Elementary, Thomasboro	202
Unity West Elementary, Tolono	410
Fisher Grade School, Fisher	318



SPECIAL EVENTS

Farmer's Market- On September 4th, we held our final Farmer's Market for 2008 at CUPHD. Health Promotion staff distributed recipes for the items that the farmer's had.

Health and Wellness Showcase- On September 25th, we participated in the the Showcase by presenting information on our programs, and highlighting the CATCH program at Fisher Grade School. We had interactive nutrition and tobacco trivia. 3,000 attended the showcase.

CATCH training- On September 26th our resident CATCH trainer was invited to McComb to train 2 other schools interested in implementing CATCH.

Smoking Support Group- some of the attendees from our Freedom From Smoking class wanted to continue getting and receiving support from each other, so we have continued to meet, and more people have joined. This program meets on Tuesdays from 5:30 to 6:30 at CUPHD. We currently have 7 participants from the District and the County combined who are at various stages in the quitting process.

Champaign Urbana Public Health District's (CUPHD) Vision Cooperative offers eye exams and eye glasses to people who have Illinois Public Aid as their insurance. CUPHD Vision Cooperative staff act as the gatekeeper to a coalition of area optometrists and an ophthalmologist who have offered to be a part of this great program. By calling the Lens Line (217-531-5367) a person can receive access to an eye exam by one of the participating licensed eye professional provider and access to the CUPHD eye glass program.

Once a person receives an eye exam and a prescription for eye glasses, the Vision Cooperative schedules the person for eye glass fitting and selection. CUPHD has a wide selection of 49 different eye glass frames that are available in different colors. CUPHD Vision Cooperative is able to bill Illinois Public Aid for the eye glasses and lenses; therefore there is no cost to the client for the eye glass frames and lenses.

Services	C-U	Co.	Other
Adult Glasses Fittings	18	8	5
Adult Glasses Dispensing	28	6	4
Adult Glasses Repair	2	0	1
Total Adults Serviced	48	14	17
Child Glasses Fitting	33	10	8
Child Glasses Dispensing	34	2	3
Child Glasses Repair	0	0	2
Total Children Serviced	67	12	13
Total Clients Serviced	115	26	30
Appointment No-Shows	20	4	1
Appointments Cancelled	6	0	0
Appointments Rescheduled	3	0	0
Total # Glasses Received	81		
Referrals made to optometrist/ophthalmologists	167		



Total Clients Serviced for September
171

Child Vision and Hearing Screening The CUPHD Hearing and Vision Screening Program provides state-mandated hearing and vision screening to licensed day care, preschools, public schools and parochial schools. CUPHD employs a state certified auditory and vision technician

Hearing									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	15	22	0	37	5	0	0	5	
Rescreened	0	0	0	0	0	0	0	0	
Threshold	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	16	22	0	38	5	0	0	5	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	
w/ Glasses	0	0	0	0	0	0	0	0	
w/ Glasses referred	0	0	0	0	2	0	0	2	

Illinois Breast and Cervical Cancer (IBCCP) contracts with local medical providers to provide free breast and cervical cancer screening for Illinois women ages 35-64 with no health insurance, Medicaid, or Medicare part B. The CUPHD IBCCP serves women from Champaign, McLean and Vermilion Counties. CUPHD IBCCP provides community outreach as well as educational materials and presentations throughout our service area to encourage all women to have their annual screenings done and to seek new client enrollment in order to provide uninsured screenings for women who would otherwise have no access to these services. Approximately 40% of the screening tests yield abnormal results requiring IBCCP medical case management and diagnostics services. While women under the age of 35 are not eligible for screening through this program, they may be eligible for medically indicated diagnostic services if referred by their medical provider. If diagnosed, eligible women are transferred into Medicaid for cancer treatment.

	*Champaign-Urbana	*Champaign County	McLean County	Vermilion County	Total
Number of Active clients	379	228	405	352	1364
New Clients Enrolled	18	13	15	20	66
Provider & Community Outreach	6	0	165	0	171



*Champaign-Urbana indicates women residing in the city limits of Champaign and Urbana. Champaign Co. indicates women residing in Champaign County, but outside the city limits and Champaign and Urbana. These columns must be added together for the total number of Champaign County women served.

Division staff participate on the following coalitions and community meetings

Monthly Meetings

Champaign County Tobacco Prevention Coalition

Human Services Council

Champaign-Urbana Campus Community Coalition

Regional Prevention Group

Unity West Wellness Committee Meeting

Campaign for Comprehensive Sex Education

Illinois Health Cares about Domestic Violence

Illinois Coalition for School Health Centers

National Assembly for School Health Care

Coordinated School Health Grantee Meeting

Dr. Howard Elementary Wellness Committee Meeting

Fisher Grade School Wellness Team Meeting

Childhood Wellness Task Force

C-U Area Fitness

Please check out our informational websites.

<http://www.cuphd.org/chronicdisease.html>

<http://www.ada.org/>

<http://www.smoke-free.illinois.gov/>

http://www.cuphd.org/diabetes_resources.html

<http://www.cuphd.org/ccsafekids/>

<http://www.illinoisAAP.org/oralhealth.htm>

www.ifloss.org

www.stock2forflu.com

Wellness & Health Promotion Contacts

217-373-7901



The Division of Wellness & Health Promotion	Deb Fruitt Director	531-2921
Illinois Breast & Cervical Cancer	Cathy Propst Program Coordinator	531-2916
Health Promotions Vision-Cooperative/ Hearing & Vision	Nikki Hillier Program Coordinator	531-2914
Dental	Alicia Ekhoﬀ Program Coordinator	531-4538
Urbana School Health Center	Heidi Britton Program Coordinator	531-2890

Have questions about Wellness and Health Promotion?

Get more information on our website!

<http://www.cuphd.org/chronicdisease.html>

<p style="text-align: center;">Dental Hygienists Amanda Wright Michelle Kramer Jill Hart</p>	<p style="text-align: center;">IBCCP Intake Specialists Kathy Reardon Amanda Ziemnsky Louise McClintock</p>	<p style="text-align: center;">Dentist Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>
<p style="text-align: center;">Health Educators Jennifer Jackson Kari Schweighart Becky Black</p>	<p style="text-align: center;">Nurses Theresa Truelove Judy Krumwiede</p>	<p style="text-align: center;">Dental Assistants Marda Keys Susan Scheffer</p>
<p style="text-align: center;">Volunteers Nedra Brown Shirley Newman Paul Gormiski Jill Grider McKayla Hellyer Carina Palmerin</p>	<p style="text-align: center;">Administrative Assistants Maria Capps Pam Simmons Dee Phillips</p>	<p style="text-align: center;">Interns Nancy Magaña Emily Sha Aziza Awate Rajpaul Singh</p>