



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

**Champaign-Urbana Public Health District**

Division of  
Wellness & Health Promotion  
May 2014

Programs

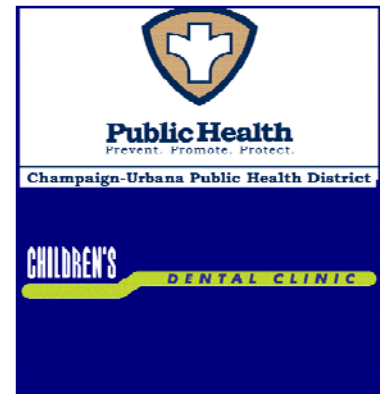
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# CUPHD Dental Program

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 and Co. Combined</b>
New Patient	85
Visits by Patients of Record	420
<b>Total Patient Visits</b>	<b>505</b>
<b>Total Procedures Performed</b>	2,045



<b>Number of Days Clinic Open</b>	<b>21</b>
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# 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	8
Visits by Patients of Record	66
<b>Total Patient Visits</b>	<b>74</b>
Total Procedures Performed	310
<b>Number of Days Clinic Open</b>	<b>11</b>

Restorative  
and seen 26



re for three days

## Mobile Program/School Sealants

January: Visited 3 Schools - 238 Exams, 128 Cleanings, 128 Fluorides, 337 sealants placed.  
February: Visited 3 Schools - 151 Exams, 72 Cleanings, 72 Fluorides, 157 sealants placed.  
March: Visited 2 Schools - 102 Exams, 59 Cleanings, 58 Fluorides, 124 sealants placed.  
April: Visited 4 Schools - 151 Exams, 83 Cleanings, 83 Fluorides, 182 sealants placed.  
May: In May we did Restorative Clinic Only



# 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	1
<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	90	# of Sales	4
<b>County</b>	Checks	1	# of Sales	15

### 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	4
<b>County</b>	Total # of people	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.

<b>County</b>	# of times presented (Count complete programs, not sessions)	1	Total # of people served	24
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## New Intern

Katherine Kodros is our new intern for Health Promotions this summer. Katie was born in Niles, Illinois. She grew up in Glenview. Her work background includes interning at The Caring Place, daycare at Carle hospital. She loves working with kids and has nannied for the same family for the past three summers.

Three things Katherine would like staff to know about her are:

- 1 She likes to go by Katie.
- 2 She is one of four girls in her family, no brothers.
- 3 She is a dog person.

Katie loves to dance. She was a member of the competitive Illini Dance Team throughout her undergrad career. She served as captain her senior year. Every January they competed nationally at Disney World.

Katie's favorite quote is:

" Be the change you wish to see in the world" -Mahatma Gandhi

## Events

We participated in a neighborhood information fair at Garden Hills. We staffed a table and shared information about our services and we also staffed a bike rodeo. There were 60 people who received information and 60 participants who went through the bike rodeo.

We did CATCH recess training with the students at Thomas Paine. We came to all of their PE classes and taught them the rules of several equipment-free games they could play at recess. We went to recess with them and played a few of the games with them. At Wiley, the teachers taught the games during PE.

We participated in the Family Fun Fair at Leal Elementary. We had jump rope and hula contests. The kids were thrilled to show off their prowess.

May 7th was bike to school day. We greeted students who rode their bikes to participating schools with zipper pulls. There were several parents who biked with their student to school as well.

May 8th was CATCH Science Night at Wiley. The students engaged in a variety of activities and games to get their heart rates up.

We staffed a bike rodeo at the Market at the Square. We had fifty participants finish the rodeo.

We participated in Bike to Work Day. We staffed tables at two locations to give people who biked to work t-shirts, breakfast and other incentives. It was a cold and miserable day, but we had a great turnout considering the weather.

## 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>	307	183	366	254	<b>1110</b>
<b>New Clients Enrolled</b>	3	3	2	3	<b>11</b>
<b>Provider &amp; Community Outreach</b>	0	0	0	0	<b>0</b>

## May 2014

Samantha Mistar was previously our intern, and has decided to stay on for the summer with us.

Samantha was born in Brooklyn, NY but grew up in Chicago, Illinois.

She previously worked at the Krannert Center as a house manager and a personal assistant for students on campus.

Her hobbies include, watching Netflix, Reading and doing puzzles.

Three things about Samantha:

- 1) Forrest Gump is her favorite movie.

\*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.

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 Prairie & Southside Safe Routes to School Program
- Champaign-Urbana Campus Community Coalition
- C-U Safe Routes to School Steering Committee
- Unity East & West, Leal, Thomas Paine, Wiley & Heritage Wellness Committee
- Urbana Bicycle Plan Steering Committee
- Coalition for Comprehensive Sex Education
- Illinois Health Cares about Domestic Violence
- Coordinated School Health Grantee Meeting
- Healthy Champaign County
- Fisher Grade School Wellness Team Meeting



Please check out our informational websites.

[www.getcoveredillinois.gov](http://www.getcoveredillinois.gov)

<http://www.smoke-free.illinois.gov/>

[www.idph.state.il.us/about/womenshealth/ibccp/index.htm](http://www.idph.state.il.us/about/womenshealth/ibccp/index.htm)

<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)

[www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp)





# 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</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>Bette Chapman</p>	<p><b>Dental Hygienists</b></p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH Yasmin Gonzalez ,RDH</p>	<p><b>Health Educators</b></p> <p>Jennifer Jackson Talia Oakley</p> <p><b>Special Projects Coordinator</b></p> <p>Tara McCauley</p>
<p><b>Dentist</b></p> <p>Kara Ruffatto, DMD Gurjeet Sidhu, DDS Robert Grenda, DDS</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>Katie Kodros-HP Samantha Mistar-IBCCP Alexandra Fushi-Dental Clayton Jackson-Dental Hannah Weber-Dental Tejal Patel-Dental</p>	<p><b>IBCCP Intake Specialists</b></p> <p>Leah Brunkow Cristina Dongo</p>
		<p><b>Dental Intake</b></p> <p>Karen Bryson Chauntiere Harden</p>