



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

**Champaign-Urbana Public Health District**

Division of  
Wellness & Health Promotion  
January 2013

Programs

	Page
Cover	1
Dental	2-3
Health Promotion Programs	4-5
Illinois Breast & Cervical Cancer Program	6
Illinois Wisewomen	7
Meet the Team	8
Community Meetings and Websites	9
Contacts	10



## Oral Surgery

One Saturday morning each month a local Oral Surgery Resident performs 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.

Oral Surgery Residents:

Blake Kitamura, DMD March 2012-Present

January: No Resident Available

## Mobile Program/School Sealants

January: Visited 2 Schools - 54 students seen, 65 sealants placed.



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



### Break the Habit

People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists. We have transitioned Break the Habit to the Illinois Tobacco Quitline. If interested call 866-QUIT-YES (866-784-8937).

### 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 do an official check for compliance 3 times a year.

<b>CU</b>	Checks	n/a	# of Sales	n/a
<b>County</b>	Checks	n/a	# of Sales	n/a

### 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.

<b>CU</b>	Total # of people	n/a
<b>County</b>	Total # of people	n/a

### 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)	2	Total # of people served	47
---------------	---	---	--------------------------	----

4

## 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
<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

## Events

We finished Heart Smart for Teens in December at Unity West, with 42 participants. Then started it in January at J.W. Eater in Rantoul and Unity East.

We offered the positive youth development program called iROCK twice in January after school at J.W. Eater. The first class had 8 students and the second had 15 students attend. We covered goal setting and time management.

Tar Wars exceeded its target number for both the district and the county for the entire year by the end of December, the year goes from July 2012-June 2013.

On January 18, Nikki Hillier and Brandon Meline presented on the We Chose Health Initiative at the Urbana School District's Winter Institute for Teachers. They presented CATCH and Employee Wellness. Clearly, employee wellness plays a role in coordinated school health. Healthy staff are part of a healthy school, and it is important to have faculty modeling healthy behaviors for their students.

## 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>	413	243	493	358	<b>1507</b>
<b>New Clients Enrolled</b>	6	5	7	4	<b>22</b>
<b>Provider &amp; Community Outreach</b>	10	10	0	5	<b>25</b>

## January 2013

January is National Cervical Cancer Awareness Month. The Governor's Proclamation was forwarded to all local media.

\*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.

6

## 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>	178	113	3	<b>294</b>
<b>New clients enrolled</b>	3	1	0	<b>4</b>
<b>Number of clients completing an integrated visit</b>	5	3	0	<b>8</b>
<b># of LSI classes held</b>	n/a	n/a	n/a	<b>n/a</b>
<b>Average number of women attending LSI class</b>	n/a	n/a	n/a	<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.

**English LSI-3 sessions are being planned for February/March.**





# Meet the Team

---

Dr. Gurjeet Sidhu, DDS started with us on November 14, 2012. Dr. Sidhu was born and raised in India. She previously worked as a dentist in India for one year before coming to Illinois. While she has been in the states she worked in Bloomington for one year in two different dental offices, and then in Springfield for a few months before joining us at CUPHD.

In Dr. Sidhu's free time she enjoys reading.

Three fun facts about Dr. Sidhu:

She loves pets.

Her favorite color is red.

She is near sighted. So if while passing by and she did not smile, that means she didn't see your face. LOL

Dr. Sidhu's favorite quote:

"Patients don't care how much you know, Until they know how much you care."

If you get time please stop by and say "Hi" to Dr. Sidhu in the Dental Clinic and welcome her to CUPHD.

---

Shannon McGaughey will be starting with us as a dental intake on February 13, 2013. Shannon was born and raised in Champaign-Urbana. She previously worked at Prairie Center Health Systems as a receptionist/records keeper for five years. Before that she sold auto and home insurance for State Farm.

In Shannon's free time she enjoys interior design as well as planning events/parties. She is also going to school for a degree in business management, and will graduate in October of 2013. She hopes of one day owning her own wedding/event planning business.

Three fun facts about Shannon:

She is a single Mother of 4 children - 3 girls, 1 boy (and a grandson).

She loves hosting gatherings with friends.

She loves to be outdoors and enjoy nature and the stars.

Shannon's Favorite quote is:

"Life isn't about weathering the storm, its about learning to dance in the rain".

Stop by and say "Hi" to Shannon at the front window of the Dental Clinic.



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**



<b>The Division of</b> Wellness & Health Promotion	<b>Deb Fruitt</b> Director	531-2921
<b>Illinois Breast &amp; Cervical Cancer</b> Illinois Wisewomen	<b>Cathy Propst</b> Program Coordinator	531-2916
<b>Health Promotion</b>	<b>Nikki Hillier</b> Program Coordinator	531-2914
<b>Dental</b>	<b>Alicia Ekhoﬀ</b> Program Coordinator	531-4538
<b>Urbana School Health Center</b>	<b>Teresa Turner</b> 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;"><b>Nurses</b></p> <p>Theresa Truelove Judy Krumwiede Amy Johnson Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b></p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH</p>	<p style="text-align: center;"><b>Health Educators</b></p> <p>Jennifer Jackson Talia Oakley Whitney Hayes</p>
<p style="text-align: center;"><b>Dentist</b></p> <p>Kara Ruffatto, DDS Gurjeet Sidhul, DDS Robert Grenda, DDS Blake Kitamura, DDS</p>	<p style="text-align: center;"><b>Dental Assistants</b></p> <p>Marda Keys Becky Black</p>	<p style="text-align: center;"><b>Administrative Assistant II</b></p> <p>Crystal Anderson Laura Shobe</p>
<p style="text-align: center;"><b>Volunteers</b></p> <p>Nedra Brown</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Cecilia Ramirez Mansi Jailwala Paige Ligon Amy Han</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Leah Brunkow Ghenaia Johnson Christy Foster</p>
		<p style="text-align: center;"><b>Dental Intake</b></p> <p>Charlene Johnson Karen Bryson</p>