



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division Of
Wellness & Health Promotion
June 2009

Programs

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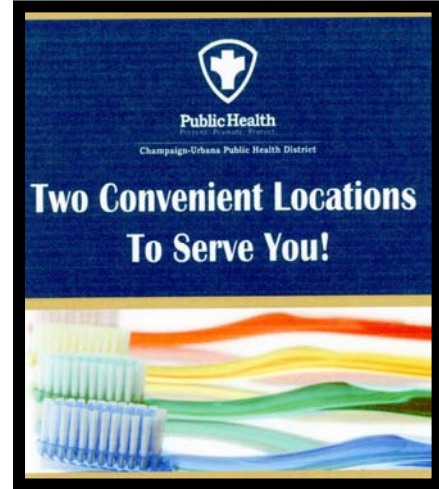
CUPHD Dental Program

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.

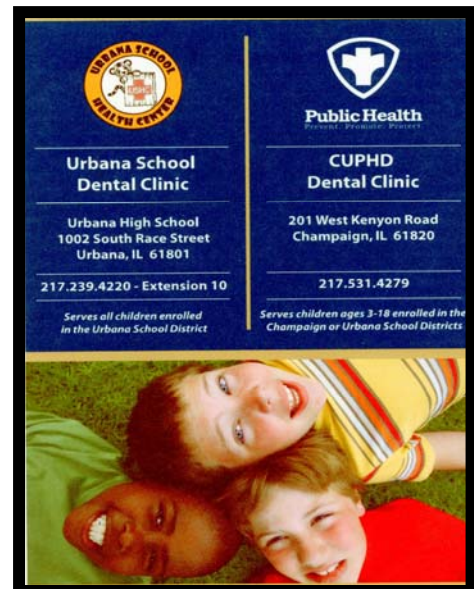
Champaign Visits	C-U	Co
New Patient	74	10
Visits by Patients of Record	264	10
Total Patient Visits	338	20
Number of Children Seen in School Sealant Visits:	NA	
Number of Sealants Placed in School Sealant Visits:	NA	
Procedures		
Total Procedures Performed	1264	
Average Procedures per Patient	3.5	
Number 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	32	6
Visits by Patients of Record	123	13
Total Patient Visits	155	19
Procedures		
Total Procedures Performed	547	
Average Procedures per Patient	3.1	
Number of Days Clinic Open	22	





CUPHD's Champaign Dental Clinic now provides services for children beginning at age 1 year!

The American Academy of Pediatric Dentists recommends that children be seen for their first dental visit within 6 months of the appearance of their first tooth. CUPHD's Champaign Clinic began providing preventative services beginning at age 1 year on July 1, 2009. The first visit consists of an exam, parent education, toothbrushing instruction, and fluoride varnish. Children are recalled every 4 months for fluoride varnish treatments until their 3rd birthday.

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:

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>

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



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.

Medical - A Partnership with Frances Nelson Health Center

Visits

New Patient	17
Visits by Patients of Record	97
Total Patient Visits	114

*Refer to Dental numbers for dental visits

News

USHC is working closely with the Urbana High School Football Coach, Nathan Watson this month. The health center has agreed to provide the football players custom made black and orange mouth guards. It is an exciting opportunity for the health center to provide this service to the team and work in collaboration with the Urbana High School shop teacher, Urbana Football Booster Club and Coach Watson. Thank you to everyone for making this happen.

Special events

Central Registration at Urbana Middle School

Tues., Aug. 4
10 a.m. - 6 p.m.

Wed., Aug. 5
10 a.m. - 6 p.m.

Thurs., Aug. 6
2 p.m. - 6 p.m.

60% of the Urbana School District students are enrolled at the Urbana School Health Center. There are currently 4083 students enrolled in the program.



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		
Hepatitis B	8	2	1
Polio	4		1
Meningococcal / Menactra			1
Meningococcal / Menomune			
Mumps, Measles, Rubella	13	5	
Tetanus and diphtheria	8	4	3
Tetanus, diphtheria and acellular pertussis	11	1	4
Hepatitis A and Hepatitis B	8	2	
Typhoid	7		1
Varicella /chickenpox	6	3	2
Flu/Pneumonia Walk-Ins			2
BG Check			
BP Check			



**Adult and Travel vaccines
are available
Monday & Wednesdays
by appointment.
Call 531-2922
-Ask for Theresa**

Total Immunizations for June 71 17 15

The CUPHD Diabetes Program

The 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	<u>0</u>
Diabetes Newsletter distribution	<u>0</u>

Special Events

Diabetes Outreach meetings

Three Diabetes outreach meeting were held, one at Round Barn, one at Washington Square, and One at Sunnycrest Manor. A total of 21 people participated. The recipe demonstration was Inca Red Quinoa Pilaf. The participants learned that Quinoa is a grain that provides protein. The group discussion was about research on brown fat which may help with weight loss. We also discussed new knowledge of Type 1 diabetes occurring in infants and treatment for it. Participants were reminded about Medicare coverage and to be sure their A1c tests are done at least 3 months apart for Medicare to pay. One way to be sure of dates is to get a copy of the results and mark the date on the calendar. Lastly, we looked at ways to liven up cooking by trying something new, using spices, and changing cooking techniques.

Living Well With Diabetes

Living Well with Diabetes finished on 6/2 at Round Barn. Seven people recieved grocery cards for attendance at 4 sessions. A total of 11 persons attended all or part of the series of the class that includes conversation maps on living with diabetes.

Health Fair

- June 6, Church of the Living God. 50 participated

Tobacco Programs

Break the Habit

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.

County	# of times presented <small>(Count complete programs, not sessions)</small>	2	Total # of people served	2
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Smoke Free Illinois compliance

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



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>	5	Total # of people served	3
County	# of times presented <small>(Count complete programs, not sessions)</small>	5	Total # of people served	3



Other Education Programs

Nutrition Education

Age-appropriate nutrition education is provided to classrooms by request.

CU	# of times presented <small>(Count complete programs, not sessions)</small>	4	Total # of people served	59
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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	15
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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>	1	Total # of people served	29	CUPHD Division of Wellness Health Promotion http://c-uphd/wellness-health-promotion.html June 2009 Board Report
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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. This month's topic was tobacco.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	9
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Child Safety Seat Inspection Station

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

Times Assisted 1

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
Carrie Busey	410



SPECIAL EVENTS

We participated in several community events.

We kicked off our third session of Total Fitness. It was held at the Center for Women in Transition. There were 10 participants who 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

Playing It Safe was held June 6. Two of our staff who are certified child safety seat technicians spent their day at the Champaign County Fairgrounds teaching adults properly install child safety seats.

Our first **Germ Busters Boot Camp** was held June 19th. *Twenty* children met Agents Hand Wash-R, T-Zone, and Sleeves, and learned how to prevent the spread of germs. Participants weighed in on which videos would be most effective for youth of varying ages, and learned the Germ Busters theme song, so they can spread the word. Participants received: a badge, a t-shirt, a temporary tattoo, and a germ busters pencil. When a photographer from a newspaper arrived, he sneezed into his hand... a big no no, and Germ Buster Troops let him know how to sneeze properly- IN YOUR SLEEVE!

Champaign Urbana Public Health District's (CUPHD) Vision Cooperative

The 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	33	8
Adult Glasses Dispensing	33	6
Adult Glasses Repair	0	0
Total Adults Serviced	66	14
Child Glasses Fitting	66	14
Child Glasses Dispensing	40	11
Child Glasses Repair	0	0
Total Children Serviced	106	8
Total Clients Serviced	172	18
Appointment No-Shows	11	0
Appointments Cancelled	1	0
Appointments Rescheduled	2	0
Total # Glasses Received	51	
Referrals made to optometrist/ophthalmologists	83	



Total Clients Serviced for June
190

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				Total	School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	4			4	4			4
Rescreened								
Threshold								
Referred								

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

Illinois Breast and Cervical Cancer (IBCCP)

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	521	327	501	410	1759
New Clients Enrolled	23	19	26	17	85
Provider & Community Outreach	7	26	99	20	152



*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;">Dental Assistants</p> <p>Marda Keys Susan Scheffer</p>	<p style="text-align: center;">Administrative Assistants</p> <p>Maria Capps Pam Simmons Dee Phillips</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;">Interns</p> <p>Emily Sha Aziza Awate Francesca Moral</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;">Vision & Hearing</p> <p>Becky Black</p>	