



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

**Champaign-Urbana Public Health District**

## Division Of Wellness & Health Promotion

**October 2008**

### 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.

#### October 2008 Champaign Clinic Visits

	C-U	Co	Other
New Patient	24	6	0
Visits by Patients of Record	302	24	0
<b>Total Patient Visits</b>	<b>326</b>	<b>30</b>	<b>0</b>

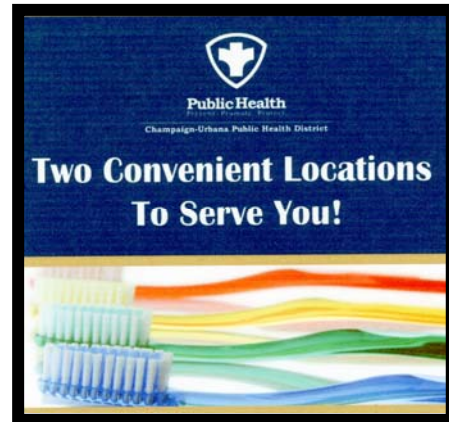
#### Procedures

Total Procedures Performed	1162
Average Procedures per Patient	3.21

#### Adult Patients

Adult Patients Scheduled	3
Adult Patients Visits	3

**Number of Days Clinic Open** 22



#### Important Announcements

In order to provide a true dental home, CUPHD must continue to provide appointment times to our patients of record, therefore we cannot over-fill the schedule with new patients. By September, 2008 high demand for new patient appointments made it necessary for the Champaign location to limit new patient appointments to 6 per hygiene treatment day. New patient appointments for December will be made available on November 17th and scheduled on a first come, first serve basis. New Patient appointments will continue to be made available month to month and are opened on the 15th of each prior month.

### 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.

#### October 2008 Urbana Visits

	C-U	Co	Other
New Patient	57	1	0
Visits by Patients of Record	179	1	0
<b>Total Patient Visits</b>	<b>236</b>	<b>2</b>	<b>0</b>

#### Procedures

Total Procedures Performed	879
Average Procedures per Patient	3.7

**Number of Days Clinic Open** 22

## Upcoming Events

**School Dental Visits** CUPHD Dental provides exams, cleanings, fluoride varnish, and dental sealants to children age K-8 in their schools using mobile dental equipment:

### Champaign Schools:

Barkstall Elementary: October 21-23: **78 Children Received Services**  
Bottenfiled Elementary: November 17-19  
Carrie Busey Elementary: December 2-3  
Dr. Howard Elementary: September 22-23: **61 Children Received Services**  
Kenwood Elementary: November 12-14  
Robeson Elementary: December 15-17  
South Side Elementary: October 6: **31 Students Received Services**  
B.T. Washington Elementary: November 3-5: **68 Children Received Services**  
Westview Elementary: December 8-10  
Jefferson Middle School: October 27-29: **60 Children Received Services**  
Garden Hills: March 17-18-19, 2009  
Stratton: May 5-6-7, 2009  
Edison Middle School: April 14-15-16, 2009  
Franklin Middle School: March 31, April 1-2, 2009

### Urbana Schools:

ML King: April 6-7-8, 2009  
Leal: January 20-21-22, 2009  
Prairie: February 24-25-26, 2009  
Thomas Paine: Not Yet Scheduled  
Wiley: March 23-24-25, 2009  
Yankee Ridge: May 11-12-13, 2009  
Urbana Middle School: January 12-13-14, 2009

Oral Health Education and Fluoride Varnish treatments are available to infants and toddlers participating in CUPHD's Maternal & Child Health WIC program. A hygienist is available on a walk-in basis by referral from MCH two days per month. Parents are instructed in the proper care of their child's teeth while the hygienist screens for moderate to high risks of developing Early Childhood Caries. The parent will also receive written instructions about how to care for their child's developing teeth and an age appropriate toothbrush. Written materials are available in English and Spanish.

#### November & December Fluoride Clinic Dates:

**November 20 & 21, 2008: 1 pm - 4 pm**

**December 18 & 19, 2008: 1 pm - 4 pm**

For more information about the benefits of fluoride varnish please visit: <http://www.illinoisap.org/oralhealth.htm>

## Dental Education

CUPHD Dental Hygienist, Amanda Wright, presented Dental Health Education to Kindergarten children at Southside Elementary School on October 29th. Twenty-two children were provided with toothbrushes and toothpaste along with hands-on demonstrations to help them properly brush their teeth. Amanda also provided Oral Health Education and information at Washington Early Childhood during the month of October.

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)



CUPHD Dental is a member of IFLOSS. For Information please visit the link below:  
[www.ifloss.org](http://www.ifloss.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.



60% of the Urbana School District students are enrolled at the Urbana School Health Center.  
 There are currently **3427** students enrolled in the program.

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

**Visits**

New Patient	84
Visits by Patients of Record	159
<b>Total Patient Visits</b>	<b>243</b>

\*Refer to Dental numbers for dental visits

**Special Events**

USHC hosted a Meet-n-Greet for Urbana School District Social Workers. The social workers met with the staff at the health center and learned about the referral process and services we offer to students enrolled in unitt 116 school district..

The CDC (Center for Disease Control) did a site visit at USHC this month. They were very impressed with the diverse programs offered at USHC .

USHC also participated in the Washington Early Childhood's Health Fair. Amanda Wright, USHC dental hygienist provided interactive dental education to all the children of WEC and their siblings. There were over 100 children in attendance.



Call us today to make an appointment for either medical, dental, or counseling: 217.239.4220

### 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	3	0	2
Hepatitis B	4	3	2
Polio	0	0	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	0	0	0
Mumps, Measles, Rubella	1	2	0
Tetanus and diphtheria	3	1	0
Tetanus, diphtheria and acellular pertussis	21	5	4
Hepatitis A and Hepatitis B	4	3	0
Typhoid	0	0	0
Varicella /chickenpox	1	0	0
Flu/Pneumonia Walk-Ins	32	3	2
BG Check	0	0	0
BP Check	2	0	0



**Adult and Travel vaccines are available Monday & Wednesdays 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 Enrollment /Reviews	<u>4</u>
Diabetes Newsletter distribution	<u>0</u>

### Special Events

#### Health Fair /Events:

We offered flu shots at the Over 50 Expo in Rantoul on October 13. There were 150 attendees.

#### Diabetes Outreach meetings

Seventeen people attended the two Outreach groups at Washington Square and Round Barn. Several participants reported recent A1c tests with results under 7. Several others anticipated their appointments in the near future for testing. Information was shared on the new Diabetes Forecast web site-forecast.diabetes.org . A complex discussion about how insulin is constructed for slower or faster absorption ensued using information from Diabetes Forecast. The diabetes vocabulary was expanded with a short quiz. A final challenge was a math quiz which calculated the need for insulin, testing strips and insulin amounts.

#### Living Well With Diabetes

Living Well with Diabetes had a 3 month reunion at Washington Square with 5 participants attending. The attendees reported that they were testing more frequently as a result of group meetings and increased understanding of diabetes management. A new Living Well group of 12 people completed a 4-week program at Sunnycrest Manor. They all earned the grocery reward card. The group was made up of 10 women and 2 men in the senior congregate living site. A 3-month reunion is planned in February 2009 with this group.

**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.



4 home visits were completed by a Registered Nurse

C-U  
4

Co  
0

**Services Rendered**

Skilled Nurse Assessment: 4

Disease Management- Diabetes, Hypertension, Coronary Artery Disease, Pro-time Management, Glaucoma, Medication Management:4

Day Care Assessments: 0

Champaign-Urbana							
	40 y/o	50 y/o	60 y/o	70 y/o	80 y/o	90 y/o	100 y/o
M	0	0			0	0	0
F	0	1	0	0	0	0	0

## 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 (Count complete programs, not sessions)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	2	Total # of people served	47

**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 (Count complete programs, not sessions)	1	Total # of people served	2
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0



**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 (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



**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	0	# of Sales	0
County	# of Attempts	0	# 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)	0	Total # of people served	0
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	2
County	# of Complaints	0



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

**Tobacco Education-** Age-appropriate tobacco education is provided at schools 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)	2	Total # of people served	66





## Other Education Programs

**Hand Washing Education-** age-appropriate hand washing education is provided to classrooms by request.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	11
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	14
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)	2	Total # of people served	14
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)	0	Total # of people served	0
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

**Osteoporosis Prevention for Teens- Bone Up!-** three session program for junior high and high school girls to teach them the importance of building bones now to prevent osteoporosis later. The girls learned the importance of calcium, and foods that hinder and help the absorption of calcium, and make plans to increase calcium. They learn to make healthy calcium-rich snacks and they get to try them. They also learn the importance of weight-bearing exercise and earn gear to assist them with increasing this activity.

Because we offer two session once a week for two weeks, and the third session one month later, no one has completed the entire class, but 71 girls in Champaign-Urbana have complete 2 of 3 sessions.

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 2 times in the month of October



Coordinated  
Approach  
To  
Child  
Health

**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
Fisher Grade School, Fisher	318



## SPECIAL EVENTS

**October 2nd** We held a clinic for School Physicals in collaboration with HeRMES and Unit 4 Title 1. We served 43 clients.

**October 3rd** The Comprehensive Sexual Health Education training featuring the Our Whole Lives curriculum was held at the Champaign-Urbana Public Health District. There were 27 participants, including teachers, social workers, therapists, school nurses, etc., in attendance for the training with representation from several schools and agencies throughout Champaign County. The training focused on the need for comprehensive sexuality education for grades K-12 and how to implement the Our Whole Lives curriculum. Representatives from Champaign-Urbana Public Health District, Planned Parenthood, ICAH (Illinois Caucus for Adolescent Health), and CCSE (Campaign for Comprehensive Sexuality Education) facilitated the workshops and informational sessions throughout the day. The training was a great success as was shown through verbal feedback from participants as well as written evaluations. The Comprehensive Sexual Health Education training left participants hoping for more future trainings!

**October 18th** we attended a Health Fair at Sam's Club. There were 100 people.

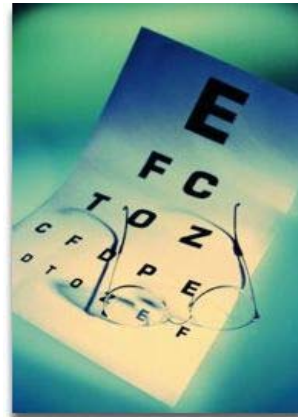
**October 23rd** we held 1 Lucky Tray Day at Fisher Grade School in October.

**October 28th** We presented at a local factory on local cessation resources to prepare them for American Cancer Society's Great American Smokeout. There were 60 employees present.

**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	16	5	3
Adult Glasses Dispensing	22	6	3
Adult Glasses Repair	1	0	0
<b>Total Adults Serviced</b>	<b>39</b>	<b>11</b>	<b>17</b>
Child Glasses Fitting	32	7	3
Child Glasses Dispensing	24	12	5
Child Glasses Repair	0	1	0
<b>Total Children Serviced</b>	<b>56</b>	<b>20</b>	<b>8</b>
<b>Total Clients Serviced</b>	<b>95</b>	<b>31</b>	<b>25</b>
Appointment No-Shows	27	4	8
Appointments Cancelled	5	0	0
Appointments Rescheduled	6	0	0
<b>Total # Glasses Received</b>	<b>61</b>		
Referrals made to optometrist/ophthalmologists	115		



Total Clients Serviced for October  
151

**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	133	134	0	267	6	0	0	6	
Rescreened	0	1	0	1	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	133	130	0	263	6	0	0	6	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	
w/ Glasses	3	2	0	5	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	395	237	417	364	1413
New Clients Enrolled	18	8	12	13	51
Provider & Community Outreach	17	6	34	11	68

### October Activities

#### Presentations:

- 10/1 Christie Clinic Breast Cancer Support Group – 7 women
- 10/18 Pilgrim Missionary Baptist Church (Champaign)– 40 women
- 10/20 CUPHD Mobile Staff – 6
- 10/29 Hope Community Health Center Staff Presentation (Champaign) – 6 staff
- 10/30 CUPHD Maternal Child Health staff presentation – 32 staff

#### Enrollment Days:

- 10/10 Aunt Martha's (Danville) Enrollment Day – 7 women
- 10/15 Bloomington Public Library – 7 women
- 10/21 Community HealthCare Clinic (Normal) – 23 women
- 10/23 Frances Nelson Health Center (Champaign) – 7 women
- 10/29 Hope Community Health Center (Champaign) – 2 women

#### Community Education Events

- 10/1 Park Ave. 7th Day Adventist Church (Champaign) – 25 women
- 10/7 Press Conference w/ State IBCCP staff @ Concept School of Cosmetology (Urbana) regarding

#### Beautiful Inside and Out Campaign and Walgreen's Initiative

- 10/13 Crossroads of Life Community Church (Rantoul) – 50 women
- 10/17 WCIA channel 3 (Champaign) Live interview on noon news
- 10/18 Sam's Club (Champaign) – 100+ women
- 10/22 Early Detection Connection Event (2 locations in Bloomington) – 750 women
- 10/25 Breast Cancer Awareness Event (Champaign Public Library) – 50 women
- 10/25 Savoy 16 Theater (Savoy) – 40 women
- 10/28 Grace Lutheran Church (Champaign) 200 flyers for food pantry bags



**Breast cancer awareness month**

\*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 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  
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  
Dr. Howard Elementary Wellness Committee Meeting  
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



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>

<p style="text-align: center;"><b>Dental Hygienists</b> Amanda Wright Michelle Kramer Jill Hart</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b> Kathy Reardon Amanda Ziemnsky Louise McClintock</p>	<p style="text-align: center;"><b>Dentist</b> Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>
<p style="text-align: center;"><b>Health Educators</b> Jennifer Jackson Kari Schweighart Becky Black</p>	<p style="text-align: center;"><b>Nurses</b> Theresa Truelove Judy Krumwiede</p>	<p style="text-align: center;"><b>Dental Assistants</b> Marda Keys Susan Scheffer</p>
<p style="text-align: center;"><b>Volunteers</b> Nedra Brown Shirley Newman Paul Gormiski Jill Grider McKayla Hellyer Carina Palmerin</p>	<p style="text-align: center;"><b>Administrative Assistants</b> Maria Capps Pam Simmons Dee Phillips</p>	<p style="text-align: center;"><b>Interns</b> Nancy Magaña Emily Sha Aziza Awate Rajpaul Singh</p>