



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion

November 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.

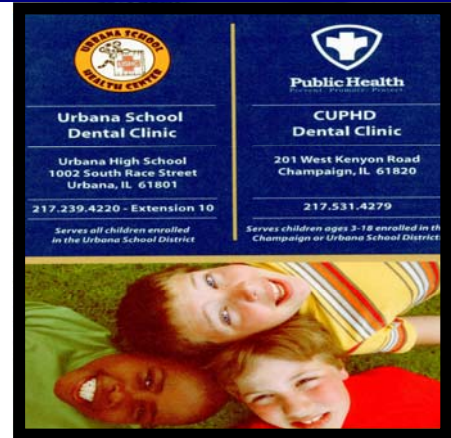
Champaign Visits	C-U	Co	Other
New Patient	28	4	0
Visits by Patients of Record	183	20	0
Total Patient Visits	211	24	0
Procedures			
Total Procedures Performed	774		
Average Procedures per Patient	3.28		
Adult Patients			
Adult Patients Scheduled	1		
Adult Patients Visits	0		
Number of Days Clinic Open	16		



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.

Urbana Visits	C-U	Co	Other
New Patient	44	2	0
Visits by Patients of Record	128	4	0
Total Patient Visits	172	6	0
Procedures			
Total Procedures Performed	581		
Average Procedures per Patient	3.26		
Number of Days Clinic Open	14		



Special Announcements

NOTE: In order to provide a true dental home, CUPHD must continue to provide appointment times to our patients of record, therefore 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 served basis. New patient appointments will continue to be made available month to month and are opened on the 15th of each prior month.

Upcoming Events

Infant and Toddler Fluoride Varnish Program

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.

December & January Fluoride Clinic Dates:

December 18 & 19: 1 pm - 4 pm

January 28 & 29: 1 pm - 4 pm

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

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: 35 Children Received Services

Carrie Busey Elementary: December 2-3

Dr. Howard Elementary: September 22-23: 61 Children Received Services

Kenwood Elementary: November 12-14: 111 Children Received Services

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: February 3-4-5, 2009

Wiley: March 23-24-25, 2009

Yankee Ridge: May 11-12-13, 2009

Urbana Middle School: January 12-13-14, 2009

Dental Education

CUPHD is available for Oral Health Presentations to all ages. In November Amanda Wright, RDH participated in Washington Early Childhood's Wellness Fair. CUPHD also provided 30 adult toothbrushes to the TIMES Center through the Parkland College Nursing Program. 15 children's toothbrushes were donated to Don Moyers Boys & Girls Club through the Parkland College Dental Hygiene Program.



CUPHD Dental is a member of IFLOSS. For Information please visit the link below:
www.ifloss.org

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



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	32
Visits by Patients of Record	138
Total Patient Visits	170

*Refer to Dental numbers for dental visits

Special Events

The Urbana School Health Center participated in the Central Regional School Health Center conference held in Peoria, IL. The School Health Center's in Peoria hosted the meeting that was attended by all Central Region School Health Centers. Linda Cox, Nurse Practitioner at the USHC presented to the group on an obesity program developed by NAPNAP called HEAT (Healthy Eating and Activity Together). The presentation was well received and will help advance the practices school health centers use to prevent childhood obesity.

The Urbana School Health Center would like to acknowledge and thank the members of the Alpha Epsilon Delta national pre-med honor society for selecting USHC as their philanthropic organization. Heidi Britton, Program Director spoke to the members of the group at the University of Illinois about the School Health Center model and specifics of USHC. USHC is excited about this partnership and anticipate many more years of working together.



Call today to make an appointment for 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	2	0	0
Hepatitis B	2	1	3
Polio	1	3	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	1	0	0
Mumps, Measles, Rubella	6	2	0
Tetanus and diphtheria	0	1	0
Tetanus, diphtheria and acellular pertussis	4	2	1
Hepatitis A and Hepatitis B	5	2	1
Typhoid	1	0	1
Varicella /chickenpox	0	1	0
Flu/Pneumonia Walk-Ins	29	1	2
BG Check	0	0	0
BP Check	5	4	1



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 1
 Diabetes Newsletter distribution 260

Special Events

Health Fair /Events:

November 7th, we attended a Low Vision Health Fair for PACE ; 130 people attended.

November 14th, we presented Diabetes Self- Management information to clients and staff at A Circle of Friends. 20 participated.

November 15th, we attended a Mexican consulate event. The event was held at Jefferson Middle School, and 350 people attended from Champaign and surrounding Counties.

Diabetes Outreach meetings

2 meetings were held at Round Barn and Washington Square. 12 people participated.

Topics discussed were transfat detection and legal efforts to ban transfats in restaurants, doctors who send prescriptions electronically to pharmacists and healthy holiday recipes were shared.

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

<u>C-U</u>	<u>Co</u>
1	0

Services Rendered

Skilled Nurse Assessment: 1

Disease Management- Diabetes, Hypertension, Coronary Artery Disease, Pro-time Management, Glaucoma, Medication Management:1

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)	3	Total # of people served	59
County	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0

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	1
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	We are not currently offering any Freedom From Smoking classes.
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	6	# of Sales	1
County	# of Attempts	5	# 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	We have a youth completing the class currently, but he has not graduated yet.
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	4
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

Letting Go- a support group for people who are quitting smoking, no matter where they are in the quitting process. Participants gain tools needed to quit smoking, develop an individualized plan to quit, prepare for trigger situations, celebrate successes with other quitters, discuss cessation aids and options. the group meets weekly on Tuesday evenings.

CU	# of times presented (Count complete programs, not sessions)	4	Total # of people served	5
County	# of times presented (Count complete programs, not sessions)	4	Total # of people served	1



Tobacco Education- Age-appropriate tobacco education is provided at schools 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



CUPHD Division of
Wellness Health Promotion
www.cuphd.org/chronicdisease.html
November 2008 Board Report

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	28
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)	11	Total # of people served	1
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	13
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)	4	Total # of people served	49
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

Times Assisted 2

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.



We offer two session once a week for two weeks, and the third session one month later, 71 girls in Champaign-Urbana have complete 2 of 3 sessions.



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

For Election Day, two of schools held two CATCH related voting events. Unity West students voted for their favorite fruit and favorite vegetable. Strawberries and Watermelon tied for the top fruit, and corn was the favorite vegetable. Fisher Grade School students voted on a name for their cafeteria. They chose The Little Scottie Café.

On November 12, we spoke at a lecture in a Community Health Program Planning class. There were 80 students in attendance.

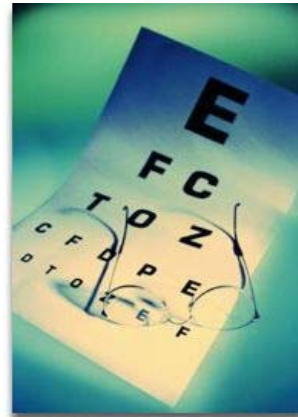
November 20th, was the annual Great American Smokeout when smoker give up their cigarettes for one day. CUPHD helped by having area student color quit kit bags with positive messages to those who might try to quit. We participated in several media events. Quit kit bags were distributed all over Champaign County. CUPHD distributed 40 at our location.

We participated in 2 health fairs. One was for Wolfram Research, and 100 people attended. The other was for a sector of the Vineyard Church, and 50 people attended.

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	29	8	3
Adult Glasses Dispensing	11	6	1
Adult Glasses Repair	0	0	0
Total Adults Serviced	40	14	17
Child Glasses Fitting	32	11	4
Child Glasses Dispensing	18	12	6
Child Glasses Repair	0	1	0
Total Children Serviced	50	24	10
Total Clients Serviced	90	38	27
Appointment No-Shows	27	4	8
Appointments Cancelled	5	0	0
Appointments Rescheduled	6	0	0
Total # Glasses Received	63		
Referrals made to optometrist/ophthalmologists	73		



Total Clients Serviced for November
155

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	146	0	146	2	0	0	2	
Rescreened	0	3	0	3	0	0	0	0	
Threshold	0	0	0	0	0	0	0	0	
Referred	0	1	0	1	0	0	0	0	

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	0	144	0	144	2	0	0	2	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	
w/ Glasses	0	2	0	2	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	405	243	419	362	1429
New Clients Enrolled	36	23	14	13	86
Provider & Community Outreach	2	2	0	2	6

Activities

- 11/2 IBCCP Booth at St. Mary's Catholic Church Health Fair - 24 women
- 11/12 IBCCP Presentation for CUPHD Infectious Disease Staff – 15 staff members
- 11/18&19 Cathy Propst attended the IDPH Women's Health Conference in Oak Brook, IL.

*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/ccsafekids/>

<http://www.illinoisAAP.org/oralhealth.htm>

www.ifloss.org

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>

