



Champaign-Urbana Public Health District

Division Of Wellness & Health Promotion April 2009

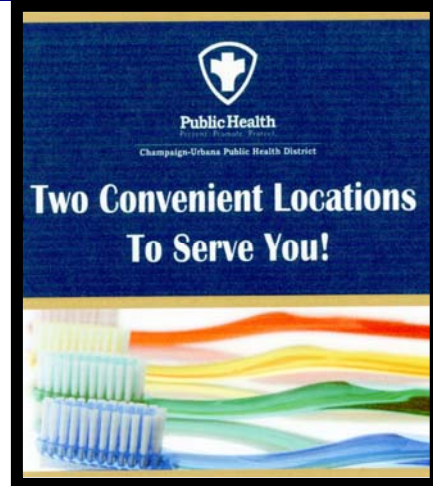
Programs

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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.

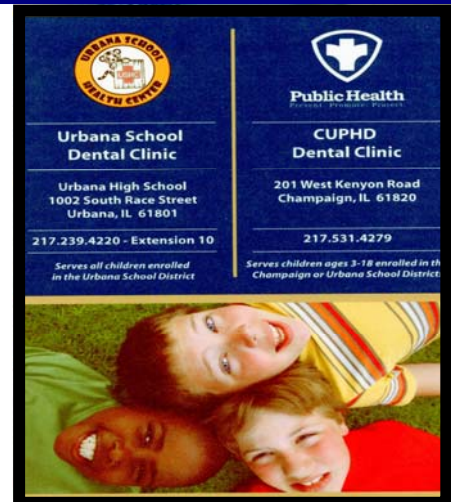
Champaign Visits	C-U	Co
New Patient	67	13
Visits by Patients of Record	270	0
Total Patient Visits	337	13
Number of Children Seen in School Sealant Visits:	183	
Number of Sealants Placed in School Sealant Visits:		275
Procedures		
Total Procedures Performed	1249	
Average Procedures per Patient	3.5	
Number of Days Clinic Open	22	



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	35	1
Visits by Patients of Record	162	6
Total Patient Visits	197	7
Procedures		
Total Procedures Performed	680	
Average Procedures per Patient	3.33	
Number of Days Clinic Open	19	



Dental Education

CUPHD Dental is available for Oral Health and Dental Care Presentations. For more information, please contact:

Alicia Ekhoﬀ
Dental Program Coordinator
(217) 531-4538



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 Upcoming Dates:

May 27 & 28: 1 pm - 4 pm June 24-25: 1pm-4pm July 29-30: 1pm-4pm August 26-27: 1pm-4pm
September 23-24: 1pm-4pm October 21-22: 1pm-4pm November 18-19: 1pm-4pm December 9-30: 1pm-4pm

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.

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 15-17: **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 17-19, 2009: **127 Children Received Services**
Franklin Middle School: March 31: **21 Children Received Services**
Edison Middle School: April 14, 2009: **28 Children Received Services**
Stratton: May 5-6, 2009
Pavilion School: May 28, 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 3-5, 2009: **33 Children Received Services**
Prairie: February 24-26, 2009: **33 Children Received Services**
Wiley: April 21, 2009: **23 Children Received Services**
ML King: April 7, 2009: **50 Children Received Services**
Yankee Ridge: May 12, 2009



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

CUPHD Division of
Wellness Health Promotion
www.cuphd.org/chronicdisease.html
April 2009 Board Report

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	36
Visits by Patients of Record	182
Total Patient Visits	218

*Refer to Dental numbers for dental visits

Special Events

April 2nd, 7th, and 14th provided information on accessing the Urbana School Health Center and gave out toothbrushes and toothpaste at Washington Early Childhood's Kindergarten Preparation meeting with parents.

April 16th provided information about the Urbana School Health Center at the Urbana Middle School for all incoming 6th graders and their parents.

Upcoming activities

Urbana School Health Center will be hosting a Sports Physical Clinic for all incoming 10th, 11th and 12th graders. This will give the athletes at the Urbana High School an opportunity to get their sports physical before school ends so they are ready to practice this summer.



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	5	1	2
Hepatitis B	3	7	0
Polio	2	0	0
Meningococcal / Menactra	0	0	0
Meningococcal / Menomune	2	0	0
Mumps, Measles, Rubella	4	1	0
Tetanus and diphtheria	7	1	0
Tetanus, diphtheria and acellular pertussis	7	1	0
Hepatitis A and Hepatitis B	4	3	1
Typhoid	7	1	2
Varicella /chickenpox	1	0	0
Flu/Pneumonia Walk-Ins	2	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 0
Diabetes Newsletter distribution 260

Special Events

Health Fair /Events:

April 21st Special Pops 450
April 18th CUPHD garage sale 200

In informational meeting was held at Round Barn. Seven people were interested in registering for the 4-week class that includes conversation maps on living with diabetes.

Diabetes Outreach meetings

Three Diabetes outreach meetings were held in April at Round Barn, Washington Square, and Sunnycrest Manor. A total of 23 participated. We held discussions on getting longer periods of sleep and being thrifty while shopping. Participants shared hints and suggestions on ways to reduce food costs and the importance of sleep especially at night to reduce blood pressure and to prevent plaque build up. Also addressed were new changes in the sweetner market and the uses of blood glucose testing and the steps needed assure accurate results.

Annual Review

Thank you for completing the yearly diabetes self survey! This survey is very helpful in understanding diabetes care in our county. Below are some of your statistics for 2008.

1. Times in the past year your feet were examined by a health professional:

70% had 1 or more foot exams in the last year



► Remember to take off your socks and shoes while you wait for your physical examination.

► Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

► Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

2. Have you had a flu shot in the past year?

85% had flu immunizations

Flu Shots

► In general, every person with diabetes needs a flu shot each year. Talk with your doctor about having a flu shot.

► Flu shots make it much harder for you to catch the flu for about 6 months.

► For extra safety, it's a good idea for the people you live with or spend a lot of time with to get a flu shot, too. You are less likely to get the flu if the people around you don't have it.



3. Have you ever heard of Glycosylated Hemoglobin or Hemoglobin A1C?

78% reported they knew what a Hemoglobin A1c test was

4. Number of times in the past year Glycosylated Hemoglobin was checked?

84% reported their A1c was tested 1 or more times in the last year

Importance of Hemoglobin A1c Test

► The hemoglobin A1c test - is an important blood test used to determine how well your diabetes is being controlled over a 3 month period. It is used in conjunction with home blood sugar monitoring to make adjustments in your diabetes medicines.

► People with diabetes should have this test every 3-6 months to determine whether their blood sugars have reached the target level of control.

► Experts recommend checking at least 2 times a year

5. Have you had a dilated eye exam?

82% reported a dilate eye exam in the last year



► See your eye care professional at least once a year for a dilated eye exam



6. How many times a day do you check your blood sugar?

91% reported testing their blood sugar 1 or more times a day

► Blood glucose levels that vary widely may indicate a problem

► Several random measurements may be taken throughout the day

► Try testing before a meal or 2 hours after eating

7. While being seen by a Health Care Professional

45% reported receiving Diabetes education

► Reminder, Ask your Health Care Professional about current diabetes self management information

► For web savvy individuals The American Diabetes Association is pleased to present ADA Live! - A series of live Q & A sessions with experts on topics related to diabetes and healthy living <http://www.diabetes.org/>

8. In the past year received Nutrition Education from a Registered Dietitian

30% reported receiving Nutrition education from a Registered Dietitian

► If you are insured or on Medicaid look into your benefits. You may be eligible for up to 2 visits a year with a Registered Dietitian.

Thank you and keep up the good work in 2009!

36% of people reported using exercise as part of their diabetes self management



Here are some ways to incorporate exercise into your day



Shopping

Fishing

Take care of pets

Spring Cleaning

Swimming



Gardening

Walking

Play with kids

Take the stairs

Avoid using the remote control

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.

County	# of times presented	1	Total # of people served	21
	(Count complete programs, not sessions)			

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	5	Total # of people served	5
	(Count complete programs, not sessions)			
County	# of times presented	1	Total # of people served	3
	(Count complete programs, not sessions)			

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	1
County	# of Complaints	1



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

County	# of times presented	6	Total # of people served	164
	(Count complete programs, not sessions)			



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.

County	# of times presented	1	Total # of people served	77
	(Count complete programs, not sessions)			

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 <small>(Count complete programs, not sessions)</small>	4	Total # of people served	8
County	# of times presented <small>(Count complete programs, not sessions)</small>	4	Total # of people served	2



Other Education Programs

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

County	# of times presented <small>(Count complete programs, not sessions)</small>	2	Total # of people served	24
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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 <small>(Count complete programs, not sessions)</small>	1	Total # of people served	21
County	# of times presented <small>(Count complete programs, not sessions)</small>	1	Total # of people served	10

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 <small>(Count complete programs, not sessions)</small>	1	Total # of people served	32
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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 <small>(Count complete programs, not sessions)</small>	11	Total # of people served	188
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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.

BONE UP!



In March 142 girls in the County, and 50 girls in the District completed the first two sessions.



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 several community events.

We kicked off our second session of total Fitness. Five people completed the class. Total Fitness is a program for families that focuses on:

Basic Nutrition Information

- Nutritious Meal Planning
- Cost-Effective Shopping
- Farmer's Markets & Community Gardens for Lower Cost Fruits & Vegetables
- Healthy Cooking
- Basic Nutrition Information
- Goal Setting with Exercise & Food Tracking

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	35	9
Adult Glasses Dispensing	31	3
Adult Glasses Repair	1	0
Total Adults Serviced	67	12
Child Glasses Fitting	36	13
Child Glasses Dispensing	35	6
Child Glasses Repair	0	0
Total Children Serviced	71	19
Total Clients Serviced	138	31
Appointment No-Shows	11	0
Appointments Cancelled	1	0
Appointments Rescheduled	2	0
Total # Glasses Received	80	
Referrals made to optometrist/ophthalmologists	86	



Total Clients Serviced
169

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 employees a state certified auditory and vision technician

Hearing									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	35			35	13			13	
Rescreened									
Threshold									
Referred									

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total	C-U	Co.	Other	Total	
Screened	30			30	5			5	
Rescreened									
Referred					2			2	
w/ Glasses	1			1	3			3	
w/ Glasses referred									

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	492	308	459	387	1646
New Clients Enrolled	28	19	17	15	79
Provider & Community Outreach	112	36	251	0	399

Special Events

Special Events: 5/10 - 16 National Women's Health Week

ENROLLMENT DAYS:

Saturday May 9th 9am – 6pm

Gordyville USA - Gifford, IL
7 ½ miles east of I-57 on Rt 136 (1/2 mile west of Gifford on Rt 136)

Monday May 11th 8:30am – 12:30pm & 1:30pm – 4pm

Aunt Martha's Vermilion Area Community Health Center
614 N. Gilbert
Danville, IL 61832

Tuesday May 12th, 8am -12noon and 1-4pm

Frances Nelson Health Center
819 W. Bloomington Rd.
Champaign, IL 61820

Tues, May 12th 8:30 am–12:30 pm & 1:30 pm–3:30 pm

Community Health Care Clinic
902 Franklin Ave.
Normal, IL 61761

Friday, May 15 9:00 am – 2:00 pm

Community Cancer Center Library
407 E Vernon
Normal, IL 61761

Saturday May 16th 11am- 1pm

Fashion Bug
Champaign, 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
- Asthma Meeting

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 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>Ruth Anne Wylie</p>