



**Public Health**  
Prevent. Promote. Protect.

**Champaign-Urbana Public Health District**

## Division of Wellness & Health Promotion October 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.

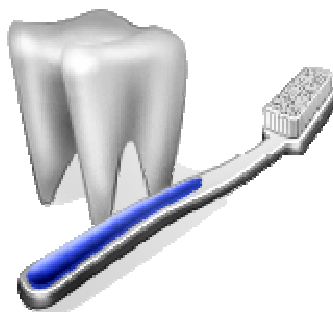
<b>Champaign Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	54	3
Visits by Patients of Record	253	20
<b>Total Patient Visits</b>	<b>307</b>	<b>23</b>

Number of Children Seen in School Sealant Visits:	95
Number of Sealants Placed in School Sealant Visits:	73

## Procedures

Total Procedures Performed	943
Average Procedures per Patient	2.9

<b>Number of Days Clinic Open</b>	<b>21</b>
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# Urbana School Health Center Dental

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



<b>Urbana Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	31	1
Visits by Patients of Record	148	3
<b>Total Patient Visits</b>	<b>179</b>	<b>4</b>

## Procedures

Total Procedures Performed	<b>610</b>
Average Procedures per Patient	<b>3.3</b>

<b>Number of Days Clinic Open</b>	<b>18</b>
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## EVENTS

The Champaign-Urbana Public Health District will host Bright Smiles from Birth Dentist Training on Friday, November 13, 2009, 8:30 a.m. - 11:30 a.m. The training is open to all dentists who are interested in becoming adjunct faculty of Bright Smiles from Birth which will allow them to provide Early Oral Health Care Education and Fluoride Varnish Application Training to pediatricians and family care practitioners. This is the first Bright Smiles from Birth Dentist Training that has been offered south of the Cook and collar counties. The mission of Bright Smiles from Birth is to encourage medical doctors to begin talking to the caregivers of infants and toddlers about early oral health care. Medical doctors are asked to encourage their patients to find a dental home by age 1 year and to apply fluoride varnish to patients who are at risk of developing Early Childhood Caries (Formerly referred to as Baby Bottle Decay).

# Announcements

## H1N1 Vaccine Clinics & Toothbrushes

Pre-Dental Club student volunteers from the University of Illinois were on hand at the recent Pre-School H1N1 Vaccine Clinics at the Champaign-Urbana Public Health District to talk with parents about the children's dental services available at CUPHD. The volunteers, who work throughout the week in the MCH/WIC playroom offering the Friendly Dental Visit Program, entertained children while teaching them tooth brushing using the Dental Dino puppet. Children also received free toothbrushes. Over 200 toothbrushes were distributed during the 4-day clinics.

### 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. This year CUPHD Dental will visit 24 schools.

#### Champaign Schools:

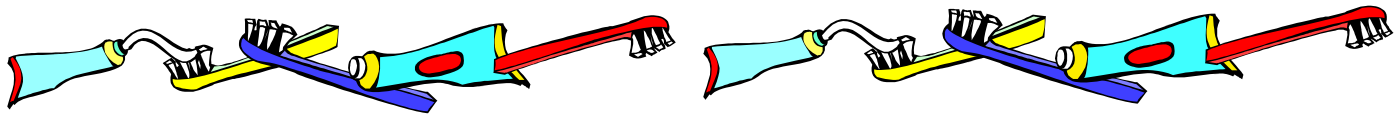
**Barkstall Elementary:** 10/29/09: 27 Children receive dental services

**South Side Elementary:** 10/22/09: 27 Children received dental services

**Jefferson Middle School:** 10/8 -10/9/09: 44 Children received dental services

#### Urbana Schools:

**Washington Early Childhood:** 10/23-10/26/09 & 11/3-11/5/09: 167 Children received dental services



## 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 or [aekhoff@c-uphd.org](mailto:aekhoff@c-uphd.org)



CUPHD Dental is a member of FLOSS.

For Information please visit [www.ifloss.org](http://www.ifloss.org)

# Urbana School Health Center



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

(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

Medical - A Partnership with Frances Nelson Health Center

## Visits

New Patient	41
Visits by Patients of Record	195
<b>Total Patient Visits</b>	<b>236</b>

\*Refer to Dental numbers for dental visits



Call today to make an appointment for medical, dental, or counseling:  
217.239.4220

# Adult Immunization

## 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	3		
Hepatitis B	9	2	1
Polio			
Meningococcal / Menactra	1		
Meningococcal / Menomune			
Mumps, Measles, Rubella	7	5	
Tetanus and diphtheria	5	3	
Tetanus, diphtheria and acellular pertussis	5	3	
Hepatitis A and Hepatitis B	9	1	
Typhoid	0		0
Varicella /chickenpox	5	3	
Flu/Pneumonia Walk-Ins	18	3	3
BG Check			
BP Check			
<b>Total Immunizations for June</b>	<b>62</b>	<b>20</b>	<b>4</b>

86



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

## Diabetes Outreach Meetings

Three Diabetes outreach meeting were held, one at Round Barn, one at Washington Square, and Sunnycrest Manor. A total of 19 people participated. We shared several good laughs reading the cartoons from Diabetes Health. Halloween treats were considered with a discussion of healthy treats such as pretzels, popcorn, party mix, nuts or string cheese. The carbohydrate counts for small packages of candy were reviewed. The need for dental care was the next topic. Good teeth and mouth health are needed for diabetes control and general good health. Many participants reported inability to access and afford dental care. The story of Olympia Dukakis and her husband, Louis Zorch's diagnoses of Type 2 diabetes emphasized the important role of annual testing. Testing is available to people on Medicare who have risk factors at no extra charge.



# Health Promotion

## 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.

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

### 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.

<b>CU</b>	# of Complaints	2
<b>County</b>	# 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.

<b>CU</b>	# of times presented	0	Total # of people served	0
<b>County</b>	# of times presented	2	Total # of people served	3
	(Count complete programs, not sessions)			



### Not Here



**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

# of Attempts	80	# of Sales	4
# of Attempts	41	# of Sales	3

### Reality, IL

**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.



<b>CU</b>	# of times presented	1	Total # of people served	6
	(Count complete programs, not sessions)			

## Other Education Programs

### Training Intervention Procedures (T.I.P.s)

Wellness Health Promotion

T.I.P.s is an alcohol serving training program. CUPHD partners with The Champaign Police Department to bring this program to area alcohol servers.

program to area alcohol servers.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	15
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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. This month's topics included **H1N1 Prevention and Tobacco**.

CU	# of times presented (Count complete programs, not sessions)	2	Total # of people served	10
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### Osteoporosis Prevention for Teens- Bone Up

**Osteoporosis Prevention for Teens- Bone Up!**- three session program for girls to teach them the importance of building bones now to prevent osteoporosis later. The girls learn 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 completed 2 out of three sessions at one school in toue County.

### 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
<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

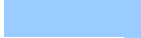
We participated in a Wellness Fair at Dr. Howard before their Walk-a-thon on October 6. Seventy-five people participated.

We participated in the Annual Disability Expo on October 17. One hundred fifty people participated.

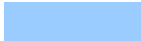
We participated in the annual low vision fair on October 23.



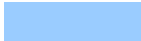
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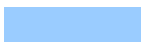
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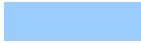


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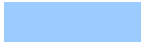


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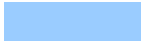




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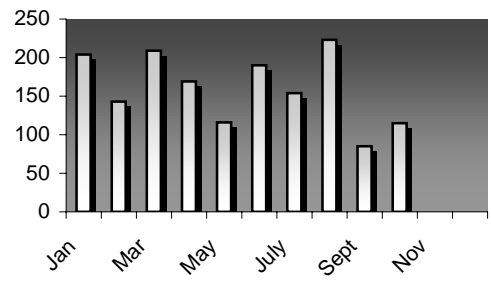
# Champaign Urbana Public Health District's (CUPHD) Vision Cooperative



The Vision Cooperative offers eye exams and eye glasses to people who have Illinois Public Aid as their insurance. Vision Cooperative staff act as the gatekeeper to a coalition of area optometrists who have offered to be a part of this great program. By calling the Lens Line (217-531-5367) a person can receive an eye exam by one of the participating licensed eye professionals 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. Vision Cooperative is able to bill Illinois Public Aid for the eye glasses and lenses; therefore there is no cost to the client.

Services	C-U	Co.
Adult Glasses Fittings	29	0
Adult Glasses Dispensing	21	0
Adult Glasses Repair	0	0
<b>Total Adults Serviced</b>	<b>50</b>	<b>0</b>
Child Glasses Fitting	39	0
Child Glasses Dispensing	26	0
Child Glasses Repair	0	0
<b>Total Children Serviced</b>	<b>65</b>	<b>0</b>
<b>Total Clients Serviced</b>	<b>115</b>	<b>0</b>
Appointment No-Shows	37	0
Appointments Cancelled	0	0
Appointments Rescheduled	0	0
<b>Total # Glasses Received</b>	<b>31</b>	



**Total Clients Serviced for Oct**  
115

Referrals made to optometrist/ophthalmologists: 76

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

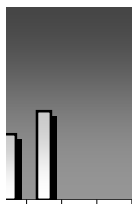
Hearing					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	46	0	0	46	78	0	0	78
Rescreened				0				0
Threshold				0				0
Referred				0				0

Vision					School Age			
Pre K					School Age			
	C-U	Co.	Other	Total	C-U	Co.	Other	Total
Screened	40	0	0	40	28	0	0	28
Rescreened				0				0
Referred				0				0
w/ Glasses	2	0	0	2	18	0	0	18
w/ Glasses referred				0				0

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# Illinois Breast & Cervical Cancer Program (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
<b>Number of Active clients</b>	540	322	518	424	<b>1804</b>
<b>New Clients Enrolled</b>	20	10	12	22	<b>64</b>
<b>Provider &amp; Community Outreach</b>	13	11	78	8	<b>110</b>

## Events

IBCCP hosted Enrollment Day Events in October for Breast Cancer Awareness Month

Champaign Co.

10/8/09 @ Frances Nelson Health Center - 8 women  
Champaign, IL 61820

McLean Co.

10/1/09 @ Community Health Care Clinic - 12 women  
Normal, IL 61761

Vermilion Co.

10/13/09 @ Tuesday, October 13th, 2009  
Aunt Martha's Health Center - 21 women  
Danville, IL 61832

1. IBCCP Breast Cancer Awareness Month (BCAM) articles ran in the Black Thoughts and Visions magazines.
2. WDWS ran an IBCCP BCAM interview.
3. BSAM Newspaper ads were run in the News Gazette, Commercial News, and the Pantagraph.
4. BCCP materials were distributed at the Urbana High School Girls BCAM Volleyball Game and at the Windsor Rd. Church Week-end of Service Event at Douglas Park.

\*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.

## WISEWOMAN



ILLINOIS DEPARTMENT OF PUBLIC HEALTH

The mission of the IWP is to provide low-income, uninsured 40 – 64 year-old women with knowledge, skills, cardiovascular screenings, and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases.

The Illinois WiseWoman Program (IWP) is a cardiovascular disease risk factor screening, intervention and evaluation program that is currently being implemented among women who participate in the Illinois Breast and Cervical Program.

	Champaign-Urbana	Champaign County	Vermilion County	Total
<b>Number of active clients</b>	67	36	3	<b>106</b>
<b>New clients enrolled</b>	11	7	0	<b>18</b>
<b>Number of clients completing an integrated visit</b>	19	7	0	<b>26</b>
<b># of LSI classes held</b>	2	0	0	<b>2</b>
<b>Average number of women attending LSI class</b>	3	1	0	<b>4</b>

## News

CUPHD is very pleased with the interest in the Illinois WISEWOMAN Program. It is exciting to be able to offer the FREE cardiovascular screenings, risk factor counseling, and education pieces to help women make positive choices to improve their health. In the four months we have had this grant, 106 women have enrolled for services.

In October, the first set of IWP Lifestyle Intervention Classes began. So far, Four or five women have attended each session in this series. Class participants are open to making small changes to improve their health and are receptive to the materials presented in class regarding making healthy dietary choices, increasing physical activity, and decreasing stress









Division staff participate on the following coalitions and community 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
- East Central Illinois Asthma Partnership



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** 531-2921  
Director

**Illinois Breast &  
Cervical Cancer**  
Illinois Wisewomen

**Cathy Propst** 531-2916  
Program Coordinator

**Health Promotion**  
Adult Immunization

**Nikki Hillier** 531-2914  
Program Coordinator

**Dental**  
Vision-Cooperative/  
Hearing & Vision

**Alicia Ekhoﬀ** 531-4538  
Program Coordinator

**Urbana School**  
Health Center

**Heidi Britton** 531-2890  
Program Coordinator

**Have questions about Wellness and Health Promotion?**

**Get more information on our website!**

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

<p><b>Nurses</b> Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p><b>Dental Hygienists</b> Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p><b>Health Educators</b> Jennifer Jackson Misha Cadet Janice Walker Deanna Williams</p>
<p><b>Dentist</b> Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p><b>Dental Assistants</b> Marda Keys Susan Scheffer</p>	<p><b>Administrative Assistants</b> Maria Capps Pam Simmons Dee Phillips</p>
<p><b>Volunteers</b> Julia Hemphill Dana Sengewald Diana Arellano Brian Summerville, Christina Mazulis Paige Maul Brett Graham</p>	<p><b>Interns</b> Grazie D'Agostino</p>	<p><b>IBCCP Intake Specialists</b> Kathy Reardon Amanda Ziemnsky Louise McClintock Leah Brunkow Misha Cadet</p>
	<p><b>Vision &amp; Hearing / Vision Cooperative</b> Becky Black</p>	