



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion August 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	CU	Co.
New Patient	66	2
Visits by Patients of Record	272	11
Total Patient Visits	338	13

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

Procedures

Total Procedures Performed	1,032
Average Procedures per Patient	3

Number of Days Clinic Open 19



EVENTS

CUPHD Dental Provided Toothbrushes and Referrals for the Following:
 50 Children's Toothbrushes
 Pilgrim Missionary Baptist Church Health Fair
 100 Infant, Children, and Adult Toothbrushes to Salt & Light for "In the Best Interest of Children"

The 2009 Champaign County Early Childhood Oral Health Plan is now available on the CUPHD website.

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	68	5
Visits by Patients of Record	140	7
Total Patient Visits	208	12

Procedures

Total Procedures Performed	776
Average Procedures per Patient	3.5

Number of Days Clinic Open 18

Announcements

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.

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. This year CUPHD Dental will visit 24 schools.

2009-10 Sealant Year

Champaign Schools:

Barkstall Elementary: October 29, 2009
Bottenfield Elementary: TBA
Carrie Busey Elementary: TBA
Dr. Howard Elementary: September 22, 2009
Kenwood Elementary: November 17, 2009
Robeson Elementary: TBA
South Side Elementary: October 22, 2009
B.T. Washington Elementary: TBA
Westview Elementary: TBA
Jefferson Middle School: TBA
Garden Hills: TBA
Franklin Middle School: TBA
Edison Middle School: TBA
Stratton: TBA
Champaign Early Childhood: August 31 - September 4, 2009
Pavilion School: TBA

Urbana Schools:

Urbana Middle School: TBA
Leal: TBA
Thomas Paine: TBA
Prairie: TBA
Wiley: TBA
ML King: TBA
Yankee Ridge: TBA
Washington Early Childhood: TBA

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 or aekhoff@c-uphd.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

Visits

New Patient	74
Visits by Patients of Record	141
Total Patient Visits	215

*Refer to Dental numbers for dental visits

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

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	2		1
Hepatitis B	7	3	
Polio	2		
Meningococcal / Menactra			
Meningococcal / Menomune	3		
Mumps, Measles, Rubella	9	1	1
Tetanus and diphtheria	6	1	1
Tetanus, diphtheria and acellular pertussis	12	1	
Hepatitis A and Hepatitis B	9	1	1
Typhoid	2		
Varicella /chickenpox	7		1
Flu/Pneumonia Walk-Ins			
BG Check			
BP Check			
Total Immunizations for June	59	7	5

71



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 23 people participated. September is National Fruit and Veggies Matter More Month. In preparation for September, everyone received a” 30 Ways in 30days to Stretch Your Fruit and Vegetable Budget” handout. A lively discussion of sharing and discovery took place which involved people picking out their favorite savings from the list of tips, and contributing their own ideas or locations of bargains to check. Discussing fruits and vegetables was an easy transition into kidney function on the need to protect your kidneys with diet and medication. Another useful discussion was the theories of weight loss, our body image and whether you can lose weight and keep the weight off. Attendees found the topics useful to take home and reread information and apply to their daily efforts of living with diabetes.

Community Outreach

We hosted a table and held a discussion at the Pilgrim Baptist Church to educate the community on diabetes and recruit for the newsletter. Fifty people participated

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 5

Diabetes Newsletter distribution 266



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



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



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 (Count complete programs, not sessions)	2	Total # of people served	11
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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)	2	Total # of people served	12
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Nutrition Education

age-appropriate nutrition education is provided to classrooms by request.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	55
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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 4

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

Our division delivered several Germ Busters Boot Camp presentations. We completed 5 programs in the district to reach 407 children and one in the County reaching 330. Children met Agents Hand Wash-R, T-Zone, and Sleevezz, and learned how to prevent the spread of germs. Participants received: temporary tattoos, and a Germ Busters pencil.

We also helped educate high school students on H1N1 flu and how to prevent the spread of germs. We held 8 presentations and reached 1307 high school students in the district.

We hosted a table and held a discussion at the Pilgrim Baptist Church to educate the community on BMI, healthy eating, and active living. Fifty people participated

Asthma packets were sent to 40 preschools and grade schools that included:

- The Lion Who Had Asthma by Jonathan London
- Breathless Bethany Buttercup by Tolya L. Thompson.
- A Childhood Asthma Control Test
- A Nursing Assessment for the Asthma Action Plan
- Guidelines on Asthma Action Plans which you need for each child with asthma at your school
- A blank pocket Asthma Action Plan
- Information on H1N1 (generally, and specific to Asthma)

On August 21, we participated in a Community Information Fair in Urbana, that had low attendance due to weather.

C-UPHD collaborated with C-U Fit Families to staff a tent on Community Wellness at Sweetcorn Festival on August 28. We developed a display on C-U Fit Families and on portion control. The Urbana Free Library brought several books and offered a bibliography on active living, and healthy eating. Events included:

- Go Slow Whoa Food Sort
- Make and Take a bicycle license plate
- Make and Take a Food Guide Pyramid bracelet
- Hula Hoop and Jump Rope Contest
- Mexican Folk Dancing



Wellness Health Promotion
<http://c-uphd/wellness-health-promotion.html>
 August 2009 Board Report

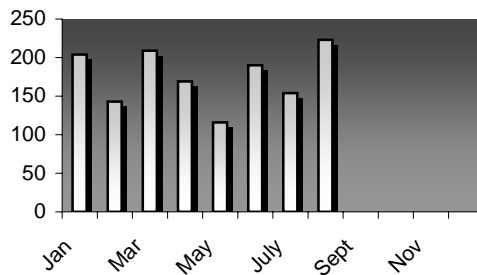
Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



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	29	4
Adult Glasses Dispensing	48	9
Adult Glasses Repair	1	0
Total Adults Serviced	78	13
Child Glasses Fitting	43	3
Child Glasses Dispensing	46	12
Child Glasses Repair	0	0
Total Children Serviced	89	15
Total Clients Serviced	167	28
Appointment No-Shows	15	0
Appointments Cancelled	2	0
Appointments Rescheduled	1	0
Total # Glasses Received	61	
Referrals made to optometrist/ophthalmologists: 83		



Total Clients Serviced for August
223

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					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	0	0	0	0	3	0	0	3
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					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	0	0	0	0	1	0	0	1
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	0	0	0	0

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	518	313	500	406	1737
New Clients Enrolled	32	6	16	31	85
Provider & Community Outreach	4	4	0	0	8

Events

Judy Krumwiede did an IBCCP presentation and participated with an educational booth at the Pilgrim Missionary Baptist Church Health Fair in Champaign on 8/29. There were 40 participants at the event.



*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	Vermilion County	Total
Number of active clients	31	32	3	66
New clients enrolled	15	9	3	27
Number of clients completing an integrated visit	11	9	3	23
# of LSI classes held	0	0	0	0
Average number of women attending LSI class	0	0	0	0

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 with this grant. Our first series of "Lifestyle Intervention" classes (LSI) are being planned for the fall. 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 Partnership



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



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

Have questions about Wellness and Health Promotion?

Get more information on our website!

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

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