



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of
Wellness & Health Promotion
June 2010

Programs

	Page
Cover	1
Dental	2-3
Urbana School Health Center	4
Adult Prevention & Management of Disease	5
Health Promotion Programs	6-8
Child Vision & Hearing Screening	9
Illinois Breast & Cervical Cancer Program	10
Illinois Wisewomen	11
Community Meetings and Websites	12
Contacts	13

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.

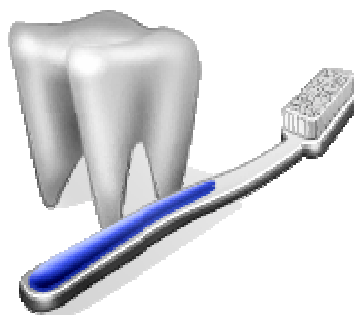
Total patient seen in the Champaign Clinic February - April 2010 increased by 23% over February - April 2009 with negligible decrease in the number of patients seen in the Urbana Clinic during the same period of time.

Champaign Visits	CU	Co.
New Patient	76	8
Visits by Patients of Record	358	10
Total Patient Visits	434	18

Procedures

Total Procedures Performed 1,392
Average Procedures per Patient 3.1

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 appointment.



Urbana Visits	CU
New Patient	21
Visits by Patients of Record	143
Total Patient Visits	164

Procedures

Total Procedures Performed 447
Average Procedures per Patient 2.7

Number of Days Clinic Open 20

Upcoming Events

July 1, 2010: "SnackingStyles4HealthySmiles" C-UPHD Children's Dental Clinic partners with MCH & the U of I Extension for a 6-week Pilot Program that will focus on Oral Healthy Care and wise snack choices for children ages 15 months - 35 months. First Dental Visits will also be provided.

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.**



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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	14
Visits by Patients of Record	66
Total Patient Visits	80



*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

...
confidential evaluation and treatment



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

Total Immunizations for June **38** **22** **12**
 A total of 55 people were served
72



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

Diabetes Outreach Meetings

The diabetes outreach groups had a busy month with 22 participants in attendance at 3 sites: Round Barn, Sunnycrest Manor and Washington Square Senior Hi Rises. The participants focused on topics of stress reduction, benefits of moderate exercise and the 2 tests needed for their yearly kidney function check: microalbuminara test and creatinine test. The creatinine test result gives an overall level of kidney function and a person's stage of kidney disease. Medications and lifestyle changes can help keep kidney disease in check or reverse it with early detection. Karen Chapman-Novakofski, a researcher from the U of I discussed the effects of good glucose control in the prevention of osteoporosis.

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 4
 Diabetes Newsletter distribution 0

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<http://c-uphd/wellness-health-promotion.html>
 June 2010 Board Report





Health Promotion

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 they look at their habit, and reasons for wanting to be smoke-free, and develop an individual plan to quit. Patches offered with this program.

CU	# 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

CU	# of Complaints	1
County	# of Complaints	1



Project TNT

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

CU	# of times presented	9	Total # of people served	181
	(Count complete programs, not sessions)			
County	# of times presented	8	Total # of people served	166
	(Count complete programs, not sessions)			

Letting Go

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

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

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 program to area alcohol servers.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	8
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Nutrition Education

Age-appropriate nutrition education is provided to classrooms by request.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	25
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Juvenile Detention Center Outreach

Various days throughout the month, our health educators provide a variety of programs to the youth the Juvenile Detention Center. Topics include sexual health, nutrition, and tobacco. This month's was Media Sharp.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	6
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Health Educators assisted with the Child Safety Seat Inspection Station, a program run through our I of Maternal and Child Health

Times Assisted	1
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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 for they get a raffle ticket. At the end of the day 3 students are selected to win prize Fitness Fridays/Moving Mondays are days that our CATCH schools ask students 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

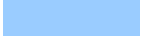
SPECIAL EVENTS



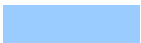
At Unity West, one of our CATCH schools, the fifth grade teachers had a contest to see which class would earn the most points for their CATCH Home Team Activities. The class who won got to play Dance in teams in the classroom, and the students got to try fresh pineapples. 20 participated.



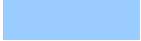
The Champaign Park District invited us to train all their staff in the CATCH program. 62 people attended the training



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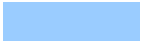
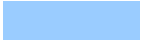


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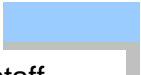
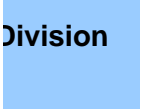




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Champaign Urbana Public Health District's Vision & Hearing Screening Program



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

Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened				0	2			2
Rescreened				0				0
Referred				0				0
w/ Glasses				0				0
w/ Glasses-Referred				0				0



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	529	327	524	442	1822
New Clients Enrolled	21	8	10	9	48
Provider & Community Outreach	2	2	0	0	4

Events

The State IDPH IBCCP Quality Assurance Nurses came to CUPHD on 6/22/2010 for a site audit visit. The audit results were very positive.

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	180	95	4	279
New clients enrolled	23	9	0	32
Number of clients completing an integrated visit	14	8	0	22
# 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.

Our next set IWP Level 3 Lifestyle intervention classes will take place late summer or early fall.

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.illinoisap.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>Jessie McClusky 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>Nurses Theresa Truelove Judy Krumwiede</p>	<p>Dental Hygienists Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p>Health Educators Jennifer Jackson Janice Walker Deanna Williams Anna Willy</p>
<p>Dentist Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p>Dental Assistants Marda Keys Crystal Ott</p>	<p>Administrative Assistants Maria Capps Pam Simmons Dee Phillips</p>
<p>Volunteers Jacqueline Rodriguez Sammy Cordell Nikki Hagen Nedra Brown Caitlin Krause Kara Barthelme Ariel Zuckerman Megan Eiten Evan Devoe</p>	<p>Interns Niketa Patel Chessa Calabrese Bridget Kern Danielle Brown</p>	<p>IBCCP Intake Specialists Kathy Reardon Amanda Ziemnsky Leah Brunkow Talia Oakley</p>
		<p>Vision & Hearing Tech Becky Black</p>

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