



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion

February 2009

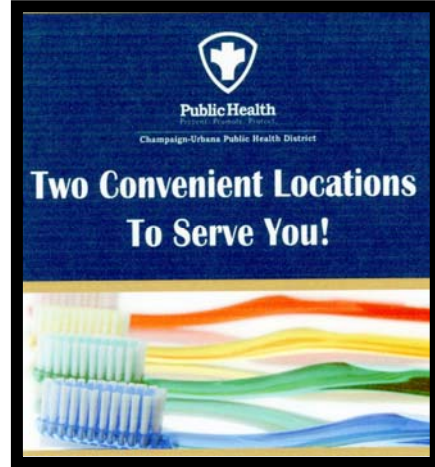
Programs

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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.

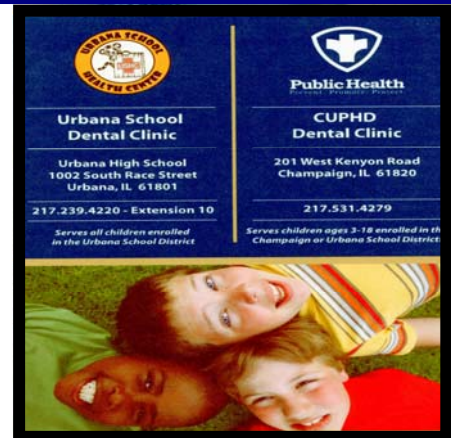
Champaign Visits	C-U	Co
New Patient	51	6
Visits by Patients of Record	216	12
Total Patient Visits	267	18
Number of Children Seen in School Sealant Visits:		66
Number of Sealants Placed in School Sealant Visits:		69
Procedures		
Total Procedures Performed	940	
Average Procedures per Patient	3.36	
Number of Days Clinic Open	18	



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
New Patient	39	2
Visits by Patients of Record	133	3
Total Patient Visits	172	5
Procedures		
Total Procedures Performed	597	
Average Procedures per Patient	3.5	
Number of Days Clinic Open	19	



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 follow-up appointments for patients of record and children who are seen at school clinics and require follow-up care. HFS requires a recall system for patients of record and requires timely follow-up appointments be made available to insure that all patients are receiving consistent care.

Upcoming Events

Infant and Toddler Fluoride Varnish Program

Student Interns from UIUC working on CRAYON research are available daily in the MCH/WIC reception area to talk with parents of infants and toddlers about proper oral care for their children. The students are trained to provide education regarding Early Childhood Caries and complete questionnaires with parents to screen for risk factors associated with ECC. Parents are given an age appropriate toothbrush for their child and information about CUPHD's Fluoride Varnish Program. For more information about CRAYON please visit:

www.kch.uiuc.edu/labs/crayon/default.htm

Additional 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 two afternoons 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 and a fluoride varnish treatment if indicated after also being examined by a CUPHD dentist. The parent receives 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>

Give Kids a Smile Day 2009:

On Saturday, February 7th CUPHD Dental will partner with the Illini Dental Society & Smile Healthy to participate in Give Kids a Smile Day at Marketplace Mall. Dr. Kara Ruffatto & Dr. James Wahl will join other area dentist to provide free dental exams and fluoride varnish applications for Illinois school children. Other activities planned include a visit from the Delta Dental Tooth Wizard & the Tooth Fairy, face painting, dental puppets, All Kids information from Krista Smothers of Doral Dental, free tooth brushes, toothpaste, and floss.



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.

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: 40 Children Received Services
Leal: January 20, 2009: 25 Children Received Services
Thomas Paine: February 3-4-5, 2009 33 Children Received Services
Prairie: February 24-25-26, 2009 33 Children Received Services
Wiley: March 23-24-25, 2009
ML King: April 6-7-8, 2009
Yankee Ridge: May 11-12-13, 2009

Dental Education



Amanda Wright, RDH visits childcare facilities to present Oral Healthcare Presentations

Children also receive a free toothbrush, toothpaste, and floss along with referrals to CUPHD Dental Clinics.

Champaign Early Childhood: Approximately 18 children

M. L. King Elementary: Approximately 54 children

Coop Nursery School of C-U: Approximately 13 children



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



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	29
Visits by Patients of Record	164
Total Patient Visits	193

*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	6	1	0
Hepatitis B	7	3	0
Polio	1	0	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	0	0	0
Mumps, Measles, Rubella	3	1	0
Tetanus and diphtheria	3	0	0
Tetanus, diphtheria and acellular pertussis	5	4	0
Hepatitis A and Hepatitis B	3	0	2
Typhoid	0	0	2
Varicella /chickenpox	3	0	0
Flu/Pneumonia Walk-Ins	1	2	0
BG Check	0	0	0
BP Check	0	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 1
Diabetes Newsletter distribution 250

Special Events

Health Fair /Events:

2/24/09 We participated in the Parkland College African American Health Fair 63 people were served.

Diabetes Outreach meetings

Two Diabetes outreach meeting were held, one 2/19/09 at Round Barn, and one on 2/23/09 at Washington Square. A total of 11 people participated. The feature food was White Bean Soup with Escarole and crackers. The use of dried beans and the addition of escarole were focused on the carbohydrates to count plus the feeling of fullness. The message of diabetes prevention was shared for the benefit of family and friends. Reasons to check blood glucose and it uses with diabetes management was debated. The use of Omega-3 oils with heart disease prevention and reduction of inflammation in the blood vessels was our final area of focus.

The Living Well with Diabetes Program

The Living Well with Diabetes Program was implemented at Florida House. For 4 Tuesdays from 1/27/09 through 2/17/09. A total of 10 attended with 5 earning the gift certificate for attending 4 group sessions. The four main areas of conversation were understanding what happens to develop Type 2 diabetes, food and diabetes, treatment of diabetes with medication and blood sugar testing and long term effects of diabetes as an ever changing disease with recognition and appropriate treatment.

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)	1	Total # of people served	24
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



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)	1	Total # of people served	24



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)	3	Total # of people served	77

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	6
County	# of times presented (Count complete programs, not sessions)	4	Total # of people served	1



Other Education Programs

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	35
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	13



Hand Washing Education- age-appropriate hand washing education 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)	1	Total # of people served	23

Health Educators assisted with the Child Safety Seat Inspection Station, a program run through our Division of Maternal and Child Health

Times Assisted 3

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, no one has completed the entire class, but 71 girls in Champaign-Urbana have completed the classes. This month 182 girls in Rantoul completed all three sessions. Twenty-five completed all three sessions in Thomasboro



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

We participated in 3 community events.

February 19th, we presented tobacco cessation information and provided resources for participants in the food pantry program. We also brought materials on all of C-UPHD's programs. 200 people were served.

February 26th, we participated in the Cunningham Children's Home employee Wellness Fair. 80 were served.

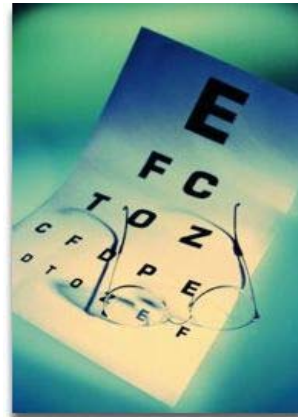
February 26th, we participated in the Urbana School District's African American Cultural Event. 300 people participated.

We assisted Fisher Grade school with their Lucky Tray Day.

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.
Adult Glasses Fittings	30	1
Adult Glasses Dispensing	24	7
Adult Glasses Repair	0	0
Total Adults Serviced	54	8
Child Glasses Fitting	38	5
Child Glasses Dispensing	25	3
Child Glasses Repair	0	0
Total Children Serviced	63	8
Total Clients Serviced	117	16
Appointment No-Shows	12	1
Appointments Cancelled	6	0
Appointments Rescheduled	11	1
Total # Glasses Received	54	
Referrals made to optometrist/ophthalmologists	55	



Total Clients Serviced February
143

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	47	111	0	158	1	0	0	1	
Rescreened	0	0	0	0	0	0	0	0	
Threshold	0	0	0	0	0	0	0	0	
Referred	0	2	0	2	0	0	0	0	

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	43	110	0	153	1	0	0	1	
Rescreened	0	0	0	0	0	0	0	0	
Referred	0	0	0	0	0	0	0	0	
w/ Glasses	2	2	0	4	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	422	273	435	372	1502
New Clients Enrolled	24	19	18	17	78
Provider & Community Outreach	1	2	94	0	97

Special Events

2/21/2009 IBCCP Booth at C-U Fashion Bug Bra Fitting Event - 10 women

2/24/09 Parkland College Health Fair Booth - 80+ women

2/24/09 IBCCP Booth at IL Heart and Lung Foundation Women's Health Fair in Bloomington - 1500+ attended with at least 100+ talking to staff at IBCCP booth.

Upcoming Events

3/14/09 Health Fair at Mt. Olive Church

3/21/09 Curves Health Fair - Savoy

3/21/09 Health Fair at Douglas Annex

3/31/09 Enrollment Day at Community HealthCare Clinic In Normal

Staff Education

The 3 IBCCP Nurses attended the 2/20/09 Breast Cancer Symposium at Memorial Medical Center In Springfield.

*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>

<p style="text-align: center;">Nurses</p> <p>Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;">Dental Hygienists</p> <p>Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;">Health Educators</p> <p>Jennifer Jackson Trisha Gillespie</p>
<p style="text-align: center;">Dentist</p> <p>Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p>Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>	<p style="text-align: center;">Interns</p> <p>Emily Sha Aziza Awate Rajpaul Singh Adriane Epling</p>
<p style="text-align: center;">Volunteers</p> <p>Nedra Brown Paul Gormiski Jill Grider McKayla Hellyer Carina Palmerin Whitney Kross Laura Lane Caitlyn Krauss Becky Kendrick</p>	<p style="text-align: center;">Administrative Assistants</p> <p>Maria Capps Pam Simmons Dee Phillips</p>	<p style="text-align: center;">Dental Assistants</p> <p>Marda Keys Susan Scheffer</p>
	<p style="text-align: center;">Vision & Hearing</p> <p>Becky Black</p>	<p style="text-align: center;">Experience Works Assistance</p> <p>Vivian Chelette Pat McClellan Ruth Anne Wylie</p>