



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion November 2010

Programs

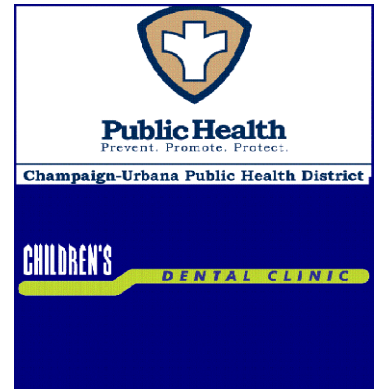
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CUPHD Dental Program

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.

Champaign Visits	CU	Co.
New Patient	37	3
Visits by Patients of Record	285	6
Total Patient Visits	322	9
Treatment Provided		
Diagnostic & Preventative Care	747	
General Dental Care*	270	



Number of Days Clinic Open **18**

Urbana School Health Center Dental Program

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.



Urbana Visits	CU
New Patient	31
Visits by Patients of Record	136
Total Patient Visits	167
Treatment Provided	
Diagnostic & Preventative Care	425
General Dental Care	80
Number of Days Clinic Open	16

Events

Snacking Styles 4 Healthy Smiles: Education on Infant & Toddler Oral Health Care & Nutritious Snacking is made available to WIC families through a partnership between C-UPHD Dental and Maternal & Child Health Programs and the UI Extension. The program was piloted during the Summer, 2010 and returned in October, 2010. Classes are scheduled twice each Monday afternoon and meets a WIC education requirement. Parent's of children age 15-35 months are encouraged to sign up for classes with MCH. [In November 10 families attended.](#)

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 -97 Exams / 66 Sealants
Champaign Early Childhood: August 30-September 2, 2010
178 Exams / 1 Sealant

Urbana Schools:

Urbana Middle School:
Sept. 21-22, 2010
37 Exams 39 Sealants
Leal: 9/14/2010
53 Exams 11 Sealants
Thomas Paine: 10/19/2010
17 Exams / 8 Sealants
Prairie: 9/28/2010
24 Exams / 2 Sealants
Wiley:10/26/10 21 Exams/12 Sealants
MLKing:10/12/10 32 Exams 25 Sealant
Yankee Ridge: 11/2/2010
31 Exams / 14 Sealants
Washington Early Childhood:
11/ 19-21/ 2010 200 Exams
Pavilion School: TBA

Upcoming Events



Give Kid's a Smile Day
Saturday, February 5, 2011
Lincoln Square Mall, Time TBA
FREE Dental Exams & children's toothbrushes,
Delta Dental Tooth Wizard,
the Tooth Fairy, Coloring Contest, & much more!

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	8	1	
Hepatitis B	8	6	2
Polio	2		
Mumps, Measles, Rubella	6	2	1
Tetanus and diphtheria	7	1	
Tetanus, diphtheria and acellular pertussis	10	1	
Hepatitis A and Hepatitis B	1		
Typhoid	5	1	
Varicella /chickenpox	5		
Flu/Pneumonia	23	1	
Wesley Food Pantry-flu clinic	49		
Total Immunizations for	124	13	3

140



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

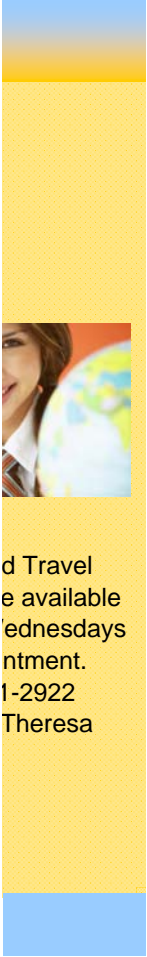
Diabetes Outreach Meetings

14 people attended the 3 diabetes outreach programs in Nov. Talked about flu and pneumonia immunizations, how to manage sugar cravings, a quiz on the drug metformin and the acknowledgement of Diabetes month.

The CUPHD Diabetes Program

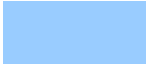
The CUPHD Diabetes Program is funded in part by the Illinois Diabetes Prevention and Control Program (IDPCP) with a grant from the Center for Disease Control. In cooperation with U of I Extension Services a bimonthly newsletter is sent out to person with pre-diabetes or diabetes who have enrolled in 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 261



World Travel
is available
on Wednesdays
for appointment.
1-2922
Theresa

nia



Control
of
Infectious
Diseases who
provide help



Health Promotion

Tobacco Programs

Break the Habit

A 7-week, 8 session class that focus is 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	5
County	Total # of people	



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	2
County	# of Complaints	1



Tar Wars

A 3- session program delivered in 4th and 5th grade classes. This programs focus is on changing normative beliefs about the prevalence of tobacco use. Further, instead of giving participants reasons not to use tobacco, it equips participants with decision-making and effective communication skills. Through this program students get a chance to develop counter-marketing strategies.

CU	# of times presented (Count complete programs, not sessions)	2	Total # of people served	48
County	# of times presented (Count complete programs, not sessions)		Total # of people served	

NOT HERE



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	0	# of Sales	0
County	# of Attempts	0	# of Sales	0

Other Education Programs

Handwashing Education

Education on hand washing, food safety, and illness prevention is provided when a need is determined

CU	# of times presented	1	Total # of people	3
County	# of times presented	1	Total # of people	23

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	390
Thomasboro Elementary, Thomasboro	185
Unity West Elementary, Tolono	490
Fisher Grade School, Fisher	318
Carrie Busey	390

SPECIAL EVENTS

50 Step By Step Kits were distributed to to local providers who requested them



The American Cancer Society is celebrating their 34th Great American Smokeout on Thursday, November 19th. This is a day that is designed to provide strength in numbers for smokers who are ready to quit smoking. This is an opportunity for smokers to say "No Thanks!" to cigarettes for just 24 hours, and perhaps for good!

C-UPHD participated in the Great American Smokeout. 350 Quitkits with materials and tools to help quitters make an attempt were distributed at several area locations, including C-UPHD. We also participated in a panel at Provena Covenant Medical Center. There were 22 participants.

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	1	51		52	3			3
Rescreened								
Threshold								
Referred								

Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened	1	50		51	3			3
Rescreened								
Referred		1		1				
w/ Glasses		1		1	6			6
w/ Glasses- Referred								

2010

- 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

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	534	325	516	438	1813
New Clients Enrolled	12	4	14	13	43
Provider & Community Outreach	0	0	0	0	0

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

Champaign Co. 16 women
 Tuesday October 19, 2010
 Frances Nelson Health Center
 Champaign, IL 61820

McLean Co. 4 women
 Monday, October 25, 2010
 Community Health Care Clinic
 Normal, IL 61761

Vermilion Co. 20 women
 Monday, October 25, 2010
 Aunt Martha's Health Center
 Danville, IL 61832

Our next enrollment day events will be held in January during National Cervical Cancer Awareness Month.



*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	200	110	5	315
New clients enrolled	8	2	0	10
Number of clients completing an integrated visit	17	10	0	27
# of LSI classes held				0
Average number of women attending LSI class				N/A

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 next Lifestyle Intervention classes will take place in January. We plan to hold a session in English and on in Spanish.

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/ccsafekids/>

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

www.ifloss.org

www.stock2forflu.com



Wellness & Health Promotion Contacts

217-373-7901



The Division of Wellness & Health Promotion	Deb Fruitt Director	531-2921
Illinois Breast & Cervical Cancer Illinois Wisewomen	Cathy Propst Program Coordinator	531-2916
Health Promotion Adult Immunization	Nikki Hillier Program Coordinator	531-2914
Dental Vision-Cooperative/ Hearing & Vision	Alicia Ekhoﬀ Program Coordinator	531-4538
Urbana School Health Center	Jessie McClusky Program Coordinator	531-2890

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;">Nurses</p> <p>Theresa Truelove Judy Krumwiede Mimi Rivera</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 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 Crystal Ott</p>	<p style="text-align: center;">Administrative Assistants</p> <p>Maria Capps Pam Simmons</p>
<p style="text-align: center;">Volunteers</p> <p>Nedra Brown Max Woolf Kelsey Miller Kelly Boyle Kourtney Radochonski Sami Cordell Elizabeth Foster Kelsey Miller Kara Bartholme</p>	<p style="text-align: center;">Interns</p> <p>Francesca Moral Michael Ori Nikki Hagen Karen Gomez Elizabeth Sams Kelly Podkowa</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p>Kathy Reardon Leah Brunkow Talia Oakley Megan Eiten</p>
		<p style="text-align: center;">Vision & Hearing Tech</p> <p>Becky Black</p>