



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

Champaign-Urbana Public Health District

Division of  
Wellness & Health Promotion  
March 2010

Programs

	Page
Cover	1
Dental	2-3
Urbana School Health Center	4
Adult Prevention & Management of Disease	5
Health Promotion Programs	6-7
Vision Cooperative / Child Vision & Hearing Screening	8
Illinois Breast & Cervical Cancer Program	9
Illinois Wisewomen	10
Community Meetings and Websites	11
Contacts	12

# CUPHD Dental Program

Champaign-Urbana Public Health District's Champaign Dental Clinic provides a Dental Home for children with All Kids who are residents of Champaign or Urbana. Appointments are available Monday - Friday, 8am - 4pm with Emergency and Urgent Care appointments also available. Parents are encouraged to schedule dental visits after their child's first birthday. The clinic is staffed by a dentist and 2 hygienists however, beginning February 1st the patient case load required that we increase to 2 dentists on Tuesdays and Thursdays.

Total patient seen in in the Champaign clinic February & March increased by 30%

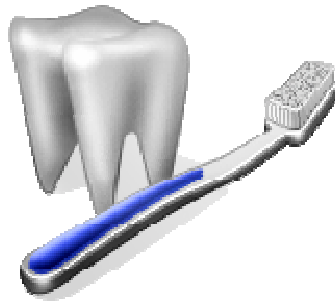
Champaign Visits	CU	Co.
New Patient	81	10
Visits by Patients of Record	378	7
<b>Total Patient Visits</b>	<b>459</b>	<b>17</b>

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

### Procedures

Total Procedures Performed 1,437  
 Average Procedures per Patient 3

Number of Days Clinic Open 22



# 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	30	2
Visits by Patients of Record	149	5
<b>Total Patient Visits</b>	<b>179</b>	<b>7</b>

### Procedures

Total Procedures Performed 523  
 Average Procedures per Patient 2.8

Number of Days Clinic Open 21



# Announcements

## March Events



### **Bright Smiles From Birth at Carle:**

James Wahl, DDS & Kara Ruffatto, DDS presented Bright Smiles from Birth at the Carle Forum to an audience of 15 Carle pediatricians and residents on Tuesday, March 16th. Bright Smiles from Birth is an initiative of the American Academy of Pediatricians that encourages Family Care Providers and Pediatricians to begin talking to parents about the importance of oral health care **before the first tooth appears.**

### **Infant Oral Health Kits**

The first delivery of Infant Oral Health Kits was made Provena Hospital to be given to all new parents. The kits include Infant Oral Health Care Instructions, Community Resources for Oral Health Care by age 1 Year, and an Infant Toothbrush. The kits are available in English and Spanish.

### **Provena's Employee Toothbrush Drive**

Provena Employees collected and donated toothbrushes, toothpaste, and floss to be distributed to families served through CUPHD. A cash donation also allowed for 416 toothbrushes to be provided to families visiting with UIUC Pre-Dental Volunteers in the MCH/WIC Play Area.

The CUPHD Dental Clinics thank Provena Employees for their generous



## Upcoming Events

Saturday, April 17: "Ready, Set, Grow" at Lincoln Square Mall, Urbana, 9am - 12pm

Thursday, May 20: Weslyn Food Pantry, Urbana, 3pm - 6pm

## 2009-10 Mobile Dental Sealant Visits

### **Champaign Schools:**

Franklin Middle School: March 29, 2010

### **Urbana Schools:**

Wiley: March 16, 2010

## Dental Education

UIUC Pre-Dental Students provide Oral Health Care Education to parents and children in the Maternal & Child Health Playroom several days per week.



Amanda Niles, RDH visited Happi House Daycare in Urbana to talk with children about brushing & flossing. Oral Health presentations are available by calling **531-5253.**



Dental Puppets, the Delta Dental "Teeth-on-the-Go" Kit and other oral health education aids are available on loan by calling

**531-4538.**

CUPHD Division of  
Wellness Health Promotion  
<http://c-uphd/wellness-health-promotion.html>  
March 2010 Board Report



# 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 care possible - away from home.

## Medical - A Partnership with Frances Nelson Health Center

### Visits

New Patient	15
Visits by Patients of Record	89
<b>Total Patient Visits</b>	<b>104</b>



\*Refer to Dental numbers for dental visits

## Services Provided

### General Medical Visits:

Well child visits \* School and Sports Physicals  
 Immunizations \* Sick Visits \* Mental Health \* Nutrition

### Adolescent Medicine Subspecialty Services:

Mental Health \* Behavioral Health Risk Assessment and counseling  
 General Medical Care \* Non-operative Gynecology Services  
 Substance Abuse counseling and treatment  
 Nutritional counseling and dietician support services  
 Sexual Transmitted Disease testing and treatment

### Dental Services:

Currently provided: Preventive Services, cleanings and sealants  
 Additional services in development: extractions and fillings

### Nutritional Services:

Dietician available on limited basis to work with children on meal planning and calorie counting. Fit Tigers program... beginning soon!

### Mental Health Services:

Evaluation and Counseling available by licensed social workers and advanced practice nurse practitioners

### Substance Abuse Counseling and Treatment Services:

Licensed counselors available by appointment to offer confidential evaluation and treatment

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			1
Hepatitis B	9	3	1
Polio			
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	2		
Tetanus and diphtheria	1		1
Tetanus, diphtheria and acellular pertussis	7	2	1
Hepatitis A and Hepatitis B	3	3	
Typhoid			
Varicella /chickenpox	2	1	1
Flu/Pneumonia Walk-Ins			
BG Check			
BP Check			
<b>Total Immunizations for June</b>	<b>24</b>	<b>9</b>	<b>5</b>

38



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

## Diabetes Outreach Meetings

27 attended three Diabetes outreach meetings held at Round Barn, Washington Square and Sunnycrest Manor. The topics of discussion included the acceptance of the A1c for diagnosis of diabetes. We also discussed what to know about medications, new grains, and a Splenda recipe for Strawberry Shortcake. A student nurse presented information from the booklet “4 Steps To Control Your Diabetes”.

## 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 0  
 Diabetes Newsletter distribution 226



# 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
--------	---	---	--------------------------	---

### 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 Attorney General's Office.

County	# of Complaints	2
--------	-----------------	---



### Freedom from Smoking

A 7-week, 8 session class that focuses on giving people who want to quit tools for success. Before the participants quit, they look at their habit, and reasons for wanting to be smoke-free, and develop an individual plan to quit. Patches are offered with this program.

CU	# of times presented (Count complete programs, not sessions)	12	Total # of people served	1
----	---	----	--------------------------	---

County	# of times presented (Count complete programs, not sessions)	2	Total # of people served	1
--------	---	---	--------------------------	---

### 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

CU	# of Attempts	29	# of Sales	2
County	# of Attempts	42	# of Sales	2

### 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 (Count complete programs, not sessions)	4	Total # of people served in County	10
---	---	------------------------------------	----



## 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.

<b>CU</b>	# of times presented	1	Total # of people served	14
	(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 **Reproduction**.

	# of times presented	1	Total # of people served	13
	(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.

<b>CU</b>	# of times presented	4	Total # of people served	15
	(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.

11 girls from the Campus Middle School and 10 girls from the Don Moyer Boys and Girls Club completed OPT this month.

### 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
<b>Dr. Howard Elementary, Champaign</b>	488
<b>Thomasboro Elementary, Thomasboro</b>	202
<b>Unity West Elementary, Tolono</b>	410
<b>Fisher Grade School, Fisher</b>	318
<b>Carrie Busey</b>	410



## SPECIAL EVENTS

**On March 5**, we attended a Health Fair at the Cunningham Children's Home. 50 participated.

**On March 21**, we participated in the St. Joseph Health Fair. There were 175 present.

Our annual REALITY, IL Poster contest was held this month. We had over 150 entries.



# Champaign Urbana Public Health District's Vision & Hearing Screening Program



CUPHD employs a State Certified Auditory and Vision Technician to provide State mandated Hearing and Vision screenings to children enrolled in a Licensed Daycare, Preschool, or Private School in Champaign County. The Hearing and Vision Screening Program is funded through a IDPH Grant and Medicaid / All Kids Reminbursement.

## Hearing Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	35	67	0	<b>102</b>	5	0	0	<b>5</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Threshold</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	1	0	0	<b>1</b>	0	0	0	<b>0</b>

## Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	35	72	0	<b>107</b>	4	0	0	<b>4</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	3	0	0	<b>3</b>	0	0	0	<b>0</b>
<b>w/ Glasses</b>	0	1	0	<b>1</b>	1	0	0	<b>1</b>
<b>w/ Glasses-Referred</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>

## Schedule

September 29, 2009	Multi Culture Community Center, Urbana
December 8, 2009	Bundles of Joy Learning Center, Champaign
January 6, 2010	Coop Nursery School of C-U, Champaign
February 2, 2010	Happi House Learning Center II, Urbana
February 3, 2010	Playtime Preschool, Inc., Urbana
February 16, 2010	Kids 1st Child Care Center, Inc., Champaign
March 15, 2010	Kindercare Learning Center, Champaign
March 31, 2010	La Petite Academy, Champaign
April 6, 2010	Early Learning, Champaign
April 9, 2010	Bradley Learning Center, Champaign
April 12, 2010	Uni Primary, Urbana
April 13, 2010	Eager Beaver Preschool, Champaign
April 29, 2010	Children's Center Day Care, Champaign
October 20-21, 2009	Little Lamb Preschool, Champaign
February 23-24, 2010	Next Generation Early Learning, Champaign
April 20-21, 2010	Child Development Lab, Urbana
April 20-21, 2010	Child Development Laboratory, Urbana



# 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
<b>Number of Active clients</b>	515	326	506	433	<b>1780</b>
<b>New Clients Enrolled</b>	9	5	8	7	<b>29</b>
<b>Provider &amp; Community Outreach</b>	0	0	2000	0	<b>2000</b>

## Events

On March 9th, Leah Brunkow and Cathy Propst participated in the Illinois Health and Lung Foundation's Annual Women's Health Fair at the Interstate Center in Bloomington. Over 2000 women attended the event. IBCCP information bags were given to over 600 women. Breast self-exam education utilizing the BSE teaching models was available for all interested participants - over 100 women completed this education.

\*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	Vermillion County	Total
<b>Number of active clients</b>	149	79	4	<b>232</b>
<b>New clients enrolled</b>	47	19	0	<b>66</b>
<b>Number of clients completing an integrated visit</b>	6	6	0	<b>12</b>
<b># of LSI classes held</b>	4	0	0	<b>4</b>
<b>Average number of women attending LSI class</b>	6	1	0	<b>7</b>

## News

CUPHD is hosting an IWP Breakfast and Screening event on Saturday April 10th. At this time, nearly 50 are enrolled to participate in this event.

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 next set of LifeStyle Intervention Classes are scheduled to take place:

English LSI classes 4/24, 5/1, 5/8, & 5/15

Spanish LSI Classes 5/1, 5/8, 5/15, & 5/22

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>Jessie McClusky</b> Program Coordinator</p>	<p>531-2890</p>

**Have questions about Wellness and Health Promotion?  
Get more information on our website!**

<http://c-uphd/wellness-health-promotion.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 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 Suzan 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>Jacqueline Rodriquez Sammy Cordell Nikki Hagen Nedra Brown Caitlin Krause Kara Barthelme Ariel Zuckerman Megan Eiten Evan Devoe</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Niketa Patel Chessa Calabrese Bridget Kern Mackenzie Epler Julia Hemphill Talia Oakley Danielle Black</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Amanda Ziemnsky Leah Brunkow</p>
		<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b></p> <p>Becky Black</p>