



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

**Champaign-Urbana Public Health District**

Division of  
Wellness & Health Promotion  
July 2013

Programs

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



## 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  
February 23rd: 7 Patients  
March: No Resident Available  
April: No Resident Available  
May: No Resident Available  
June: No Resident Available  
July 20: 8 Patients

## Mobile Program/School Sealants

January: Visited 2 Schools - 54 Exams, 29 Cleanings, 29 Fluorides, 76 sealants placed.  
February: Visited 3 Schools - 107 Exams, 60 Cleanings, 59 Fluorides, 149 sealants placed.  
March: Visited 4 Schools - 80 Exams, 45 Cleanings, 45 Fluorides, 90 sealants placed.  
April: Visited 3 Schools - 127 Exams, 75 Cleanings, 75 Fluorides, 173 Sealants.

The school sealant program will resume in August of 2013.



# 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	0



### 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)	n/a	Total # of people served	n/a
---------------	---	-----	--------------------------	-----

## Other Education Programs

We had several CATCH trainings in July. We invited staff from schools who had completed the SHI and wanted to implement CATCH. We focused mostly on schools who haven't started implementing CATCH, but invited other CATCH schools who had completed the SHI.

We held training on July 8, July 23 and July 25.

We had 51 total staff people attend the trainings.



## Events

On July 9, The City of Champaign celebrated becoming a Bicycle Friendly Community.



On July 18, we completed the SHI with Carrie Busey Elementary School. The School Health Index is a tool developed by the CDC to help schools assess where they are in terms of wellness in 8 different areas. Using the tool, schools can develop plans under each module to improve wellness in each area.

On July 22, we had our We Chose Health site visit. We presented all the work we are doing and  
5  
Division of Wellness Health Promotion  
July 2013 Board Report

On July 22, we had our We Chose Health site visit. We presented all the work we are doing and

## 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>	356	218	437	301	<b>1312</b>
<b>New Clients Enrolled</b>	2	4	9	3	<b>18</b>
<b>Provider &amp; Community Outreach</b>	0	0	1	0	<b>1</b>

## July 2013

\*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.

of Champaign County women served.





# Meet the Team

---

Dr. Yolanda Wright started with us on July 1, 2013. We are thrilled to have her and she has fit in with our staff perfectly. Dr. Wright was born in Peoria, Illinois and grew up in Bartonville. She graduated from the University of Kentucky in May 2012 and started her year residency program June 2012 at OSF St. Francis Medical Center.

In Dr. Wright's free time she enjoys watching TV, running, working out, walking, mini vacations and staycations.

Three fun facts about Dr. Wright:

- She has a dog named Sir Barton "Bart" Wright.

- She is the youngest of three children.

- Her parents still live in the same house she grew up in.

Dr. Wright's favorite quote is:

"There's no passion to be found playing small - in settling for a life that's less than the one you are capable of living!"

When you get time please stop by the Dental Clinic and say "Hi" to Dr. Wright and welcome her to CUPHD.

---



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  
Urbana Bicycle Plan Steering Committee  
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 Wellness &amp; Health Promotion</b>	<b>Deb Fruitt</b> Director	531-2921
<b>Illinois Breast &amp; Cervical Cancer Illinois Wisewomen</b>	<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><b>Nurses</b></p> <p>Judy Krumwiede Amy Johnson Bette Chapman</p>	<p><b>Dental Hygienists</b></p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH</p>	<p><b>Health Educators</b></p> <p>Jennifer Jackson Talia Oakley Whitney Hayes</p>
<p><b>Dentist</b></p> <p>Kara Ruffatto, DMD Gurjeet Sidhu, DDS Robert Grenda, DDS Blake Kitamura, DDS Yolanda Wright, DMD</p>	<p><b>Dental Assistants</b></p> <p>Marda Keys Lucero Olmedo</p>	<p><b>Administrative Assistant II</b></p> <p>Crystal Anderson Laura Shobe</p>
<p><b>Volunteers</b></p> <p>Nedra Brown</p>	<p><b>Interns</b></p> <p>Cecilia Ramirez Mansi Jailwala Paige Ligon Amy Han</p>	<p><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Leah Brunkow Christy Foster</p>
		<p><b>Dental Intake</b></p> <p>Karen Bryson</p>