



**Champaign-Urbana Public Health District**

# Division Of Wellness & Health Promotion May 2009

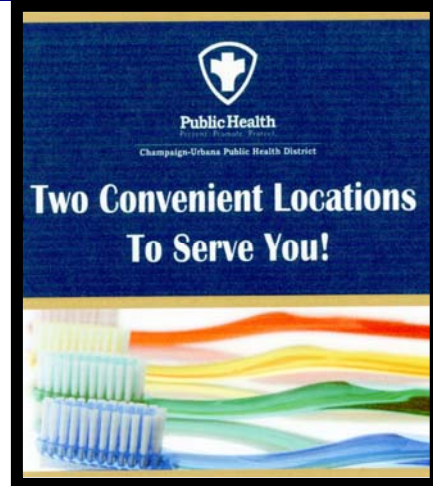
## Programs

	Page
Cover	1
Dental	2-3
Urbana School Health Center	4
Adult Prevention & Management of Disease	5
Health Promotion Programs	6-9
Vision Cooperative / Child Vision & Hearing Screening	10
Illinois Breast & Cervical Cancer Program	11
Community Meetings and Websites	12
Contacts	13

**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.

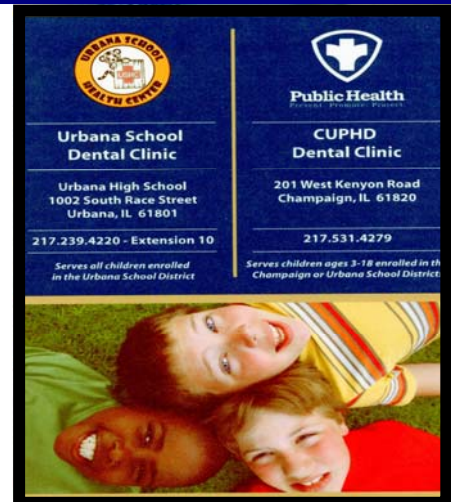
Champaign Visits	C-U	Co
New Patient	45	7
Visits by Patients of Record	202	19
<b>Total Patient Visits</b>	<b>247</b>	<b>26</b>
Number of Children Seen in School Sealant Visits:	<b>128</b>	
Number of Sealants Placed in School Sealant Visits:		<b>98</b>
<b>Procedures</b>		
Total Procedures Performed	914	
Average Procedures per Patient	3.39	
<b>Number of Days Clinic Open</b>	<b>20</b>	



**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	32	0
Visits by Patients of Record	163	4
<b>Total Patient Visits</b>	<b>195</b>	<b>4</b>
<b>Procedures</b>		
Total Procedures Performed	<b>571</b>	
Average Procedures per Patient	<b>3</b>	
<b>Number of Days Clinic Open</b>	<b>20</b>	



**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



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



## 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](http://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:

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: **77 Children Received Services**  
Pavilion School: May 28, 2009: **28 Children Received Services**

### 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: **23 Children Received Services**

## Announcements

Twenty new CRAYON Research Interns from the University of Illinois to enroll children into a research project that will study the correlation between childhood obesity and the age the a child is first introduced to solid foods. The study includes an oral health component, so students are using questions from the Bright Smiles from Birth screenings to talk with parents about helping their child's developing teeth stay healthy. Student offer parents age appropriate toothbrush for toddlers and infants and provide them with information about the Infant and Toddler Fluoride Varnish Program. The interns are available daily in the Maternal & Child Health reception area daily.

**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 **4083** students enrolled in the program.

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

#### Visits

New Patient	21
Visits by Patients of Record	154
<b>Total Patient Visits</b>	<b>175</b>

\*Refer to Dental numbers for dental visits

### Special Events

Special Thank You to the members of the Alpha Epsilon Delta National Premedical Honorary Society for their generous donation to the Urbana School Health Center. Program Coordinator, Heidi Britton and Director of Wellness and Health Promotion, Deb Fruitt attended the awards ceremony on May 3rd at the University of Illinois.

The Illinois Coalition for School Health Centers held their annual statewide meeting in Champaign May 7-8. The Urbana School Health Center held a tour of the health center for participants of the conference. This was a great opportunity for other school health centers from across the state to network with each other. USHC's very own mental health counselor, Amber Dowers, LCPC and nurse practitioner, Linda Cox, APN presented at the meeting.

We would also like to thank Sen. Frerichs for taking time out of his busy schedule to come to the social event for the ICSHC conference. He has been a great supporter of the Urbana School Health Center.

USHC held a successful health fair at the Urbana High School on May 14th. The health fair featured programs such as the Champaign Urbana Public Health District, Rape Crisis and American Cancer Society.



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	4	1	1
Hepatitis B	5	4	2
Polio	2	1	
Meningococcal / Menactra			
Meningococcal / Menomune	2		
Mumps, Measles, Rubella	6		
Tetanus and diphtheria	9	1	
Tetanus, diphtheria and acellular pertussis	8	1	
Hepatitis A and Hepatitis B	7	2	
Typhoid	1	1	
Varicella /chickenpox	3		
Flu/Pneumonia Walk-Ins	3		
BG Check			
BP Check			



**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 5  
 Diabetes Newsletter distribution 0

### Special Events

#### Diabetes Outreach meetings

Outreach groups were held for diabetes at Round Barn, Washington Square and Sunnycrest Manor. 24 attended. The featured food was a corn salad from the Illinois Extension. Participants learned about measuring the amount for a serving, counting carbohydrates and fitting the recipe into a meal plan. Topics included, taking a nut quiz, the benefits of taking aspirin daily for persons over 65 with diabetes, the American Diabetes Association 2009 updated guidelines for doctors to treat Type 2 diabetes in non-pregnant adults, the benefit of taking statin pills every day for people with diabetes, the need for yearly kidney function checks by physicians, and lastly the range of 100 calorie snacks now available- and the good and bad content of the snacks.

#### Living Well With Diabetes

Living Well has had 3 sessions at Round Barn. An enthusiastic group of 11 registered to attend. Topics covered in our conversations have been –What is diabetes, the physical and emotional issues of managing diabetes, food and the central part it plays with diabetes management and most recently self monitoring of diabetes and how to use your numbers for help in managing your diabetes. The reality is that each person with diabetes self-manages their diabetes, so building skills to talk with and use their health care provider for information and support is critical for healthy self-care.

## 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.

<b>County</b>	# of times presented (Count complete programs, not sessions)	2	Total # of people served	63
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**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.

<b>CU</b>	# of times presented (Count complete programs, not sessions)	2	Total # of people served	2
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<b>County</b>	# of times presented (Count complete programs, not sessions)	3	Total # of people served	3
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**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

<b>County</b>	# of Attempts	8	# of Sales	3
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**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.

<b>CU</b>	# of Complaints	4
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**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 and billboards. They hold poster contests for elementary school students.

<b>County</b>	# of times presented (Count complete programs, not sessions)	3	Total # of people served	77
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**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

<b>CU</b>	# of times presented	4	Total # of people served	4
	(Count complete programs, not sessions)			

<b>County</b>	# of times presented	4	Total # of people served	5
	(Count complete programs, not sessions)			



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

<b>CU</b>	# of times presented	14	Total # of people served	683
	(Count complete programs, not sessions)			

<b>County</b>	# of times presented	6	Total # of people served	162
	(Count complete programs, not sessions)			

### Other Education Programs

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

<b>CU</b>	# of times presented	1	Total # of people served	48
	(Count complete programs, not sessions)			

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



**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.

<b>CU</b>	# of times presented	1	Total # of people served	5
	(Count complete programs, not sessions)			

<b>County</b>	# of times presented	1	Total # of people served	3
	(Count complete programs, not sessions)			

**Reproductive Health-** Age-appropriate sexual health programs are provided by our health educators, topics include puberty, self-image, sexually transmitted infection, and contraception.

<b>CU</b>	# of times presented	3	Total # of people served	68
	(Count complete programs, not sessions)			



**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.



<b>CU</b>	# of times presented (Count complete programs, not sessions)	3	Total # of people served	44
<b>County</b>	# of times presented (Count complete programs, not sessions)	8	Total # of people served	216

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

**Times Assisted** 1

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

<b>CU</b>	# of times presented (Count complete programs, not sessions)	1	Total # of people served	48
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**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 eating their GO foods, they get a raffle ticket. At the end of the day 3 students selected to win prizes.

**Schools currently participating in CATCH are:**

	# of students
<b>Dr. Howard Elementary, Champaign</b>	488
<b>Thomasboro Elementary, Thomasboro</b>	202
<b>Unity West Elementary, Tolono</b>	410
<b>Fisher Grade School, Fisher</b>	318
<b>Carrie Busey</b>	410





## SPECIAL EVENTS

**REALITY, IL held their annual poster contest.**

**Winners were:**

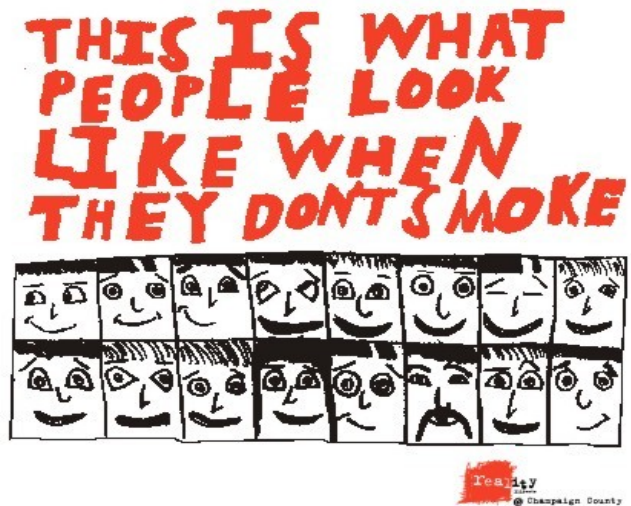


### **Grades K-2**

- 1 - Will Delaney - 1st - Fisher Grade School
- 2 - Kiley Chancelor - 2nd -Unity West
- 3 - Sandy Howe - 2nd - Ludlow Elementary

### **Grades 3-5**

- 1 - Gavin Schrader - 5th - Dr. Howard
- 2 - Jack McDonald - 4th - Carrie Busey
- 3 - Sophia Wallis - 5th - Dr. Howard



**May 12th**, The Asthma Partnership held their first Community Asthma Event. Twenty-two people attended to hear 4 presenters discuss the proper use of asthma equipment and aids, and the effects asthma has on other family members.

**May 14th**, We held events at two locations for World No Tobacco Day. At the Champaign-Urbana Public Health District, and at Parkland College, participants left messages to encourage people to quit smoking, to check in with those who committed to being smokefree at the beginning of the year, and to commit to quitting. People who left messages or commitments, were given a coupon for a cup of coffee, a \$10 gift card for a local salon, a fresh flower, and the chance to win one of 2 gym memberships.

**May 18th**, We attended the Community and Family Information Resource Fair. One hundred people participated.

**May 20th**, REALITY, IL held their first Staff vs. Students Kick Ash Kickball Game at J.W. Eater in Rantoul. 120 students and faculty participated.

**May 21st**, Nutrition Education was provided to 11 employees at the Regional Office of Public Health

**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	13	4
Adult Glasses Dispensing	27	6
Adult Glasses Repair		
<b>Total Adults Serviced</b>	<b>40</b>	<b>10</b>
Child Glasses Fitting	18	1
Child Glasses Dispensing	40	7
Child Glasses Repair		
<b>Total Children Serviced</b>	<b>58</b>	<b>8</b>
<b>Total Clients Serviced</b>	<b>98</b>	<b>18</b>
Appointment No-Shows	11	
Appointments Cancelled	1	
Appointments Rescheduled	2	
<b>Total # Glasses Received</b>	<b>85</b>	
Referrals made to optometrist/ophthalmologists	76	



**Total Clients Serviced for May**  
116

**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	27	47		74					
Rescreened									
Threshold									
Referred		1		1					

Vision									
Pre K					School Age				
	C-U	Co.	Other	Total		C-U	Co.	Other	Total
Screened	26	44		70					
Rescreened									
Referred		1		1					
w/ Glasses	1	2		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	497	311	476	391	1675
New Clients Enrolled	27	14	28	12	81
Provider & Community Outreach	4	1	161	34	200

## Special Events

### May Enrollment Day Response

#### 5/9/09

Gordyville USA in Gifford - 80 people

#### 5/11/09

Aunt Martha's Health Center in Danville - 17 women

#### 5/12/09

Frances Nelson Health Center in Champaign - 10 women

#### 5/12/09

Community Health Care Clinic in Normal - 24 women

#### 5/15/09

Community Cancer Center in Bloomington - 3 women

#### 5/16/09

Fashion Bug in Champaign - 13 women

5/7/09 WILL Radio IBCCP Interview regarding the May Enrollment days

\*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/diabetes_resources.html)

<http://www.cuphd.org/ccsafekids/>

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

[www.ifloss.org](http://www.ifloss.org)

[www.stock2forflu.com](http://www.stock2forflu.com)

## Wellness & Health Promotion Contacts

217-373-7901



The Division of Wellness & Health Promotion	Deb Fruitt Director	531-2921
Illinois Breast & Cervical Cancer	Cathy Propst Program Coordinator	531-2916
Health Promotions Vision-Cooperative/ Hearing & Vision	Nikki Hillier Program Coordinator	531-2914
Dental	Alicia Ekhoﬀ Program Coordinator	531-4538
Urbana School Health Center	Heidi Britton Program Coordinator	531-2890

### Have questions about Wellness and Health Promotion?

**Get more information on our website!**

<http://www.cuphd.org/chronicdisease.html>

<p style="text-align: center;"><b>Nurses</b></p> <p>Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b></p> <p>Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;"><b>Health Educators</b></p> <p>Jennifer Jackson Trisha Gillespie</p>
<p style="text-align: center;"><b>Dentist</b></p> <p>Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;"><b>Dental Assistants</b></p> <p>Marda Keys Susan Scheffer</p>	<p style="text-align: center;"><b>Administrative Assistants</b></p> <p>Maria Capps Pam Simmons Dee Phillips</p>
<p style="text-align: center;"><b>Volunteers</b></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;"><b>Interns</b></p> <p>Emily Sha Aziza Awate</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
	<p style="text-align: center;"><b>Vision &amp; Hearing</b></p> <p>Becky Black</p>	