



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion

January 2009

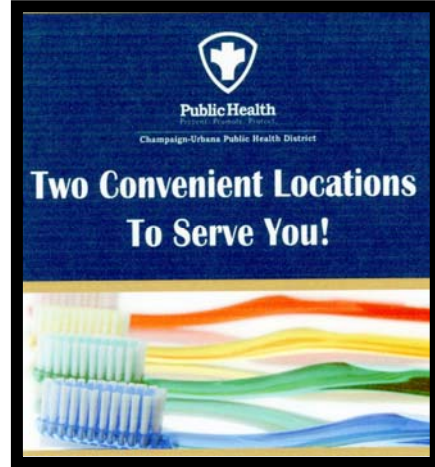
Programs

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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.

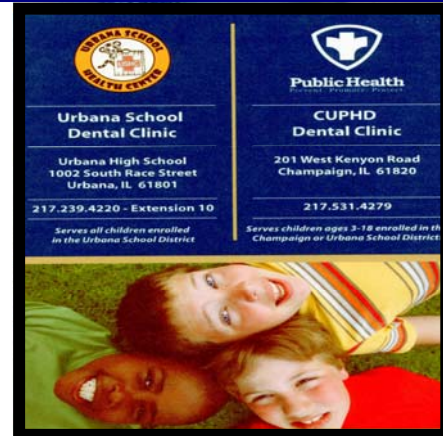
Champaign Visits	C-U	Co	Other
New Patient	67	1	0
Visits by Patients of Record	232	7	0
Total Patient Visits	299	8	0
Number of Children Seen in School Sealant Visits:	68		
Number of Sealants Placed in School Sealant Visits:	81		
Procedures			
Total Procedures Performed	1029		
Average Procedures per Patient	3.37		
Number of Days Clinic Open	19		



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.

Urbana Visits	C-U	Co	Other
New Patient	33	2	0
Visits by Patients of Record	172	3	0
Total Patient Visits	205	5	0
Procedures			
Total Procedures Performed	644		
Average Procedures per Patient	3.1		
Number of Days Clinic Open	19		



Special Announcements

Effective January 1, 2009 all patients are required to have All Kids or Medicaid. Patients without insurance or who are underinsured are referred to a CUPHD All Kids Agent for assistance with obtaining All Kids or Medicaid as primary or secondary insurance.

The Champaign clinic has found it necessary to limit new patient visits to 6 per day in order to continue to provide followup appointments for patients of record and children who are seen at school clinics and require followup care. HFS requires a recall system for patients of record and requires timely followup appointments be made available to insure that all patients are receiving consistent care.

Upcoming Events

Infant and Toddler Fluoride Varnish Program

Oral Health Education and Fluoride Varnish treatments are available to infants and toddlers participating in CUPHD's Maternal & Child Health WIC program. A hygienist is available on a walk-in basis by referral from MCH two days per month. Parents are instructed in the proper care of their child's teeth while the hygienist screens for moderate to high risks of developing Early Childhood Caries. The parent will also receive written instructions about how to care for their child's developing teeth and an age appropriate toothbrush. Written materials are available in English and Spanish.

2009 Dates:

January 28 & 29: 1 pm - 4 pm February 25 & 26: 1 pm - 4 pm March 24 & 25: 1 pm - 4 pm
April 21 & 22: 1 pm - 4 pm May 27 & 28: 1 pm - 4 pm

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

Give Kids a Smile Day 2009:

On Saturday, February 7th CUPHD Dental will partner with the Illini Dental Society & SmileHealthy to participate in Give Kids a Smile Day at Marketplace Mall. Dr. Kara Ruffatto & Dr. James Wahl will join other area dentist to provide free dental exams and fluoride varnish applications for Illinois school children. Other activities planned include a visit from the Delta Dental Tooth Wizard & the Tooth Fairy, face painting, dental puppets, All Kids information from Krista Smothers of Doral Dental, free tooth brushes, toothpaste, and floss.

School Dental Visits

CUPHD Dental provides exams to children age K-8 in their schools using mobile dental equipment. Children who meet eligibility requirements also receive cleanings, sealants, and fluoride varnish treatments.

Champaign Schools:

Barkstall Elementary: October 21-23: 78 Children Received Services
Bottenfiled Elementary: November 17-19: 35 Children Received Services
Carrie Busey Elementary: December 2-3: 61 Children Received Services
Dr. Howard Elementary: September 22-23: 61 Children Received Services
Kenwood Elementary: November 12-14: 111 Children Received Services
Robeson Elementary: December 15-16-17: 86 Children Received Services
South Side Elementary: October 6: 31 Students Received Services
B.T. Washington Elementary: November 3-5: 68 Children Received Services
Westview Elementary: December 8-9: 59 Children Received Services
Jefferson Middle School: October 27-29: 60 Children Received Services
Garden Hills: March 17-18-19, 2009
Franklin Middle School: March 31, April 1-2, 2009
Edison Middle School: April 14-15-16, 2009
Stratton: May 5-6-7, 2009

Urbana Schools:

Urbana Middle School: January 13-14, 2009: 40 Children Received Services
Leal: January 20, 2009: 25 Children Received Services
Thomas Paine: February 3-4-5, 2009
Prairie: February 24-25-26, 2009
Wiley: March 23-24-25, 2009
ML King: April 6-7-8, 2009
Yankee Ridge: May 11-12-13, 2009

Dental Education



CUPHD Dental is a member of IFLOSS. For Information please visit www.ifloss.org

CUPHD Dental is available for Oral Health and Dental Care Presentations. For more information, please contact:

Alicia Ekhoﬀ

Dental Program Coordinator
(217) 531-4538



CUPHD Division of
Wellness Health Promotion
www.cuphd.org/chronicdisease.html
January 2009 Board Report

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	35
Visits by Patients of Record	123
Total Patient Visits	158

*Refer to Dental numbers for dental visits



Call today to make an appointment for 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.

Immunizations	C-U	Co	Other
Hepatitis A	1	1	0
Hepatitis B	1	0	0
Polio	0	0	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	0	0	0
Mumps, Measles, Rubella	7	0	2
Tetanus and diphtheria	2	0	0
Tetanus, diphtheria and acellular pertussis	5	1	0
Hepatitis A and Hepatitis B	7	2	0
Typhoid	1	2	1
Varicella /chickenpox	1	0	0
Flu/Pneumonia Walk-Ins	15	2	1
BG Check	0	0	0
BP Check	16	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 0
 Diabetes Newsletter distribution 0

Special Events

Health Fair /Events:

December 4th 10-2pm City of Urbana Employees Health Fair. 120 attended. Agency-wide information was offered with special emphasis on diabetes prevention and smoking cessation.

December 11th 4-6:30pm Urbana School Personnel Fair and Open House. 180 attended, 16 had their blood pressure checked. Diabetes prevention information was offered.

Diabetes Outreach meetings

We held two Diabetes Management Outreach meetings at Round Barn and Washington Square. There were 17 participants. Topics discussed included having higher protein breakfasts to increase the feeling of fullness and satisfaction during the day; the safest liquid to drink with medications is water because juices interact with some medications. In addition, the 5 steps were discussed to staying healthy during the winter reduce chronic stress, control blood glucose, maintain or increase your daily activity, eat healthfully and have full periods of rest. Several low carbohydrate treats were recommended.

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.



0 home visits were completed by a Registered Nurse

C-U
0

Co
0

In May of 2006, the Champaign-Urbana Public Health district decided that it would no longer accept patients into the Community Health Nursing program for pre-filling of insulin syringes and filling of medication boxes. At that time there was a caseload of approximately 210 clients. CUPHD made the commitment to continue these service until a responsible adult could be located or alternative arrangements were made. During the past two years, clients were screened and assessed as to their need for continued support and as of December 2008, all cases were transferred to trained family members, home health care agencies, assisted living arrangement, Parrish nurses, or other community nursing program in the community.

Tobacco Programs

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 (Count complete programs, not sessions)	3	Total # of people served	3
County	# of times presented (Count complete programs, not sessions)	1	Total # of people served	2



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	78	# of Sales	15
County	# of Attempts	43	# of Sales	10

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	0
County	# of Complaints	6



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	11
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

Letting Go- a support group for people who are quitting smoking, no matter where they are in the quitting process. Participants gain tools needed to quit smoking, develop an individualized plan to quit, prepare for trigger situations, celebrate successes with other quitters, discuss cessation aids and options. the group meets weekly on Tuesday evenings.

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



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

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	12
County	# of times presented (Count complete programs, not sessions)	3	Total # of people served	53



Other Education Programs

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	26
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)	1	Total # of people served	8
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0



Health Educators assisted with the Child Safety Seat Inspection Station, a program run through our Division of Maternal and Child Health

Times Assisted 3

Osteoporosis Prevention for Teens- Bone Up!- three session program for junior high and high school girls to teach them the importance of building bones now to prevent osteoporosis later. The girls learned the importance of calcium, and foods that hinder and help the absorption of calcium, and make plans to increase calcium. They learn to make healthy calcium-rich snacks and they get to try them. They also learn the importance of weight-bearing exercise and earn gear to assist them with increasing this activity.



We offer two session once a week for two weeks, and the third session one month later, 207 girls in the county completed the first two sessions in January. The sessions were presented 13 times.



Coordinated
Approach
To
Child
Health

CATCH ProgramsLucky 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

1/27/09 We started our Total FITNESS class, (Family Improvement Through Nutrition, Education, & Skill Support) Families participate in five session: discovering basic nutrition information, nutritious meal planning, cost effective shopping at Farmer Markets & community gardens for lower cost fruits & vegetables, healthy cooking, goal setting, exercise & food tracking. There are 6 attendees, 3 families currently participating.

The last week in January Health Educators distributed the Comprehensive Sex Education Materials to all the schools in Champaign County. On March 6th training will be offered for educators to learn more about Comprehensive Sex Education and the materials that were distributed

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	34	3	0
Adult Glasses Dispensing	38	5	3
Adult Glasses Repair	0	0	0
Total Adults Serviced	72	8	3
Child Glasses Fitting	30	2	0
Child Glasses Dispensing	66	16	4
Child Glasses Repair	0	0	3
Total Children Serviced	96	18	7
Total Clients Serviced	168	26	10
Appointment No-Shows	14	1	0
Appointments Cancelled	6	0	0
Appointments Rescheduled	7	0	0
Total # Glasses Received	64		
Referrals made to optometrist/ophthalmologists	69		



Total Clients Serviced January
204

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	2	0	0	2	0	0	0	0	
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	3	0	0	3	0	0	0	0	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	7	0	7	
w/ Glasses	0	0	0	0	0	8	0	8	
w/ Glasses referred	0	0	0	0	0	0	0	0	

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	401	251	415	355	1422
New Clients Enrolled	8	8	10	8	34
Provider & Community Outreach	14	5	76	22	117

Special Events

January Enrollment Days

- 1/14 Frances Nelson Health Center - 10 women
- 1/16 Normal Library - 5 women
- 1/16 Aunt Martha's (Danville) - 17 women
- 1/22 Fashion Bug (Champaign) - 15 women
- 1/27 Community HealthCare Clinic (Normal) - 28 women)

Upcoming Events:

- Saturday, February 21st
IBCCP Table at Fashion Bug Bra Fitting Event
1901 N. Market St., Champaign

- Tuesday, February 24th
Parkland College Health Fair
2400 W. Bradley Ave., Champaign

- Tuesday, February 24th
Illinois Heart and Lung Foundation Women's Health Night (~1500 women expected to attend)
Interstate Center, Bloomington

- Saturday, March 21st
Curves Health Fair
Held at 1st Baptist Church, Savoy, IL

*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>

