



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion November 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.

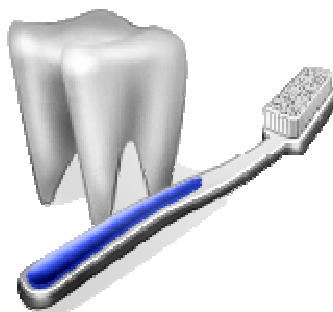
Champaign Visits	CU	Co.
New Patient	51	3
Visits by Patients of Record	224	19
Total Patient Visits	275	22
Number of Children Seen in School Sealant Visits:		257
Number of Sealants Placed in School Sealant Visits:		98

Procedures

Total Procedures Performed 871

Average Procedures per Patient 2.9

Number of Days Clinic Open 18



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	39	4
Visits by Patients of Record	141	4
Total Patient Visits	180	8

Procedures

Total Procedures Performed 556

Average Procedures per Patient 3

Number of Days Clinic Open 17

Announcements

What Our Patients Are Saying About Us

Patients and their parents are given the opportunity to give us feedback about our services; here's what they're saying:

"After an error was found on my IPA card, your office squeezed in (my) second child even after they helped me get a (corrected) IPA card from the Public Aid office. You guys are awesome!"

"All the girls are so cuteous; I love them! Always smiling and always in a good mood. They are the best!"

"Very friendly and upbeat."

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:

Kenwood Elementary: 11/17/09: 43 Children received dental services

B.T. Washington Elementary: 11/24/09: 54 Children received services

Urbana Schools:

Washington Early Childhood: 10/23-10/26/09 & 11/3-11/5/09: 167 Children received dental services

Bright Smiles from Birth Training for Dentists at CUPHD

Five CUPHD dentists have become adjunct faculty for Bright Smiles from Birth, an initiative of the American Academy of Pediatrics. Kara Ruffatto, DMD, James Wahl, DDS, Robert Grenda, DDS, Nikole Patterson, DDS, and Aaron Parsons, DDS will be contacting area pediatricians and family care practitioners to offer oral health training and encourage doctors to begin talking with parents of their patients about the importance of early oral health care and encourage them to find a Dental Home by age 1 year. Doctors who complete the 1 hour training will also be able to apply fluoride varnish in their office. HFS now reimburses for fluoride varnish for children age 0-35 months 3 times per year.

For more information about Bright Smiles From Birth, please contact Alicia Ekhoﬀ at 217-531-4538 or at aekhoff@c-uphd.org.

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



CUPHD Dental is a member of FLOSS.
For Information please visit www.ifloss.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	21
Visits by Patients of Record	159
Total Patient Visits	180

*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		
Hepatitis B	9	2	
Polio	3		
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	3	1	
Tetanus and diphtheria	6	1	
Tetanus, diphtheria and acellular pertussis	4		
Hepatitis A and Hepatitis B	3		
Typhoid	7		
Varicella /chickenpox	3	1	
Flu/Pneumonia Walk-Ins	11	1	
BG Check			
BP Check			
Total Immunizations for June	51	6	0

57



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

Diabetes Outreach Meetings

Diabetes Outreach meetings

Three Diabetes outreach meeting were held, one at Round Barn, one at Washington Square, and Sunnycrest Manor. A total of 19 participated. Topics of discussion were success with A1c reports, mindful eating for the holidays, exercise to manage blood glucose fluctuations, tasty tricks to lower calories and fat intake, recipes and help for noncooks. The talk was lively and participants exchanged ideas for reducing food intake and convenient short cuts.

The CUPHD Diabetes Program

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	<u>0</u>
Diabetes Newsletter distribution	<u>266</u>



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



Not Here



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

# of Attempts	2	# of Sales	0
# of Attempts	3	# of Sales	0

Project TNT

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	2	Total # of people served	51
	(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 (Count complete programs, not sessions)	1	Total # of people served	22
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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. This month's topics included **H1N1 Prevention and Tobacco**.

	# of times presented (Count complete programs, not sessions)	1	Total # of people served	9
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Osteoporosis Prevention for Teens- Bone Up

Osteoporosis Prevention for Teens- Bone Up!- three session program for girls to teach them the importance of building bones now to prevent osteoporosis later. The girls learn 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.

All the 5th grade girls at Unity East (26) have completed all three sessions. Carrie Busey, Unity West, and Ludlow have all started Opt and will finish before the end of the year.

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:

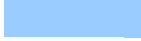
	# of students
Dr. Howard Elementary, Champaign	488
Thomasboro Elementary, Thomasboro	202
Unity West Elementary, Tolono	410
Fisher Grade School, Fisher	318
Carrie Busey	410



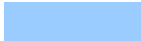
SPECIAL EVENTS



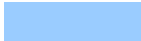
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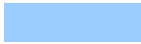
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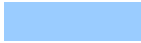
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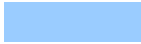


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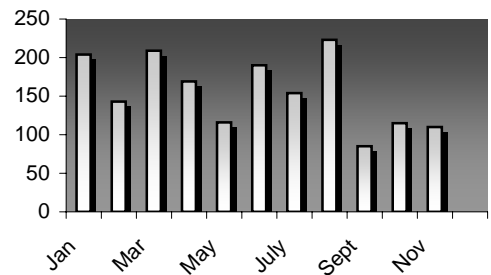
Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



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	29	0
Adult Glasses Dispensing	16	0
Adult Glasses Repair	1	0
Total Adults Serviced	46	0
Child Glasses Fitting	21	0
Child Glasses Dispensing	42	0
Child Glasses Repair	1	0
Total Children Serviced	64	0
Total Clients Serviced	110	0
Appointment No-Shows	22	0
Appointments Cancelled	5	0



Total Clients Serviced for Nov
110

Total # Glasses Received 44

Referrals made to optometrist/ophthalmologists: 71

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

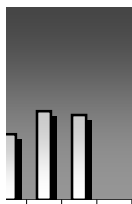
Hearing					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	59			59	1			1
Rescreened				0				0
Threshold				0				0
Referred	1			1				0

Vision					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	57			57				0
Rescreened				0				0
Referred				0				0
w/ Glasses	1			1				0
w/ Glasses referred				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	533	327	522	433	1815
New Clients Enrolled	12	9	12	17	50
Provider & Community Outreach	11	7	206	5	229

Events

The following IBCCP community presentations were given in November:

- 11/12/09 U of I Nursing Student Group @ CUPHD
- 11/16/09 Spanish Presentation @ Champaign Public Library
- 11/19/09 PACE - Deaf Community @ Champaign Public Library

In-services were done for the following new IBCCP providers:

- 11/18/2009 Dr. Galvan in Normal
- 11/20/09 Dr. Widerborg in Normal
- 11/20/09 Community Health Care Clinic

*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	76	45	4	125
New clients enrolled	15	9	1	25
Number of clients completing an integrated visit	14	5	0	19
# of LSI classes held	1	0	0	1
Average number of women attending LSI class	4	0	0	4

News

Following lipid, glucose, and blood pressure measurements, IWP participants can choose one of four lifestyle interventions that best suits their risks and motivations. Unique to the IWP is Level 3 Lifestyle Intervention, which consists of four fun dietary and physical activity sessions designed to empower Illinois WISEWOMAN Program participants to prevent, delay, and control cardiovascular and other chronic diseases.

Our first set IWP Level 3 Lifestyle intervention classes concluded on November 9, 2009. Participants reported the classes were both fun and helpful!



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</p> <p>Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;">Dental Hygienists</p> <p>Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;">Health Educators</p> <p>Jennifer Jackson Misha Cadet Janice Walker Deanna Williams</p>
<p style="text-align: center;">Dentist</p> <p>Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;">Dental Assistants</p> <p>Marda Keys Susan Scheffer</p>	<p style="text-align: center;">Administrative Assistants</p> <p>Maria Capps Pam Simmons Dee Phillips</p>
<p style="text-align: center;">Volunteers</p> <p>Julia Hemphill Dana Sengewald Diana Arellano Brian Summerville, Christina Mazulis Paige Maul Brett Graham</p>	<p style="text-align: center;">Interns</p> <p>Grazie D'Agostino</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p>Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
<p style="text-align: center;">Vision & Hearing / Vision Cooperative</p> <p>Becky Black</p>		