



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

**Champaign-Urbana Public Health District**

## Division Of Wellness & Health Promotion

**May 2008 REPORT**

### Programs

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### CUPHD Dental Program

Champaign-Urbana Public Health District's Dental Clinic is located at 201 W. Kenyon Road, Champaign and sees children ages 3-18 enrolled in Champaign or Urbana School Districts. 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 217-531-4279 for an appointment.

May Visits	C-U	County children through Health Works
New Patient	94	4
Visits by Patients of Record	281	17
<b>Total Patient Visits</b>	<b>375</b>	<b>21</b>
<b>Procedures</b>		
Total Procedures Performed	1185	
Average Procedures per Patient	2.95	
<b>Adult Patients</b>		
Adult Patients Scheduled	17	
Adult Patients Visits	15	
<b>Number of Days Clinic Open</b>	<b>21</b>	
<b>School Sealant Visits</b>		
<a href="#">Stratton Elementary School, Champaign (Completed)</a>		
<a href="#">M.L. King Elementary School, Urbana</a>		
<b>Total Children Seen in Schools</b>	<b>40</b>	
<b>Total Sealants Placed</b>	<b>25</b>	



### Special Events

Alicia Ekhoﬀ, Dental Program Coordinator, spoke to a group of ten moms with children age birth to 11 years old about caring for their children's teeth through an English as a Second Language Adult Education class. The group learned about avoiding sugary drinks in baby bottles such as flavored milks, juices, and sweetened drinks and limiting high sugar snacks to avoid Early Childhood Caries.

They also learned that children cannot properly take care of their own teeth until they are able to write in cursive, at about age 9. They practice brushing their children's teeth using small dental puppets with realistic teeth the size of their children's.

### CUPHD Dental will provide School Dental Screenings on a walk-in basis for school children age 3-18 on the following evenings at 201 W. Kenyon Rd:

- July 24, 6:00-8:30 pm
- August 7, 6:00-8:30 pm
- August 21, 6:00-8:30 pm
- September 4, 6:00-8:30 pm
- September 18, 6:00-8:30 pm
- October 2, 6:00-8:30 pm

Cleanings, fluoride or fluoride varnish, and x-rays will also be provided on a first-come, first-served basis on those evenings.

CUPHD Division of  
Wellness Health Promotion  
[www.cuphd.org/chronicdisease.html](http://www.cuphd.org/chronicdisease.html)  
2008 Board Report

### 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.

May Visits	C-U	Co
New Patient	32	0
Visits by Patients of Record	119	0
<b>Total Patient Visits</b>	<b>151</b>	<b>0</b>
<b>Procedures</b>		
Total Procedures Performed	456	
Average Procedures per Patient	3	
<b>Number of Days Clinic Open</b>	<b>18</b>	

CUPHD Dental recognized five Champaign County Community Water Treatment operators who achieved perfect compliance for 12 of 12 months in 2007, keeping the fluoride level within the legal range of 0.9 to 1.2 parts per million. The following operators were recognized:

- IL American Water Company: 24 Consecutive Years*
- Ludlow Water Department: 2 Consecutive Years*
- Royal Water Department: 2 Consecutive Years*
- Sadorus Water Department: 2 Consecutive Years*
- Sangamon Valley PWD: 9 Consecutive Years*
- Ogden Water Department received an Honorable Mention for achieving perfect compliance for 11 of 12 months.*



CUPHD Dental is a member of IFLOSS and will attend the regional meeting for IFLOSS in Bloomington, IL on Friday, November 7th. For more information please visit the link below: [www.ifloss.org](http://www.ifloss.org)

CUPHD Dental will soon be offering Fluoride Varnish for infants and toddlers age 0-36 months through Maternal Child & Health. For more information about the benefits of fluoride varnish please visit: <http://www.illinoisaaap.org/oralhealth.htm>



CUPHD Dental is available for Oral Health and Dental Care Presentations. For more information, please contact:  
Alicia Ekhoﬀ  
Dental Program Coordinator  
(217) 531-4538  
[aekhoff@cuphd.org](mailto:aekhoff@cuphd.org)

**The Urbana School Health Center (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.



There are currently 3223 students enrolled in the program, 60% of the Urbana School District

### Medical - A Partnership with Frances Nelson Health Center

#### Visits

New Patient	26
Visits by Patients of Record	166
<b>Total Patient Visits</b>	<b>192</b>

### Mental Health - A Partnership with Mental Health Center for Champaign County

Regular clients seen weekly	48
<b>Total seen</b>	<b>192</b>

\*Refer to Dental numbers for dental visits

## Special Events

**May 5-8** National Mental Health Week at the Urbana High School. A week packed of public service announcements, information at the lunch hours by mental health professionals, and a showing of the movie Canvas. The Mental Health Center of Champaign County in partnership with the Urbana School Health Center promoted healthy lifestyles and life coping skills.

**May 15-16** Illinois Coalition for School Health Centers (ICSHC) held their annual statewide meeting. Heidi Britton, Program Coordinator, presented to other school health centers on standards of School Health Centers in the state of Illinois and how to engage families within your school health center. There were over 100 participants at this year's meeting. To see more about the meeting you can go to ICSHC's website at <http://www.ilmaternal.org/ICSHC.index.htm>

**May 27-29** The medical providers at USHC in partnership with Frances Nelson Health Center held a three day sports physical clinic for all athletes entering 10th, 11th, and 12th grades. This was a great way to get kids in before school finished for the year and have them ready to play sports this summer. We saw over 50 kids in 3 days.

### Adult Prevention & Management of Disease

The adult immunization program serves adults over 18 years for routine, educational requirements, accidents and travel immunizations using scheduled appointments. During this time blood pressure checks and casual blood glucose checks are available for walk-in clients.

Immunizations	C-U	Co	Other
Hepatitis A	6	1	
Hepatitis B	8	3	
Polio			
Meningococcal / Menactra	0		
Meningococcal / Menomune	0		
Mumps, Measles, Rubella	5	2	
Tetanus and diphtheria	4		
Tetanus, diphtheria and acellular pertussis	2		
Hepatitis A and Hepatitis B	11		
Typhoid	6		
Varicella /chickenpox	4		
Flu/Pneumonia Walk-Ins	0		
BG Check	1		
BP Check	0		



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

**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 Newsletter May/June 250 people

### Special Events

#### Health Fair /Events:

There were two health fairs we participated in with a total of 362 attending.

#### Diabetes Outreach meetings

(2) took place at Round Barn Senior Hi-Rise and Washington Square with 13 people in attendance. Themes for discussion were how to make lettuce salad with spring greens and healthy dressing, group discussion about newly diagnosed quarterback of the Denver Broncos about advice of living with diabetes, influence of blood sugars and bladder infection-prevention and treatment, advice not to over use cranberry juice-1x per week, A1c –purpose and interpretation, frequency of test.

**Community Home Nursing Program** offers a skilled nurses assessment and disease management for patients with Diabetes, Hypertension, Coronary Artery Disease, Glaucoma, Cancer, Pain Management, Nutritional, Medication Management and Client Centered education related to disease processes and management.



20 home visits were completed by a Registered Nurse

C-U      Co  
20          0

**Services Rendered**

Skilled Nurse Assessment: 20

Disease Management- Diabetes, Hypertension, Coronary Artery Disease, Pro-time Management, Glaucoma, Medication Management: 20

Day Care Assesments: 0

<b>Champaign-Urbana</b>							
	40 y/o	50 y/o	60 y/o	70 y/o	80 y/o	90 y/o	100 y/o
M					1		
F		5		5	9		

<b>County</b>							
	40 y/o	50 y/o	60 y/o	70 y/o	80 y/o	90 y/o	100 y/o
M							
F							

## Tobacco Programs

**Project TNT** is 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 communication skills.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0
County	# of times presented <small>(Count complete programs, not sessions)</small>	4	Total # of people served	101

**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 suggests.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	3	Total # of people served	3
County	# of times presented <small>(Count complete programs, not sessions)</small>	1	Total # of people served	1

**Freedom from Smoking** is 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.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0
County	# of times presented <small>(Count complete programs, not sessions)</small>	0	Total # of people served	0

**NOT HERE** is 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 does an official check for compliance. 3 times a year

CU	# of Attempts	9	# of Sales	2
County	# of Attempts	1	# of Sales	0

**Not On Tobacco (N-O-T)** is a 10-week cessation program for youth. In certain municipalities in Champaign County, possession of tobacco products by minors is illegal. This program is offered to the minors instead of paying the fine.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	1
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

**Smoke Free Illinois compliance** is our 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.

CU	# of Complaints	9
County	# of Complaints	7

**REALITY, IL** is a program for youth ages 13-18 who are tobacco prevention advocates. We have meetings, events, set up bulletin boards, film commercials, create bus signs and billboards. They hold poster contests for elementary school students.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	3
County	# of times presented (Count complete programs, not sessions)	1	Total # of people served	9

**Tobacco Education-** Age-appropriate tobacco education is provided at schools by request.

CU	# of times presented (Count complete programs, not sessions)	7	Total # of people served	165
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0





**Other Education Programs**

**Nutrition Education-** age-appropriate nutrition is provided to classrooms by request

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

**Training Intervention Procedures (T.I.Ps)** is an alcohol serving training program. CUPHD partners with The Champaign Police Department to bring this program to area alcohol servers.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	9
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	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. Topics include sexual health, nutrition, and tobacco.

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

**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 (Count complete programs, not sessions)	2	Total # of people served	45
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

Health Educators assisted with the Child Safety Seat Inspection Station, a program run through our Division of Maternal and Child Health  
Health Promotion team members assisted 3 times in the month of May

**CATCH Programs** 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
Dr. Howard Elementary, Champaign	488
Thomasboro Elementary, Thomasboro	202
Unity West Elementary, Tolono	410

## SPECIAL EVENTS

**5/29.** CUPHD's CATCH program was represented at Unity West's Fun Day. we saw every child in the school, and engaged them in physical activity and educated them on healthy behaviors. Also, on 5/29, we were invited to do the same at Dr. Howard Elementary's Field Day. We saw all the students at Dr. Howard as well.

**5/15-5/17 Two of our Health Educators** participated in a Sexual Health training on the curriculum Our Whole Lives in Bowling Green, OH. This 3-day training helped them to understand the curriculum and how to implement with our schools.

**On 5/15** CUPHD held it's first annual Women's Wellness Workshop. We invited all the women of Champaign County to attend. We had several area experts offer classes on nutrition, physical activity, stress management, and time management. A boot camp and Pilates class were offered as well. There was a health fair, where our nurses and techs offered blood pressure and cholesterol screenings. There were 63 women in attendace.

**5/21** We pesented CATCH information to Fisher Grade School faculty, so they can implement the program next year.

**Champaign Urbana Public Health District's (CUPHD) Vision Cooperative** offers eye exams and eye glasses to people who have Illinois Public Aid as their insurance. CUPHD Vision Cooperative staff act as the gatekeeper to a coalition of area optometrists and an ophthalmologist who have offered to be a part of this great program. By calling the Lens Line (217-531-5367) a person can receive access to an eye exam by one of the participating licensed eye professional provider and access to the CUPHD eye glass program.

Once a person receives an eye exam and a prescription for eye glasses, the Vision Cooperative schedules the person for eye glass fitting and selection. CUPHD has a wide selection of 49 different eye glass frames that are available in different colors. CUPHD Vision Cooperative is able to bill Illinois Public Aid for the eye glasses and lenses; therefore there is no cost to the client for the eye glass frames and lenses.

Services	C-U	Co.	Other
Adult Glasses Fittings	31	10	7
Adult Glasses Dispensing	26	6	10
Adult Glasses Repair	0	0	0
<b>Total Adults Serviced</b>	<b>57</b>	<b>16</b>	<b>17</b>
Child Glasses Fitting	20	5	3
Child Glasses Dispensing	25	7	5
Child Glasses Repair	4	0	0
<b>Total Children Serviced</b>	<b>49</b>	<b>12</b>	<b>8</b>
<b>Total Clients Serviced</b>	<b>106</b>	<b>28</b>	<b>25</b>
Appointment No-Shows	11	4	3
Appointments Cancelled	5	2	1
Appointments Rescheduled	1	2	2
<b>Total # Glasses Received</b>	<b>111</b>		
Referrals made to optometrist/ophthalmologists	105		



**Total Clients Serviced for April**  
159

**Child Vision and Hearing Screening** The CUPHD Hearing and Vision Screening Program provides state-mandated hearing and vision screening to licensed day care, preschools, public schools and parochial schools. CUPHD employs a state certified auditory and vision technician

Hearing									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	0	0	0	0	0	0	0	0	
Rescreened	0	0	0	0	0	0	0	0	
Threshold	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	0	0	0	0	0	0	0	0	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	
w/ Glasses	0	0	0	0	0	0	0	0	
w/ Glasses referred	0	0	0	0	0	0	0	0	

**Illinois Breast and Cervical Cancer (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	319	181	357	304	1161
New Clients Enrolled	18	9	22	14	63
Provider & Community Outreach	20	0	128	2	150

### Special Events

IBCCP Press Conference at CUPHD Tues. May 6th @ 10am  
 Dr. Damon Arnold and Shannon Lightner from IDPH were here for this.

CUPHD IBCCP held 5 enrollment day events in honor of National Women's Health Month (May 11- 16):

- Monday May 12th @ Frances Nelson Health Center (8 women)
- Tuesday May 13th @ Community Healthcare Clinic (15 women)
- Wed, May 14th @ Bloomington Public Library (8 women)
- Thursday, May 15th @ Champaign Public Library (3 women)
- Friday May 16th @ Aunt Martha's (12 women)

IBCCP had a booth at Personal Wellness for Women Seminar  
 May 15th @CUPHD (16 women)

There were radio and newspaper advertisements promoting these events, as well as posters and hand-outs throughout the community.

Presentation given 5/21 for Women's HIV support group (4 women)

Cathy Propst presented on the databases CUPHD IBCCP developed for tracking client bills and result (clinical funding management) at the State IBCCP Conference in Springfield on 5/29.



\*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.

**Division staff participate on the following coalitions and in the community meetings**

**Monthly Meetings**

Champaign County Tobacco Prevention Coalition  
Human Services Council  
Champaign-Urbana Campus Community Coalition  
Regional Prevention Group  
Unity West Wellness Committee Meeting  
Coalition for Comprehensive Sex Education  
Illinois Health Cares about Domestic Violence  
Illinois Coalition for School Health Centers  
National Assembly for School Health Care

**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



The Division of Wellness & Health Promotion	Deb Fruitt Director	531-2921
Illinois Breast & Cervical Cancer	Cathy Propst Program Coordinator	531-2916
Health Promotions Vision-Cooperative/ Hearing & Vision	Nikki Hillier Program Coordinator	531-2914
Dental	Alicia Ekhoﬀ Program Coordinator	531-4538
Urbana School Health Center	Heidi Britton Program Coordinator	531-2890

**Have questions about Wellness and Health Promotion?**

**Get more information on our website!**

<http://www.cuphd.org/chronicdisease.html>

<b>Dental Hygienists</b> Amanda Wright Michelle Kramer Jill Hart	<b>IBCCP Intake Specialists</b> Kathy Reardon Amanda Ziemnsky Louise McClintock	<b>Dentist</b> Dr. Jim Wahl Dr. Grenda
<b>Health Educators</b> Jennifer Jackson Kari Schweighart Becky Black	<b>Nurses</b> Carole Murphy Theresa Truelove Judy Krumwiede	<b>Dental Assistants</b> Marda Keys Susan Scheffer
<b>Volunteers</b>	<b>Administrative Assistants</b> Maria Capps Pam Simmons Dee Phillips	<b>Interns</b>