



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of
Wellness & Health Promotion
April 2010

Programs

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CUPHD Dental Program

Champaign-Urbana Public Health District's Champaign Dental Clinic provides a Dental Home for children with All Kids who are residents of Champaign or Urbana. Appointments are available Monday - Friday, 8am - 4pm with Emergency and Urgent Care appointments also available. Parents are encouraged to schedule dental visits after their child's first birthday. The clinic is staffed by a dentist and 2 hygienists however, beginning February 1st the patient case load required that we increase to 2 dentists on Tuesdays and Thursdays.

Champaign Visits	CU	Co.
New Patient	91	10
Visits by Patients of Record	332	13
Total Patient Visits	423	23

Procedures

Total Procedures Performed 1,310
 Average Procedures per Patient 2.8

Number of Days Clinic Open 22



Total patient seen in the Champaign Clinic February - April 2010 increased by 23% over February - April 2009 with negligible decrease in the number of patients seen in the Urbana Clinic during the same period of time.

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 appointment.



Urbana Visits	CU	Co.
New Patient	41	1
Visits by Patients of Record	152	4
Total Patient Visits	193	5

Procedures

Total Procedures Performed 527
 Average Procedures per Patient 2.8

Number of Days Clinic Open 21

April Events



WIC Clients Receive Free Toothbrushes

Provena's generous donation of over 500 toothbrushes allowed CUPHD's Dental Clinic to offer children's toothbrushes to all WIC children through the "Friendly Dental Visits Program". CUPHD was then able to supply WIC parents with toothbrushes for all members of their family. In April over 1,000 toothbrushes have been distributed to WIC recipients.



Dental Assessment Training at Champaign County Detention Center

At the request of the Champaign County Correctional Center James Wahl, DDS visited the Center to talk with Intake Nurses about the oral health concerns they may encounter when assessing a new Inmate's physical condition. Dr. Wahl made the staff aware of what to look for to determine if oral infection may be present and the importance of obtaining timely dental care.



"Ready, Set, Grow!" Heath Fair

CUPHD Dental Interns, Niketa Patel and Chessa Calabrese joined the Champaign County United Way to provide parents of children age Birth to Five years with information and tools to care for their children's teeth. Their presentation materials focused on the importance of keeping baby teeth healthy and what to expect as baby teeth emerge, are lost, and the development of permanent teeth.

An estimated 700 children and parents attended and CUPND distributed over 250 infant, toddler, and children's toothbrushes.

Upcoming Events

Thursday, May 20: Weslyn Food Pantry, Urbana, 3pm - 6pm

Saturday, May 22: CUPHD Garage Sale & Health Fair, 8am-1pm

2009-10 Mobile Dental Sealant Visits

Champaign Schools:

Garden Hills: April 13, 2010: 43 Exams / 9 Dental Sealants

Edison Middle School: April 27, 2010: 34 Exams / 29 Dental Sealants

Urbana Schools:

ML King: April 6, 2010: 25 Exams / 24 Dental Sealants

Yankee Ridge: April 20, 2010: 32 Exams / 19 Dental Sealants

Dental Education

UIUC Pre-Dental Students provide Oral Health Care Education to parents and children in the Maternal & Child Health Playroom several days per week.



Amanda Niles, RDH visited Happi House Daycare in Urbana to talk with children about brushing & flossing. Oral Health presentations are available by calling **531-5253**.



Dental Puppets, the Delta Dental "Teeth-on-the-Go" Kit and other oral health education aids are available on loan by calling **531-4538**.

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 care possible - away from home.

Medical - A Partnership with Frances Nelson Health Center

Visits

New Patient	24
Visits by Patients of Record	176
Total Patient Visits	200



*Refer to Dental numbers for dental visits

Services Provided

General Medical Visits:

Well child visits * School and Sports Physicals
Immunizations * Sick Visits * Mental Health * Nutrition

Adolescent Medicine Subspecialty Services:

Mental Health * Behavioral Health Risk Assessment and counseling
General Medical Care * Non-operative Gynecology Services
Substance Abuse counseling and treatment
Nutritional counseling and dietician support services
Sexual Transmitted Disease testing and treatment

Dental Services:

Currently provided: Preventive Services, cleanings and sealants
Additional services in development: extractions and fillings

Nutritional Services:

Dietician available on limited basis to work with children on meal planning and calorie counting. Fit Tigers program... beginning soon!

Mental Health Services:

Evaluation and Counseling available by licensed social workers and advanced practice nurse practitioners

Substance Abuse Counseling and Treatment Services:

Licensed counselors available by appointment to offer confidential evaluation and treatment

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	1		
Hepatitis B	11	2	1
Polio	1		
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	5		
Tetanus and diphtheria	5	3	
Tetanus, diphtheria and acellular pertussis	6	4	
Hepatitis A and Hepatitis B	2	2	
Typhoid	3	1	
Varicella /chickenpox	4	2	1
Flu/Pneumonia Walk-Ins	2		
BG Check			
BP Check			
Total Immunizations for June	40	14	2

56



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

Diabetes Outreach Meetings

23 attended three Diabetes outreach meetings held at Round Barn, Washington Square and Sunnycrest Manor. We shared information from the American Diabetic Association about the new healthcare law. We also discussed the new American Heart Association guidelines for added sugar in our diet. Other topics covered screening for colon cancer and the need to restart regular exercise after heart failure treatment. Our last topic was motivation and how to develop and remain motivated when working with diabetes- setting realistic goals, taking smaller steps lead to bigger successes as they add up, reinforcing new habits, remaining flexible, and rewarding yourself for your success.

Special Populations Health Fair

We participated in the University of Illinois Special Populations Health Fair. We checked cholesterol levels (175) and distributed educational materials. There were 5200 people present.



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.

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

County	# of Complaints	3
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Project TNT

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

CU	# of times presented (Count complete programs, not sessions)	0	Total # of people served	0
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County	# of times presented (Count complete programs, not sessions)	3	Total # of people served	68
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Letting Go

A Smoking Support Group for anyone at any phase of the quitting process.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	2
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Reality, IL

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.



	# of times presented (Count complete programs, not sessions)	3	Total # of people served in County	21
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Other Education Programs

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

Wellness Health Promotion

<http://c-uphd/wellness-health-promotion.html>

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.

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program to area alcohol servers.

CU	# of times presented (Count complete programs, not sessions)	1	Total # of people served	6
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Osteoporosis Prevention for Teens- Bone Up

Osteoporosis Prevention for Teens was completed by 97 girls in the county. It was presented 4 different times. We presented OPT in the district once to reach 6 girls.

11 girls from the Campus Middle School and 10 girls from the Don Moyer Boys and Girls Club completed OPT this month.

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

April 17, we participated in the Ready Set Grow Event at Lincoln Square Mall. We held a Go-Slow-Whoa food sort activity. There were 200 participants.

April 17, the YMCA held an event for Health Kids Day, which we attended and interacted with children and families with our Go-Slow-Whoa food sort activity, and nutrition education. We served 100 people.

The week of April 19, we held a REALITY, IL poster contest. We used interactive methods to educate every student at Lincoln Trail on the dangers of tobacco use and trick tobacco companies use to get people to buy their products. All 622 students also developed a counter-marketing poster. Three winners from each grade were chosen and won a REALITY, IL Students vs. Tobacco gear.

Champaign Urbana Public Health District's Vision & Hearing Screening Program



CUPHD employs a State Certified Auditory and Vision Technician to provide State mandated Hearing and Vision screenings to children enrolled in a Licensed Daycare, Preschool, or Private School in Champaign County. The Hearing and Vision Screening Program is funded through a IDPH Grant and Medicaid / All Kids Reminbursement.

Hearing Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened	200	46	0	246	57	0	0	57
Rescreened	0	0	0	0	0	0	0	0
Threshold	0	0	0	0	0	0	0	0
Referred	1	1	0	2	0	0	0	0

Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened	172	45	0	217	20	0	0	20
Rescreened	0	0	0	0	0	0	0	0
Referred	3	1	0	4	3	0	0	3
w/ Glasses	2	0	0	2	2	0	0	2
w/ Glasses-Referred	0	0	0	0	0	0	0	0

Schedule

September 29, 2009	Multi Culture Community Center, Urbana
December 8, 2009	Bundles of Joy Learning Center, Champaign
October 20-21, 2009	Little Lamb Preschool, Champaign
January 6, 2010	Coop Nursery School of C-U, Champaign
February 2, 2010	Happi House Learning Center II, Urbana
February 3, 2010	Playtime Preschool, Inc., Urbana
February 16, 2010	Kids 1st Child Care Center, Inc., Champaign
February 23-24, 2010	Next Generation Early Learning, Champaign
March 15, 2010	Kindercare Learning Center, Champaign
March 31, 2010	La Petite Academy, Champaign
April 6, 2010	Early Learning, Champaign
April 9, 2010	Bradley Learning Center, Champaign
April 12, 2010	Uni Primary, Urbana
April 13, 2010	Eager Beaver Preschool, Champaign
April 29, 2010	Children's Center Day Care, Champaign
April 20-21, 2010	Child Development Lab, Urbana
April 20-21, 2010	Child Development Laboratory, Urbana

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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
Number of Active clients	523	329	520	446	1818
New Clients Enrolled	16	11	24	16	67
Provider & Community Outreach	0	0	0	1	1

Events

National Women's Health Week is 5/9 - 5/15. We will hold the following enrollment day events during that week to encourage women to get their annual breast and cervical cancer screenings done:

Mon 5/10/10 8am - 12 noon and 1pm - 4pm
 Frances Nelson Health Center
 819 Bloomington Rd., Champaign, IL 61820

Thurs 5/13/10 8:30am - 12 noon and 1pm - 4pm
 Aunt Martha's Community Health Center
 614 N. Gilbert, Danville, IL

Thurs. 5/13/10 8:30am - 12:30pm and 1:30pm - 3:30pm
 Community Health Care Clinic
 902 Franklin Ave., Normal, 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.

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
Number of active clients	162	82	4	248
New clients enrolled	12	6	0	18
Number of clients completing an integrated visit	0	0	0	0
# of LSI classes held	0	0	0	0
Average number of women attending LSI class	0	0	0	0

News

CUPHD is very pleased to have this new IWP grant. It is exciting to be able to offer the cardiovascular screenings, risk factor counseling, and education pieces to help women make positive choices to improve their health.

CUPHD hosted an IWP screening event and breakfast on April 10th; 25 women attended and had screening blood work drawn and vitals measured (ht, wt, BMI, B/P, and waist circumference). Participants were scheduled for an IWP cardiovascular exam to take place in the CUPHD IWP clinic over the next 4 Thursday afternoons.

There were no LSI-3 classes held in April.

Upcoming LSI classes: English: May 5, 12, 19, 26 Spanish: May 1, 8, 15, 22

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/ccsafekids/>

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

www.ifloss.org

www.stock2forflu.com



Wellness & Health Promotion Contacts

217-373-7901



<p>The Division of Wellness & Health Promotion</p>	<p>Deb Fruitt Director</p>	<p>531-2921</p>
<p>Illinois Breast & Cervical Cancer Illinois Wisewomen</p>	<p>Cathy Propst Program Coordinator</p>	<p>531-2916</p>
<p>Health Promotion Adult Immunization</p>	<p>Nikki Hillier Program Coordinator</p>	<p>531-2914</p>
<p>Dental Vision-Cooperative/ Hearing & Vision</p>	<p>Alicia Ekhoﬀ Program Coordinator</p>	<p>531-4538</p>
<p>Urbana School Health Center</p>	<p>Jessie McClusky Program Coordinator</p>	<p>531-2890</p>

Have questions about Wellness and Health Promotion?

Get more information on our website!

<http://c-uphd/wellness-health-promotion.html>

<p style="text-align: center;">Nurses Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;">Dental Hygienists Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;">Health Educators Jennifer Jackson Janice Walker Deanna Williams</p>
<p style="text-align: center;">Dentist Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;">Dental Assistants Marda Keys Suzan Scheffer</p>	<p style="text-align: center;">Administrative Assistants Maria Capps Pam Simmons Dee Phillips</p>
<p style="text-align: center;">Volunteers Jacqueline Rodriguez Sammy Cordell Nikki Hagen Nedra Brown Caitlin Krause Kara Barthelme Ariel Zuckerman Megan Eiten Evan Devoe</p>	<p style="text-align: center;">Interns Niketa Patel Chessa Calabrese Bridget Kern Mackenzie Epler Julia Hemphill Talia Oakley Danielle Black</p>	<p style="text-align: center;">IBCCP Intake Specialists Kathy Reardon Amanda Ziemnsky Leah Brunkow</p>
		<p style="text-align: center;">Vision & Hearing Tech Becky Black</p>