



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

**Champaign-Urbana Public Health District**

# Division of Wellness & Health Promotion March 2011

## Programs

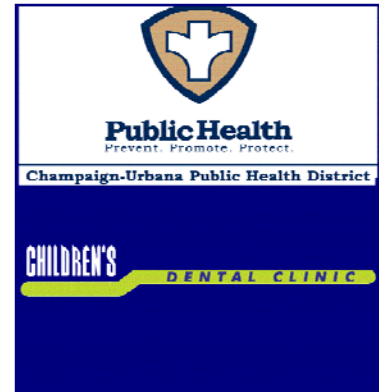
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# CUPHD Dental Program

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.

<b>Champaign Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	68	1
Visits by Patients of Record	427	0
<b>Total Patient Visits</b>	<b>495</b>	<b>1</b>
<b>Treatment Provided</b>		
Diagnostic & Preventative Care	1,171	
General Dental Care*	353	



**Number of Days Clinic Open**      23

# 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.



<b>Urbana Visits</b>	
New Patient	22
Visits by Patients of Record	148
<b>Total Patient Visits</b>	<b>170</b>
<b>Treatment Provided</b>	
Diagnostic & Preventative Care	479
General Dental Care	<b>92</b>

**Number of Days Clinic Open**      13

## Mobile Dental Clinics: 2010-11

**Bottenfield** : March 28, 2011

30 Exams / 34 Sealants

**Carrie Busey**: February 15, 2011

61 Exams / 8 Sealants

**Dr. Howard** : January 18, 2011

56 Exams / 10 Sealants

**Robeson** : March 15, 2011

41 Exams / 42 Sealants

**South Side** : February 1, 2011

19 Exams / 4 Sealants

**B.T. Washington** : February 8, 2011

54 Exams / 22 Sealants

**Westview** : February 23, 2011

43 Exams / 32 Sealants

**Jefferson Middle School**: January 25-27, 2011

125 Exams / 70 Sealants

**Pavilion School**: April 5, 2011

19 Exams / 0 Sealants

## Oral Surgery

One Saturday morning each month, CUPHD employs an oral surgeon resident, who is a licensed dentist, to perform difficult extractions for children who are referred by CUPHD general dentists. The clinic utilizes volunteer dental and pre-dental students for infection control, instrument processing, post-op instructions, and clinic flow. Only local anesthetic is utilized, no anesthesia services are available.

### March

6 patients

14 Procedures

## Special Events

**April 2nd: Ready, Set, Grow! @ Lincoln Square**

**April 25th: Community & Finance Fair @ Douglas Center**





# Health Promotion

## Tobacco Programs

### 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.

<b>CU</b>	# of Complaints	4
<b>County</b>	# of Complaints	2



Break the Habit is 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 suggest.



<b>CU</b>	Total # of people	2
<b>County</b>	Total # of people	0

### 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 months topic was tobacco education with Media Sharp

# of times presented	2	Total # of people	14
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### 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.

<b>County</b>	# of times presented (Count complete programs, not sessions)	1	Total # of people served	29
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### 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.

# of times presented (Count complete programs, not sessions)	2	CU- Total # of people	9
		County -Total # of people	5

## Other Education Programs

### Let's Get It Started

Let's get it started is a program that in collaboration with University of Illinois Extension and County Market help families plan, purchase, prepare, and enjoy cost-effective and healthy meals together. Families also participate in a variety of fun activities to promote getting up and moving. Subjects covered include portion control, label reading, food and fire safety in the kitchen, food demo's and a grocery store tour with a nutritionist.

**2/8, 2/15, 2/22, and 3/1**

5 adults and 5 children participated

### Reproductive Health

Age-appropriate sexual health programs are provided by our health educators, topics include puberty, self-image, sexually transmitted infection, and contraception.

CU	# of times presented	2	Total # of people served	16
	(Count complete programs, not sessions)			

### CATCH Program

# CATCH<sup>®</sup>

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>	390
<b>Thomasboro Elementary, Thomasboro</b>	185
<b>Unity West Elementary, Tolono</b>	490
<b>Fisher Grade School, Fisher</b>	318
<b>Carrie Busey</b>	390

## SPECIAL EVENTS

Our first ever CATCH Staff Challenge came to a close. Fisher Grade School was the winner. 150 staff from 4 of our CATCH school participated.

Teachers reported:

I have enjoyed being a part of this challenge and how it has helped me to take another look at and improve my lifestyle.

# 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>	153	0	0	<b>153</b>	1	0	0	<b>1</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>

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	152	0	0	<b>152</b>	1	0	0	<b>1</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	2	0	0	<b>2</b>	0	0	0	<b>0</b>
<b>w/ Glasses</b>	2	0	0	<b>2</b>	0	0	0	<b>0</b>
<b>w/ Glasses-Referred</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>

## Schedule

March 1 & 2, 2011	Campus Cooperative Urbana
March 8, 2011	The Caring Place Urbana
March 15, 2011	Kindercare Learning Center Champaign
March 16, 2011	Happi House Learning Center II Urbana
March 23, 2011	LA Petite Academy Champaign
March 28 & 28, 2011	United Methodist Day Care Center Champaign
April 4 & 5 2011	U of I Urbana
April 6, 2011	Bradley Learning Center Urbana
April 12, 2011	Pavilion Foundation School
April 13, 2011	Early Learning Center
April 20, 2011	Orchard Downs
April 26 & 27, 2011	Parkland College Child Dev. Center
May 10, 2011	Happi Time Day Care
May 11, 2011	Happi Time on Avondale
May 18, 2011	Elite Learning Center
May 24, 2011	Childrens Center Daycare

CUPHD Division of

Wellness Health Promotion

<http://c-uphd/wellness-health-promotion.html>

July 2009 Board Report

## 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>	516	316	518	418	<b>1768</b>
<b>New Clients Enrolled</b>	23	5	19	15	<b>62</b>
<b>Provider &amp; Community Outreach</b>	0	0	242	2	<b>244</b>

## Events

IBCCP had a booth at the Illinois Heart and Lung Foundation's Women's Health Night on March 8th. Over 2000 women attended the event with over 200 women receiving breast and cervical cancer information from our booth.

\*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.



number of Champaign County women served.

8

## 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>	193	107	5	<b>305</b>
<b>New clients enrolled</b>	7	1	0	<b>8</b>
<b>Number of clients completing an integrated visit</b>	11	4	0	<b>15</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.

The next LSI-3 class sessions are being scheduled to take place in May 2011.

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 Kelly Boyle Kourtney Radochonski Sami Cordell Elizabeth Foster Kelsey Miller Kara Bartholme</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 Leah Brunkow Talia Oakley Megan Eiten</p>
		<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b></p> <p>Becky Black</p>