



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion

December 2008

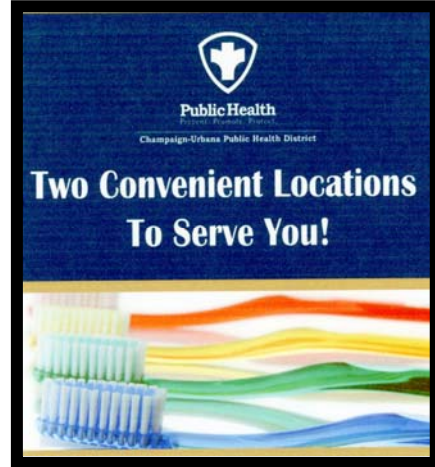
Programs

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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.

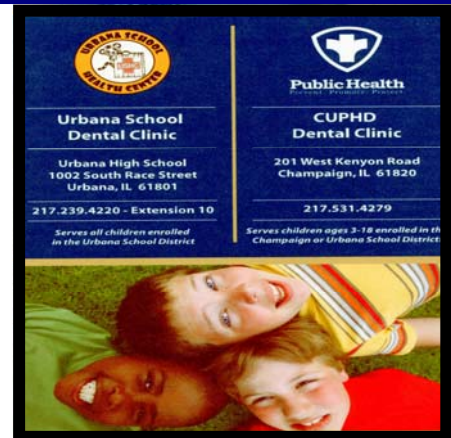
Champaign Visits	C-U	Co	Other
New Patient	39	3	42
Visits by Patients of Record	187	12	199
Total Patient Visits	226	15	241
Number of Children Seen in School Sealant Visits: 199			
Number of Sealants Placed in School Sealant Visits: 132			
Procedures			
Total Procedures Performed	724		
Average Procedures per Patient	3		
Adult Patients			
Adult Patients Scheduled	1		
Adult Patients Visits	1		
Number of Days Clinic Open	20		



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	42	2	44
Visits by Patients of Record	122	4	126
Total Patient Visits	164	6	170
Procedures			
Total Procedures Performed	606		
Average Procedures per Patient	3.6		
Number of Days Clinic Open	15		



Special Announcements

Effective January 1, 2009 all patients are required to have All Kids or Medicaid. Patients without insurance or who are underinsured are referred to a CUPHD All Kids Agent for assistance with obtaining All Kids or Medicaid as primary or secondary insurance.

The Champaign clinic has found it necessary to limit new patient visits to 6 per day in order to continue to provide followup appointments for patients of record and children who are seen at school clinics and require followup care. HFS requires a recall system for patients of record and requires timely followup appointments be made available to insure that all patients are receiving consistent care.

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.

2009 Dates:

January 28 & 29: 1 pm - 4 pm

February 25 & 26: 1 pm - 4 pm

March 24 & 25: 1 pm - 4 pm

April 21 & 22: 1 pm - 4 pm

May 27 & 28: 1 pm - 4 pm

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

School Dental Visits

CUPHD Dental provides exams to children age K-8 in their schools using mobile dental equipment. Children who meet eligibility requirements also receive cleanings, sealants, and fluoride varnish treatments.

The following schools are scheduled for 2008-09

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: 61 Children Received Services
Dr. Howard Elementary: September 22-23: 61 Children Received Services
Kenwood Elementary: November 12-14: 111 Children Received Services
Robeson Elementary: December 15-16-17: 86 Children Received Services
South Side Elementary: October 6: 31 Students Received Services
B.T. Washington Elementary: November 3-5: 68 Children Received Services
Westview Elementary: December 8-9: 59 Children Received Services
Jefferson Middle School: October 27-29: 60 Children Received Services
Garden Hills: March 17-18-19, 2009
Franklin Middle School: March 31, April 1-2, 2009
Edison Middle School: April 14-15-16, 2009
Stratton: May 5-6-7, 2009

Urbana Schools:

Urbana Middle School: January 13-14, 2009
Leal: January 20, 2009
Thomas Paine: February 3-4-5, 2009
Prairie: February 24-25-26, 2009
Wiley: March 23-24-25, 2009
ML King: April 6-7-8, 2009
Yankee Ridge: May 11-12-13, 2009

Dental Education



CUPHD Dental is a member of IFLOSS. For Information please visit 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



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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	19
Visits by Patients of Record	126
Total Patient Visits	145

*Refer to Dental numbers for dental visits



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.

Immunizations	C-U	Co	Other
Hepatitis A	1	1	0
Hepatitis B	1	0	0
Polio	0	0	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	0	0	0
Mumps, Measles, Rubella	7	0	2
Tetanus and diphtheria	2	0	0
Tetanus, diphtheria and acellular pertussis	5	1	0
Hepatitis A and Hepatitis B	7	2	0
Typhoid	1	2	1
Varicella /chickenpox	1	0	0
Flu/Pneumonia Walk-Ins	15	2	1
BG Check	0	0	0
BP Check	16	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 0
 Diabetes Newsletter distribution 0

Special Events

Health Fair /Events:

December 4th 10-2pm City of Urbana Employees Health Fair. 120 persons attended. Agency-wide information was offered with special emphasis on diabetes prevention and smoking cessation.

December 11th 4-6:30pm Urbana School Personnel Fair and Open House. 180 persons attended, 16 persons had their BP checked. Diabetes prevention information was offered.

Diabetes Outreach meetings

We held two Diabetes Management Outreach meetings at Round Barn and Washington Square. There were 17 participants. Topics discussed included having higher protein breakfasts to increase the feeling of fullness and satisfaction during the day; the safest liquid to drink with medications is water because juices interact with some medications and; 5 steps to staying healthy during the winter- reduce chronic stress, control blood glucose, maintain or increase your daily activity, eat healthfully and have full periods of rest. Several low carbohydrate treats were recommended.

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.



1 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	64	There are a few classrooms in the County in the process right now
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)	2	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	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	0	# of Sales	0	We have completed our compliance checks for this time period
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	We have one youth enrolled at this time
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	0
County	# of Complaints	3



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	6
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	2
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)	6	Total # of people served	187
County	# of times presented (Count complete programs, not sessions)	3	Total # of people served	15



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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)	22	Total # of people served	433
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	20
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)	2	Total # of people served	9

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	We had no requests this month
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 sessions once a week for two weeks, and the third session one month later, 36 completed all three 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

12/29 Our REALITY, IL of Champaign County youth organized a Skating party for their peers and younger kids to educate on the dangers of tobacco use, and to recruit more REALITY youth. Anyone who brought in a tobacco advertisement, quit kit bag or poster received free admission. Participants could answer tobacco questions and receive prizes. 59 people attended

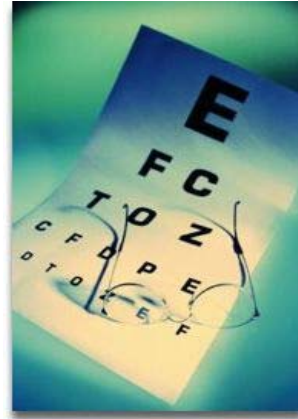


12/4 Participated in the City of Urbana Health Fair, 60 people attended.

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	16	3	0
Adult Glasses Dispensing	15	8	4
Adult Glasses Repair	0	0	0
Total Adults Serviced	31	11	17
Child Glasses Fitting	21	4	0
Child Glasses Dispensing	32	1	3
Child Glasses Repair	2	0	0
Total Children Serviced	55	5	3
Total Clients Serviced	86	16	20
Appointment No-Shows	27	4	8
Appointments Cancelled	5	0	0
Appointments Rescheduled	6	0	0
Total # Glasses Received	104		
Referrals made to optometrist/ophthalmologists	68		



Total Clients Serviced for December
122

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	30	0	0	30
Rescreened	0	0	0	0	0	0	0	0	0
Threshold	0	0	0	0	0	0	0	0	0
Referred	0	0	0	0	0	1	0	0	1

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total		C-U	Co.	Other	Total
Screened	0	0	0	0	0	21	0	0	21
Rescreened	0	0	0	0	0	0	0	0	0
Referred	0	0	0	0	0	7	0	0	7
w/ Glasses	0	0	0	0	0	8	0	0	8
w/ Glasses referred	0	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	388	240	405	345	1378
New Clients Enrolled	18	9	12	8	47
Provider & Community Outreach	7	7	182	0	196

Activities

Upcoming Events:

January 2009 Cervical Cancer Awareness Month

January 2009 Enrollment Day Events:

Wednesday, January 14th, 8am - noon AND 1pm-4pm

Frances Nelson Health Center
819 W. Bloomington Rd., Champaign

Friday, January 16th, 8:30am - noon AND 1pm - 4pm

Aunt Martha's Vermilion Area Community Health Center
614 N. Gilbert, Danville

Friday, January 16th, 9am - 3pm

Normal Public Library
206 W. College Ave., Normal

Thursday, January 22nd, 11am - 7pm

Fashion Bug
1901 N. Market St., Champaign

Tuesday, January 27th, 8:30am - 12:30pm AND 1:30pm - 3:30pm

Community Healthcare Clinic
902 Franklin Ave., Normal

Tuesday, February 24th, 10am - 2pm

Parkland College Health Fair
2400 W. Bradley Ave., Champaign

Tuesday, February 24th, 3pm - 8pm

Illinois Heart and Lung Foundation Women's Health Night
Interstate Center, Bloomington

*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>

