



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of
Wellness & Health Promotion
July 2009

Programs

	Page
Cover	1
Dental	2-3
Urbana School Health Center	4
Adult Prevention & Management of Disease	5
Health Promotion Programs	6-7
Vision Cooperative / Child Vision & Hearing Screening	8
Illinois Breast & Cervical Cancer Program	9
Illinois Wisewomen	10
Community Meetings and Websites	11
Contacts	12

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	CU	Co.
New Patient	74	10
Visits by Patients of Record	264	10
Total Patient Visits	338	20

Number of Children Seen in School Sealant Visits:	NA
Number of Sealants Placed in School Sealant Visits:	NA

Procedures

Total Procedures Performed	1,264
Average Procedures per Patient	3.5

Number of Days Clinic Open	22
-----------------------------------	-----------



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	CU	Co.
New Patient	32	0
Visits by Patients of Record	163	4
Total Patient Visits	195	4

Procedures

Total Procedures Performed	571
Average Procedures per Patient	3

Number of Days Clinic Open	20
-----------------------------------	-----------

Announcements

Fluoride Accommodation Award

CUPHD Dental is proud to announce they have once again presented five Champaign County Water Departments the yearly Fluoride Accommodation Award. Illinois American Water Company, Sangamon Valley Public Water District, Sadorus Water Department, Royal Water Department, and Ludlow Water Department received awards. The Illinois Fluoridation Statute was enacted in 1967 and requires all community water systems to adjust their fluoride to optimal levels (0.90 - 1.20 milligrams per liter). To achieve this award a treatment plant has to have fluoride samples analyzed each month by an Illinois Environmental Protection Agency Certified Lab and all 12 samples must be within the EPA guidelines on milligrams per liter dosage. Illinois American Water Company has achieved this award every year since 1984. Out of the entire state of Illinois 435 community water supplies received awards. Water Fluoridation is an effective way to prevent tooth decay and improve overall oral health for both children and adults.

CUPHD's Champaign Dental Clinic now provides services for children beginning at age 1 year!

The American Academy of Pediatric Dentists recommends that children be seen for their first dental visit within 6 months of the appearance of their first tooth. CUPHD's Champaign Clinic began providing preventative services beginning at age 1 year on July 1, 2009. The first visit consists of an exam, parent education, tooth brushing instruction, and fluoride varnish. Children are recalled every 4 months for fluoride varnish treatments until their 3rd birthday.

Dental Education

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@c-uphd.org



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



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.

Medical - A Partnership with Frances Nelson Health Center

Number of days medical services were provide 14

Visits

New Patient	25
Visits by Patients of Record	98
Total Patient Visits	123

78% were Medicaid

*Refer to Dental numbers for dental visits

News

USHC is working closely with the Urbana High School Football Coach, Nathan Watson this month. The health center has agreed to provide the football players custom made black and orange mouth guards. It is an exciting opportunity for the health center to provide this service to the team and work in collaboration with the Urbana High School shop teacher, Urbana Football Booster Club and Coach Watson. Thank you to everyone for making this happen.

The City of Urbana/Cunningham Township has awarded the Urbana School Health Center a \$10,700 grant for FY10. We are very excited to be awarded this money and will be using it for medical, dental and mental health supplies and materials.

Special events

School and Sports Physicals can be done at the Urbana School Health Center for all Urbana School District children. Call today to make an appointment!

60% of the Urbana School District students are enrolled at the Urbana School Health Center. There are currently 4083 students enrolled in the program.



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

217.239.4220

CUPHD Division of
Wellness Health Promotion

Adult Immunization

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	6		1
Hepatitis B	5	1	2
Polio	4		
Meningococcal / Menactra		1	1
Meningococcal / Menomune			
Mumps, Measles, Rubella	12	2	1
Tetanus and diphtheria	10	2	2
Tetanus, diphtheria and acellular pertussis	15	2	2
Hepatitis A and Hepatitis B	11	2	7
Typhoid	6		1
Varicella /chickenpox	4	1	
Flu/Pneumonia Walk-Ins			1
BG Check			
BP Check			
Total Immunizations for June	73	11	18

102



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

Diabetes Outreach Meetings

Three Diabetes outreach meeting were held, one at Round Barn, one at Washington Square, and Sunnycrest Manor. A total of 22 people participated. The recipe featured was the Strawberry Granita. The meeting began with an indigestion information quiz. Later discussion focused on managing early morning blood glucose highs and information to prevent glucose dumping from the liver. Hypertension is a concern when living with diabetes, so the need to protect the heart, kidney and lungs was discussed. A listing of all the current sweeteners on the market was shared and participants talked about their experience using different ones. We closed by sharing a healthy and inexpensive shopping list for summer foods.

Community Outreach

We hosted a table at the Farmers' Market in Urbana to educate the community on diabetes and recruit for the newsletter. 50 people visited the table.

The CUPHD Diabetes Program

This 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 helps to form the picture of diabetes care in Champaign County, the state and the nation. **IDPCP Enrollment /Reviews 0**

Diabetes Newsletter distribution 266

CUPHD Division of
Wellness Health Promotion

<http://c-uphd/wellness-health-promotion.html>

July 2009 Board Report



Health Promotion

Tobacco Programs

Break the Habit

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.

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

Smoke Free Illinois compliance

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	7
County	# of Complaints	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	0	Total # of people served	0
	(Count complete programs, not sessions)			
County	# of times presented	3	Total # of people served	3
	(Count complete programs, not sessions)			



Other Education Programs

Training Intervention Procedures (T.I.Ps)

T.I.P.s 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	1	Total # of people served	8
	(Count complete programs, not sessions)			

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	1	Total # of people served	13
	(Count complete programs, not sessions)			

Child Safety Seat Inspection Station

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

Times Assisted 3

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
Carrie Busey	410



SPECIAL EVENTS



Wellness & Health Promoton delivered Germ Busters Boot Camp presentations. Children met Agents Hand Wash-R, T-Zone, and Sleevzz, and learned how to prevent the spread of germs.

2 Boot camps at Chesterbrook Academy served 15 children

1 Boot camp at Anabel Huling served 23 children.

1 Boot camp for the children at Restoration Urban Ministrie served 26 participants.

Participants received: temporary tattoos, a souvenir photograph, and a Germ Busters pencil.



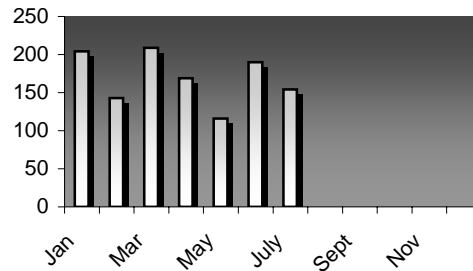
Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



The Vision Cooperative offers eye exams and eye glasses to people who have Illinois Public Aid as their insurance. Vision Cooperative staff act as the gatekeeper to a coalition of area optometrists who have offered to be a part of this great program. By calling the Lens Line (217-531-5367) a person can receive an eye exam by one of the participating licensed eye professionals 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. Vision Cooperative is able to bill Illinois Public Aid for the eye glasses and lenses; therefore there is no cost to the client.

Services	C-U	Co.
Adult Glasses Fittings	49	8
Adult Glasses Dispensing	17	9
Adult Glasses Repair	0	0
Total Adults Serviced	66	17
Child Glasses Fitting	38	11
Child Glasses Dispensing	32	6
Child Glasses Repair	0	0
Total Children Serviced	70	8
Total Clients Serviced	136	18
Appointment No-Shows	7	0
Appointments Cancelled	2	0
Appointments Rescheduled	12	0
Total # Glasses Received	19	



Total Clients Serviced for June
154

Referrals made to optometrist/ophthalmologists 79

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					School Age			
Pre K					C-U	Co.	Other	Total
Screened	1			1				
Rescreened								
Threshold								
Referred								

Vision					School Age			
Pre K					C-U	Co.	Other	Total
Screened								
Rescreened								
Referred								
w/ Glasses								
w/ Glasses referred								

Illinois Breast & Cervical Cancer Program (IBCCP)

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	506	319	497	392	1714
New Clients Enrolled	17	12	18	13	60
Provider & Community Outreach	1	2	99	2	104



*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.

WISEWOMAN



ILLINOIS DEPARTMENT OF PUBLIC HEALTH

The mission of the IWP is to provide low-income, uninsured 40 – 64 year-old women with knowledge, skills, cardiovascular screenings, and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases.

The Illinois WiseWoman Program (IWP) is a cardiovascular disease risk factor screening, intervention and evaluation program that is currently being implemented among women who participate in the Illinois Breast and Cervical Program.

	Champaign-Urbana	Champaign County	Total
Number of active clients	16	23	39
New clients enrolled	16	23	39
Number of clients completing an integrated visit			
# of LSI classes held			
Average number of women attending LSI class			

News

CUPHD is very pleased to have this new IWP grant. It is exciting to be able to offer the cardiovascular screenings, risk factor counseling, and education pieces to help women make positive choices to improve their health.

July 2009 is our first month working on this grant. We are thrilled that 39 women were enrolled to receive these services. Our first series of "Lifestyle Intervention" classes (LSI) are being planned for September. The classes will be offered in English and Spanish. We welcome our LSI facilitators, Deanna Williams and Janice Walker to our WHP team!

Division staff participate on the following coalitions and community 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
East Central Illinois Asthma Patnership



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 531-2921
Director

**Illinois Breast &
Cervical Cancer**
Illinois Wisewomen

Cathy Propst 531-2916
Program Coordinator

Health Promotion
Adult Immunization

Nikki Hillier 531-2914
Program Coordinator

Dental
Vision-Cooperative/
Hearing & Vision

Alicia Ekhoﬀ 531-4538
Program Coordinator

Urbana School
Health Center

Heidi Britton 531-2890
Program Coordinator

Have questions about Wellness and Health Promotion?

Get more information on our website!

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

<p>Nurses Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p>Dental Hygienists Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p>Health Educators Jennifer Jackson Trisha Gillespie Janice Walker Deanna Williams</p>
<p>Dentist Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p>Dental Assistants Marda Keys Susan Scheffer</p>	<p>Administrative Assistants Maria Capps Pam Simmons Dee Phillips</p>
<p>Volunteers Nedra Brown Paul Gormiski Jill Grider McKayla Hellyer Carina Palmerin Whitney Kross Laura Lane Caitlyn Krauss Becky Kendrick</p>	<p>Interns Francesca Moral</p>	<p>IBCCP Intake Specialists Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
	<p>Vision & Hearing / Vision Cooperative Becky Black</p>	