



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

**Champaign-Urbana Public Health District**

## Division of Wellness & Health Promotion September 2010

### Programs

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

# CUPHD Dental Program

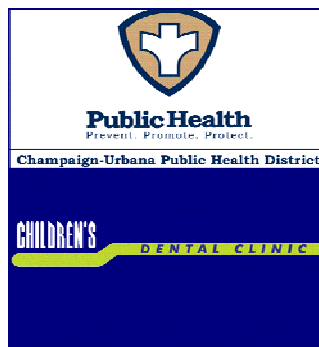
Champaign-Urbana Public Health District's Champaign Dental Clinic provides a Dental Home for children with All Kids who are residents of Champaign or Urbana. Appointments are available Monday - Friday, 8am - 4pm with Emergency and Urgent Care appointments also available. Parents are encouraged to schedule 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.

<b>Champaign Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	44	4
Visits by Patients of Record	250	13
<b>Total Patient Visits</b>	<b>294</b>	<b>17</b>

## Treatment Provided

Diagnostic & Preventative Care	<b>729</b>
General Dental Care*	<b>194</b>
Average Procedures per Patient	<b>3</b>

**Number of Days Clinic Open**      **20**



## Upcoming Events

### September 10:

Stratton Elementary School Student Health Expo

### September 22:

Hobbico Employee Health Fair

# 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 appointment.



<b>Urbana Visits</b>	<b>CU</b>
New Patient	15
Visits by Patients of Record	111
<b>Total Patient Visits</b>	<b>126</b>

## Treatment Provided

Diagnostic & Preventative Care	<b>327</b>
General Dental Care	<b>26</b>
Average Procedures per Patient	<b>2.8</b>

**Number of Days Clinic Open**      **13**

## Events



"Fall for Smiles" is a collaboration between Oral Health America and Oral Health Can't Wait to bring the oral health community together to promote common messaging about what Americans can do to keep their mouths healthy. Each Thursday in September, CUPHD's Dental Clinic with Maternal & Child Health provided free apples with messages to see your dentist regularly, brush & floss daily, eat healthy foods, and avoid all tobacco products. Over 250 apples were given away.

**Stratton Elementary School Health Expo:** 420 students participated in the Health Expo where students watched demonstrations and participating in Healthy Lifestyles education which included Dental & Vision presentations from CUPHD.

**Hobbico Employee Health Fair:** 168 employees participated & received information about CUPHD's services including: Smoking Cessation, Illinois Breast & Cervical Cancer Program, Diabetes Care, STD Testing and Counseling, and West Nile prevention.

## Mobile Dental Clinics: 2010-11

### Champaign Schools:

**Barkstall :** August 24, 2010 -28exams 6 sealants  
**Bottenfield :** March 28, 2011  
**Carrie Busey:** February 15, 2011  
**Dr. Howard :** January 18, 2011  
**Kenwood :** August 10, 2010 -35 Exams 5 Sealants  
**Robeson :** March 15, 2011  
**South Side :** February 1, 2011  
**B.T. Washington :** February 8, 2011  
**Westview :** February 23, 2011  
**Jefferson Middle School:** January 25-27, 2011  
**Garden Hills :** November 30, 2010  
**Franklin Middle School:** December 14, 2010  
**Edison Middle School:** December 7, 2011  
**Stratton:** November 17-18, 2010  
**Champaign Early Childhood:** August 30-September 2, 2010

### Urbana Schools:

**Urbana Middle School:** September  
 37 Exams 39 Sealants  
**Leal:** September 14, 2010  
 53 Exams 11 Sealants  
**Thomas Paine:** October 19, 2010  
**Prairie:** September. 28, 2010  
 24 Exams 2 Sealants  
**Wiley:** October 26, 2010  
**ML King:** October 12, 2010  
**Yankee Ridge:** November 2, 2010  
**Washington Early Childhood:** Octo

**Pavilion School:** TBA

## Upcoming Events



**October is National Dental Hygiene Month**

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## ning Events

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Elementary  
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Employee  
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Health Can't  
Saying about  
September,  
Health messages  
Tobacco

Students  
Health & Vision

PHD's services  
Sustaining and



September 21-22, 2010

September 19-21, 2010





# 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	4	3	
Hepatitis B	11	5	1
Polio	1		
Mumps, Measles, Rubella	2	4	
Tetanus and diphtheria	5		
Tetanus, diphtheria and acellular pertussis	14	8	
Hepatitis A and Hepatitis B	2		
Typhoid	4	2	
Varicella /chickenpox	3	4	
Flu/Pneumonia	4	1	
<b>Total Immunizations for</b>	<b>50</b>	<b>27</b>	<b>1</b>

78



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

## Diabetes Outreach Meetings

18 attended three Diabetes outreach meetings held at Round Barn, Washington Square and Sunnycrest Manor.

## 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 3  
 Diabetes Newsletter distribution 0

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 September 2010 Board Report







## Tobacco Programs

### Break the Habit

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	Total # of people	2
County	Total # of people	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

CU	# of Complaints	0
County	# of Complaints	2



### Germ Busters



Asthma and Germ Buster kits were distributed to 49 area pre-K and elementary schools, both public and private. Kits included:

- A Germ Buster DVD
- A teaching manual
- 25 Germ Buster Bracelets
- Various Asthma tools
- 2 Germ Buster T-shirt- sizes will vary
- 1 Large Laminated Germ Buster Poster
- 10 Letter-size Germ Buster Posters

## Other Education Programs

### CATCH Program



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

**September 2**, Unity West Open House. We reviewed the Germ Busters messages with the students: coughing in the sleeve, avoiding the t-zone, and hand washing. We also covered Go Slow and Whoa foods. Two groups of fifty people were served.

**September 10**, Health Educators participated in Stratton's Walk-a-thon. Presented to all the students were fun ways to be physically active. 12 presentations were offered with 467 students served.

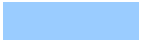
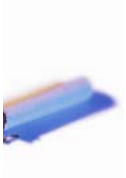
**September 25**, Carrie Busey CATCH Celebration 3K- Participants completed a 3K around the school. Teachers, parents, students, and strollers all participated. The students warmed up by playing on the play ground, then engaged in some Zumba, followed by some yoga poses learned at school. After the walk and award ceremony, the students were treated with CATCH-themed games created in the enrichment classes. Activities included: Go Foods BINGO, Go-Slow-Whoa shopping cart race, CATCH Pictionary, and a Fiber Count, Public Health was present to teach families how to play Zero In and create Go- Slow- Whoa food guide bracelets. Each student received a CATCH celebration t-shirt. 175 people participated in this years celebration.

**September 27**- Health Educators participated in the 4th annual Child Hunger Symposium, sponsored by the Eastern Illinois Foodbank. There were 50 audience members. Health Promotion was one of 5 panel members.

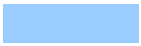
Health Promotion's Intern Francesca has been helping with the mileage club at Unity West. She was there twice last month and 150 students participated.



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# 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
Screened					39			39
Rescreened								
Threshold								
Referred								

## Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened					17			17
Rescreened								
Referred								
w/ Glasses								
w/ Glasses-Referred								

### 2010

October 12-13: First School  
 October 18-20: Little Lamb & St. John's  
 October 26-27: United Methodist Child Care  
 November 3: Anabel Huling Early Childhood Center  
 November 9: American Lutheran Church Christian Nursery  
 December 1: Bundles of Joy Learning Center  
 December 7-8: First Baptist Church Preschool

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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
<b>Number of Active clients</b>	531	325	524	431	<b>1811</b>
<b>New Clients Enrolled</b>	11	4	13	4	<b>32</b>
<b>Provider &amp; Community Outreach</b>			1		<b>1</b>

## Events

IBCCP will host Enrollment Day Events in October for Breast Cancer Awareness Month

### Champaign Co.

Tuesday October 19, 2010  
 Frances Nelson Health Center  
 Champaign, IL 61820

### McLean Co.

Monday, October 25, 2010  
 Community Health Care Clinic  
 Normal, IL 61761

### Vermilion Co.

Monday, October 25, 2010  
 Aunt Martha's Health Center  
 Danville, IL 61832

Newspaper ads will run in the News Gazette, Commercial News, and the Pantagraph to promote attendance at these events.



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>	194	107	6	<b>307</b>
<b>New clients enrolled</b>	4	3	0	<b>7</b>
<b>Number of clients completing an integrated visit</b>	20	12	1	<b>33</b>
<b># of LSI classes held</b>	0	0	0	<b>0</b>
<b>Average number of women attending LSI class</b>				<b>N/A</b>

### 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.

An English LSI-3 session will take place in October 2010. These classes will held on Oct. 2, 9, 16, and 23, 2010 from 9:30 - 11:00am in the main CUPHD conference room.

Division staff participate on the following coalitions and community meetings

Champaign County Tobacco Prevention Coalition  
Illinois Cancer Prevention and Control Program  
Human Services Council  
Steering committee for Stratton Elementary's Safe Routes to School Program  
Champaign-Urbana Campus Community Coalition  
East Central Illinois Asthma Partnership  
Regional Prevention Group  
C-U Safe Routes to School Steering Committee  
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

C-U Fit Families

Fisher Grade School Wellness Team Meeting

Childhood Wellness Task Force

C-U Area Fitness



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 Mimi Rivera</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 Crystal Ott</p>	<p style="text-align: center;"><b>Administrative Assistants</b></p> <p>Maria Capps Pam Simmons</p>
<p style="text-align: center;"><b>Volunteers</b></p> <p>Nedra Brown Max Woolf Kelsey Miller Megan Eiten Kelly Boyle Kourtney Radochonski Sandy Morales Bansari Patel</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Francesca Moral Michael Ori Nikki Hagen Karen Gomez Elizabeth Sams Kelly Podkowa</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Amanda Ziemnsky Leah Brunkow Talia Oakley</p>
		<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b></p> <p>Becky Black</p>