



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion September 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.

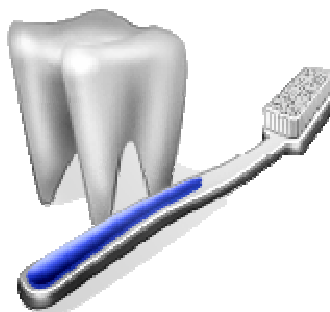
We see patients by appointment Monday through Friday, 8 a.m. to 4 p.m. Please call 217-531-4279 for an appointment.

Champaign Visits	CU	Co.
New Patient	52	8
Visits by Patients of Record	212	10
Total Patient Visits	264	18
Number of Children Seen in School Sealant Visits:		135
Number of Sealants Placed in School Sealant Visits:		42

Procedures

Total Procedures Performed 823
Average Procedures per Patient 2.9

Number of Days Clinic Open 19



EVENTS

Bright Smiles from Birth Training for Dentists Scheduled

Bright Smiles from Birth Training will be offered at the Champaign-Urbana Public Health District on Friday, November 13, 2009, 8:30 a.m. - 11:30 a.m.

This training is for dentists and will allow them to become adjunct faculty of Bright Smiles from Birth. Adjunct Faculty teach pediatricians and family care practitioners to recognize Early Childhood Caries, provide oral health education to the caregivers of infants and toddlers and apply fluoride varnish.

Bright Smiles from Birth encourages doctors to talk to their patients about the importance of baby teeth and establishing a dental home.

Urbana School Health Center Dental

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



Urbana Visits	CU	Co.
New Patient	43	2
Visits by Patients of Record	144	4
Total Patient Visits	187	6

Procedures

Total Procedures Performed 566
Average Procedures per Patient 2.9

Number of Days Clinic Open 19

Announcements

CUPHD Dental Provided Toothbrushes and Referrals for the Following:

- *75 children's toothbrushes to Prairie Elementary School in Urbana for a PTO Open House.
- *50 infant toothbrushes to Smile Healthy for Parent/Child oral health instruction.
- *75 adult, children, and infant's toothbrushes to Frances Nelson Health Center & Windsor Street Christian Church for the Douglas Park Community BBQ.

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.

Champaign Schools:

Dr. Howard Elementary: 9/22/09 - 48 Children received dental services

Champaign Early Childhood: 8/31 - 9/4/09- 176 Children received dental services

The 2009 Champaign County Early Childhood Oral Health Plan is now available:

<http://c-uphd/documents/dental/2009-early-childhood-oral-health-plan.ppt>

Friendly Dental Visit Program at CUPHD

Several times each week volunteers from UIUC's Pre-Dental Club and Healthy Smiles Club provide an opportunity for MCH/WIC children to learn what to expect at their first visit to the dentist. Students set up an area of the MCH Playroom to resemble a dental clinic, complete with a chair, mouth mirrors, and toothbrushes. The volunteers wear and talk about what a dentist wears: a lab coat, face mask, gloves, and glasses; this helps children to see that a trip to the dentist is nothing to be afraid of. Children receive toothbrushes and a mouth mirror for home while parents receive oral health care and referral information. This semester 5 UIUC students have signed up to provide the program, giving them the opportunity to practice working with kids.

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



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

(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

Medical - A Partnership with Frances Nelson Health Center

Visits

New Patient	54
Visits by Patients of Record	160
Total Patient Visits	214

*Refer to Dental numbers for dental visits



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		3
Hepatitis B	6	4	1
Polio	3		
Meningococcal / Menactra			
Meningococcal / Menomune	1		
Mumps, Measles, Rubella	15	2	
Tetanus and diphtheria	11		1
Tetanus, diphtheria and acellular pertussis	9		
Hepatitis A and Hepatitis B	7	1	
Typhoid	2		2
Varicella /chickenpox	11	1	
Flu/Pneumonia Walk-Ins	2	1	
BG Check			
BP Check			
Total Immunizations for June	69	9	7

85



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

Diabetes Outreach Meetings

3 meetings were held, at Round Barn, Washington Square, and Sunnycrest Manor. 27 participated. In the good news reports, participants reported their recent improved A1c tests. We shared a good laugh by reading funnies from "Diabetes Health". We announced that Carle Pharmacies is making special hazard red boxes available for syringes and lancets. Individuals can fill the box offered and return to the pharmacies for safe disposal. Water safety is another concern for disposal of old medications and inhalers. Two Carle Pharmacies-Carle Main and Old Farm have containers for people to place old medications and inhalers. They request that any personal identification be removed. The featured topic of the meetings was skin care with a change in weather approaching. Participants were reminded to: moisturize skin, especially after bathing, check both feet daily, use sunscreen even in winter, keep nails trimmed, avoid irritants to skin, and promptly take care of wounds. We all agreed with the editor of "Diabetes Forecast" that "people with diabetes need life to be a little brighter, food a little yummier and life to be a little easier".

Community Outreach

We had a table with diabetes information, H1N1 information, and general information about our services available at the Mobile Mexican Consulate and Resource Fair. there were 678 participants.

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.

CU	# of times presented	6	Total # of people served	6
	(Count complete programs, not sessions)			
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	2
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
County	# of times presented	1	Total # of people served	1
	(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	2	Total # of people served	36
	(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	19
	(Count complete programs, not sessions)			

Nutrition Education

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

CU	# of times presented	1	Total # of people served	55
	(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



Germ Busters



Our division delivered several Germ Busters Boot Camp presentations. We completed 94 programs in the district to reach 4286 children and 29 in the County reaching 1205. Children met Agents Hand Wash-R, T-Zone, and Sleevzz, and learned how to prevent the spread of germs. Participants received: temporary tattoos, and a Germ Busters pencil.

SPECIAL EVENTS

We held 12 presentations on H1N1 flu and how to prevent the spread of germs. and reached 1493 high school students in the district.

Participated in 3 Open Houses. In the County, we visited Unity East and West. We provided information on our general Services and H1N1. WE reached 500 people. In the District, we visited Prairie Elementary School We provided information on Asthma, H1N, Diabetes and our general services. We reached 200 people.

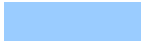
We also participated in the second annual Health and Wellness Showcase at the ARC. We provided information on our general services and H1N1. We had a Germ Buster appearance as well. We reached 150 people.



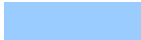
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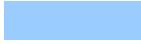
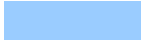


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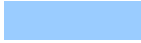


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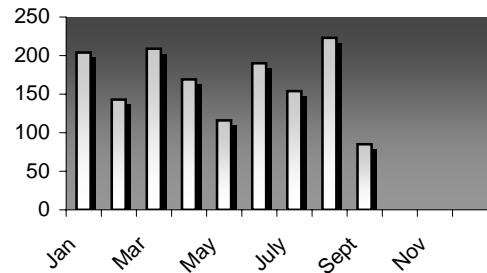
Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



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	15	0
Adult Glasses Dispensing	17	1
Adult Glasses Repair	0	0
Total Adults Serviced	32	1
Child Glasses Fitting	23	0
Child Glasses Dispensing	30	0
Child Glasses Repair	0	0
Total Children Serviced	53	0
Total Clients Serviced	85	1
Appointment No-Shows	37	0
Appointments Cancelled	1	0
Appointments Rescheduled	0	0
Total # Glasses Received	69	



Total Clients Serviced for Sep
85

Referrals made to optometrist/ophthalmologists: 90

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	14	0	0	14	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					School Age			
Pre K					C-U	Co.	Other	Total
Screened	14	0	0	14	0	0	0	0
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

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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	525	314	508	314	1661
New Clients Enrolled	16	11	16	8	51
Provider & Community Outreach	23	2	43	10	78

Events

IBCCP is hosting Enrollment Day Events in October for Breast Cancer Awareness Month

Champaign Co.
 Thursday, October 8, 2009
 8-12 and from 1-4pm (lunch being from 12-1pm)
 Frances Nelson Health Center
 819 W. Bloomington Rd.
 Champaign, IL 61820

McLean Co.
 Thursday, October 1, 2009
 8:30am – 12:30pm AND 1:30pm – 3:30pm
 Community Health Care Clinic
 902 Franklin Avenue
 Normal, IL 61761

Vermilion Co.
 Tuesday, October 13th, 2009
 8:30am-12 noon and 1:00pm – 4:00pm
 Aunt Martha's Vermilion Area Community Health Center



*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	53	31	3	87
New clients enrolled	9	4	0	13
Number of clients completing an integrated visit	9	2	0	11
# 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 was our first month working on this grant. We are thrilled that 87 women were enrolled to receive these services. There are 15 women enrolled to take our first series of "Lifestyle Intervention" classes (LSI) will be held at CUPHD starting 10/19/09.



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



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 Misha Cadet 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 Julia Hemphill Dana Sengewald Diana Arellano Brian Summerville, Christina Mazulis Paige Maul Brett Graham</p>	<p>Interns Grazie D'Agostino</p>	<p>IBCCP Intake Specialists Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
	<p>Vision & Hearing / Vision Cooperative Becky Black</p>	