



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of  
Wellness & Health Promotion  
December 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.

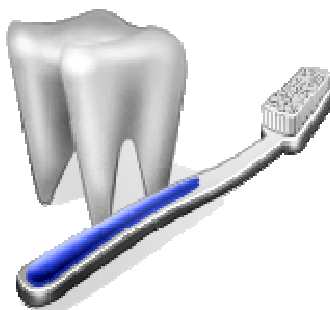
<b>Champaign Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	72	4
Visits by Patients of Record	253	6
<b>Total Patient Visits</b>	<b>325</b>	<b>10</b>
Number of Children Seen in School Sealant Visits:		133
Number of Sealants Placed in School Sealant Visits:		98

## Procedures

Total Procedures Performed 1,002

Average Procedures per Patient 3

Number of Days Clinic Open 20



# 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



<b>Urbana Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	29	0
Visits by Patients of Record	99	8
<b>Total Patient Visits</b>	<b>128</b>	<b>8</b>

## Procedures

Total Procedures Performed 423

Average Procedures per Patient 3.1

Number of Days Clinic Open 15

## Announcements

### 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.

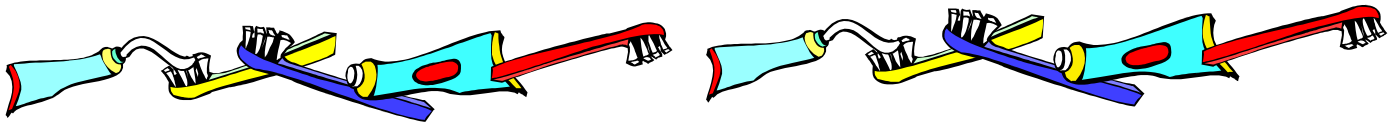
### Champaign Schools:

**Carrie Busey Elementary:** 12/1/09: 70 Children received dental services

**Westview Elementary:** 12/8/09: 63 Children received 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](mailto: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](mailto:aekhoﬀ@c-uphd.org)



CUPHD Dental is a member of FLOSS.  
For Information please visit [www.ifloss.org](http://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

*60% of the Urbana School District students are enrolled at the Urbana School Health Center.*

*There are currently 4083 students enrolled in the program.*

Medical - A Partnership with Frances Nelson Health Center

## Visits

New Patient	10
Visits by Patients of Record	91
<b>Total Patient Visits</b>	<b>101</b>

\*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	6	1	1
Hepatitis B	4	1	1
Polio	3		
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	4		
Tetanus and diphtheria	2		3
Tetanus, diphtheria and acellular pertussis	8	2	
Hepatitis A and Hepatitis B	21	1	1
Typhoid	5	1	
Varicella /chickenpox	2	1	2
Flu/Pneumonia Walk-Ins	2	2	
BG Check			
BP Check			
<b>Total Immunizations for June</b>	<b>57</b>	<b>9</b>	<b>8</b>

74



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

## Diabetes Outreach Meetings

Three Diabetes outreach meetings were held at Round Barn, Washington Square, and Sunnycrest Manor with 18 participating. The people attending enjoyed a treat of Raspberry Yogurt Whip. Special focus was on evening snacks and healthy amounts. A new study highlighted by the American Association of Diabetes noted that the use of insulin and metformin was better at controlling weight over the long term. Research has also found chocolate is good for cardiovascular prevention in limited amounts. Participants enjoyed talking about holiday plans and how to manage food choices.

## 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>2</u>
Diabetes Newsletter distribution	<u>0</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.

<b>CU</b>	# of times presented	3	Total # of people served	3
	(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.

<b>CU</b>	# of Complaints	6
County	# of Complaints	2



### 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.

<b>CU</b>	# of times presented	1	Total # of people served	1
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### 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	29	# of Sales	6
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### 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.

<b>CU</b>	# of times presented	1	Total # of people served	24
	(Count complete programs, not sessions)			

### Reality, IL

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.



# of times presented	1	Total # of people served	5
(Count complete programs, not sessions)			

## Other Education Programs

### Training Intervention Procedures (T.I.P.s)

Wellness Health Promotion

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

December 2009 Board Report

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.

program to area alcohol servers.

CU	# of times presented	1	Total # of people served	7
	(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. This month's topics included **H1N1 Prevention and Tobacco**.

	# of times presented	1	Total # of people served	9
	(Count complete programs, not sessions)			

### Reproductive Health

Age-appropriate sexual health programs are provided by our health educators, topics include puberty, self-image, sexually transmitted infection, and contraception.

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

### 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 Carrie Busey, Unity West, and Ludlow have completed all three sessions. Ninety-one girls completed Osteoporosis Prevention for Teens this month, 62 in the County, 29 in the District.

### 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 three 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





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

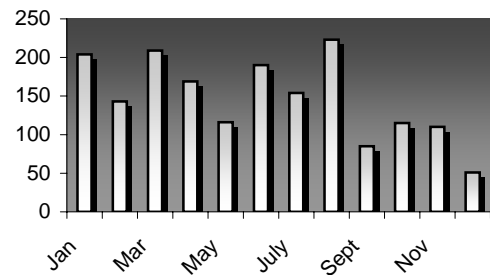


The Vision Cooperative offers eye exams and eye glasses to people who have Illinois Public Aid as their insurance. Vision Cooperative staff act as the gatekeeper to a coalition of area optometrists who have offered to be a part of this great program. By calling the Lens Line (217-531-5367) a person can 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

Adult Glasses Fittings	10
Adult Glasses Dispensing	16
Adult Glasses Repair	1
<b>Total Adults Serviced</b>	<b>27</b>
Child Glasses Fitting	31
Child Glasses Dispensing	20
Child Glasses Repair	0
<b>Total Children Serviced</b>	<b>51</b>
<b>Total Clients Serviced</b>	<b>78</b>
Appointment No-Shows	18
Appointments Cancelled	0



**Total Clients Serviced for December**  
51

**Total # Glasses Received 47**

Referrals made to optometrist/ophthalmologists: 42

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	164			164				0
Rescreened				0				0
Threshold				0				0
Referred	2			2				0

Vision					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	131			131				0
Rescreened				0				0
Referred				0				0
w/ Glasses	2			2				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.

	<b>*Champaign-Urbana</b>	<b>*Champaign County</b>	<b>McLean County</b>	<b>Vermilion County</b>	<b>Total</b>
<b>Number of Active clients</b>	543	332	527	448	<b>1850</b>
<b>New Clients Enrolled</b>	14	11	8	18	<b>51</b>
<b>Provider &amp; Community Outreach</b>	1	1	0	0	<b>2</b>

\*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
<b>Number of active clients</b>	87	53	4	<b>144</b>
<b>New clients enrolled</b>	11	8	0	<b>19</b>
<b>Number of clients completing an integrated visit</b>	13	8	0	<b>21</b>
<b># of LSI classes held</b>	4	0	0	<b>4</b>
<b>Average number of women attending LSI class</b>	2	0	0	<b>2</b>

## News

December 2009 Stats:

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.

Since the start of this grant on 7/1/2009, nearly 90 women have received screening through the IWP grant. Three sets Lifestyle Intervention Sessions (4 classes per session) have also been offered in this time period. These classes provide education on nutrition and exercise to promote a healthy lifestyle.







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/diabetes_resources.html)

<http://www.cuphd.org/ccsafekids/>

<http://www.illinoisAAP.org/oralhealth.htm>

[www.ifloss.org](http://www.ifloss.org)

[www.stock2forflu.com](http://www.stock2forflu.com)



# Wellness & Health Promotion Contacts

**217-373-7901**



<p><b>The Division of</b> Wellness &amp; Health Promotion</p>	<p><b>Deb Fruitt</b> Director</p>	<p>531-2921</p>
<p><b>Illinois Breast &amp; Cervical Cancer</b> Illinois Wisewomen</p>	<p><b>Cathy Propst</b> Program Coordinator</p>	<p>531-2916</p>
<p><b>Health Promotion</b> Adult Immunization</p>	<p><b>Nikki Hillier</b> Program Coordinator</p>	<p>531-2914</p>
<p><b>Dental</b> Vision-Cooperative/ Hearing &amp; Vision</p>	<p><b>Alicia Ekhoﬀ</b> Program Coordinator</p>	<p>531-4538</p>
<p><b>Urbana School</b> Health Center</p>	<p><b>Heidi Britton</b> 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;"><b>Nurses</b></p> <p>Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b></p> <p>Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;"><b>Health Educators</b></p> <p>Jennifer Jackson Misha Cadet Janice Walker Deanna Williams</p>
<p style="text-align: center;"><b>Dentist</b></p> <p>Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;"><b>Dental Assistants</b></p> <p>Marda Keys Susan Scheffer</p>	<p style="text-align: center;"><b>Administrative Assistants</b></p> <p>Maria Capps Pam Simmons Dee Phillips</p>
<p style="text-align: center;"><b>Volunteers</b></p> <p>Julia Hemphill Dana Sengewald Diana Arellano Brian Summerville, Christina Mazulis Paige Maul Brett Graham</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Grazie D'Agostino</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
<p style="text-align: center;"><b>Vision &amp; Hearing / Vision Cooperative</b></p> <p>Becky Black</p>		