



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion January 2010

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.

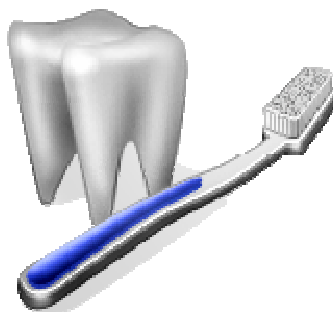
Champaign Visits	CU	Co.
New Patient	61	0
Visits by Patients of Record	245	0
Total Patient Visits	306	0
Number of Children Seen in School Sealant Visits:		127
Number of Sealants Placed in School Sealant Visits:		158

Procedures

Total Procedures Performed 942

Average Procedures per Patient 3.1

Number of Days Clinic Open 19



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	31	0
Visits by Patients of Record	140	0
Total Patient Visits	171	0
Procedures		
Total Procedures Performed	508	
Average Procedures per Patient	3	
Number of Days Clinic Open	17.5	

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."

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	17
Visits by Patients of Record	117
Total Patient Visits	134

*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	3		1
Hepatitis B	8	1	1
Polio	3		
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	8		
Tetanus and diphtheria	7		3
Tetanus, diphtheria and acellular pertussis	11	2	1
Hepatitis A and Hepatitis B	11		
Typhoid	5	1	
Varicella /chickenpox	3		
Flu/Pneumonia Walk-Ins	1		
BG Check			
BP Check			
Total Immunizations for June	60	4	6

70



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. The early part of the meeting was sharing current diabetes stories with focus on any new A1c results. Topics covered were Complimentary and Alternative Medicine-what is it, the costs and the need for more research to assess the products and practices for safety and effectiveness; how to reduce the cost of medication for you and others close to you; and steps to fight off cold and flu. We ended by sharing our holiday eating experiences both fun and challenging.

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 2
 Diabetes Newsletter distribution 260



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	2	Total # of people served	2
	(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	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.

CU	# of times presented	0	Total # of people served	0
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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

CU	# of Attempts	50	# of Sales	9
County	# of Attempts	42	# of Sales	3

Letting Go

A Smoking Support Group for anyone at any phase of the quitting process.

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

Other Education Programs

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

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.

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CU	# of times presented	1	Total # of people served	4
	(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	10
(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 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

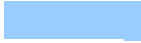


SPECIAL EVENTS

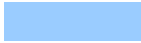
We had two new interns start this month, Mackenzie Epler, and Julia Hemphill. Julia volunteered as a Germ Buster last semester. We also have a nursing student joining us on Mondays, Danielle Black.



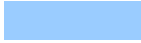
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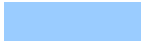
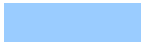
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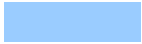


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Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



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
Adult Glasses Fittings	10
Adult Glasses Dispensing	7
Adult Glasses Repair	0
Total Adults Served	17
Child Glasses Fitting	10
Child Glasses Dispensing	39
Child Glasses Repair	0
Total Children Served	49
Total Clients Served	66
Appointment No-Shows	14
Appointments Cancelled	0
Total # Glasses Received	22



Total Clients Served
66

Referrals made to optometrist/ophthalmologists: 26

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								
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	18	0	0	18	54	0	0	54
Rescreened	0	0	0	0	0	0	0	0
Threshold	0	0	0	0	0	0	0	0
Referred	2	0	0	2	0	0	0	0

Vision								
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	16	0	0	16	51	0	0	51
Rescreened	0	0	0	0	0	0	0	0
Referred	0	0	0	0	0	0	0	0
w/ Glasses	2	0	0	2	0	0	0	0
w/ Glasses referred	0	0	0	0	0	0	0	0

Wellness Health Promotion
January 2010 Board Report

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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	548	336	533	452	1869
New Clients Enrolled	4	2	4	6	16
Provider & Community Outreach	61	60	0	0	121

Events

There were no IBCCP presentations done in January.



*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	90	56	4	150
New clients enrolled	5	2	0	
Number of clients completing an integrated visit	12	7	0	19
# of LSI classes held	0	0	0	0
Average number of women attending LSI class	0	0	0	0

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.

There were no IWP Lifestyle Intervention Sessions held in January.

The next series of IWP Level 3 Lifestyle Interventions sessions are scheduled to be held on the following Saturday Mornings @ 9:00am:

01/16/10, 01/23/10, 01/30/10



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 Misha Cadet 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 Caitlin Krauss Jacqueline Rodriguez Sammy Cordell Nikki Hagen</p>	<p style="text-align: center;">Interns Niketa Patel Chessa Calabrese Bridget Kern Mackenzie Epler Julia Hemphill Talia Oakley</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>		