



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

**Champaign-Urbana Public Health District**

Division of  
Wellness & Health Promotion  
May 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.

<b>Champaign Visits</b>	<b>CU</b>	<b>Co.</b>
New Patient	67	11
Visits by Patients of Record	277	11
<b>Total Patient Visits</b>	<b>344</b>	<b>22</b>

## Procedures

Total Procedures Performed 990  
Average Procedures per Patient 2.7

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



<b>Urbana Visits</b>	<b>CU</b>
New Patient	54
Visits by Patients of Record	149
<b>Total Patient Visits</b>	<b>203</b>

## Procedures

Total Procedures Performed 510  
Average Procedures per Patient 2.7

Number of Days Clinic Open 17

## May Events



### Stratton 1st Grade Dental Education

Amanda Niles, RDH visited Stratton Elementary School on May 21st & 25th to talk with 40 1st Grade students about taking care of their teeth. Students also received free tooth brushes, dental floss, and tooth paste.



### Wesley Evening Food Pantry

Becky Black & Champaign Dental Intern, Mina Hwang provided dental information to children and adults during the Wesley Evening Food Pantry on May 20th. 1,028 adults and children representing 372 families were in attendance. C-UPHD's Children's Dental Clinic provided referrals, children's entertainment with Flossie the Dental Dinosaur, & 300 Infant, Children, and Adult tooth brushes.

## Upcoming Events



July 1, 2010: "SnackingStyles4HealthySmiles" C-UPHD Children's Dental Clinic partners with MCH & the U of I Extension for a 6-week Pilot Program that will focus on Oral Healthy Care and wise snack choices for children ages 15 months - 35 months. First Dental Visits will also be provided.

## 2009-10 Mobile Dental Sealant Visits

### Champaign Schools:

Franklin Middle School: May 10, 2010: 9 Exams / 11 Sealants

Stratton: May 4-5, 2010: 40 Exams / 34 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**.




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<http://c-uphd/wellness-health-promotion.htm>  
Dental Puppets, the Delta Dental  
May 2010 Board Report

several days per week.



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



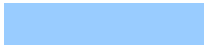
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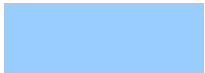
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# Urbana School Health Center



*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	11
Visits by Patients of Record	167
<b>Total Patient Visits</b>	<b>178</b>



\*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 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



confidential evaluation and treatment

# 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	8	3	
Hepatitis B	8	4	1
Polio	3	2	
Meningococcal / Menactra			
Meningococcal / Menomune			
Mumps, Measles, Rubella	13	1	
Tetanus and diphtheria	8	1	
Tetanus, diphtheria and acellular pertussis	7	3	1
Hepatitis A and Hepatitis B	7	4	
Typhoid	4	1	
Varicella /chickenpox	6	1	1
Flu/Pneumonia Walk-Ins	1		
BG Check			
BP Check			
<b>Total Immunizations for June</b>	<b>65</b>	<b>20</b>	<b>3</b>

88



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

## Diabetes Outreach Meetings

18 attended three Diabetes outreach meetings held at Round Barn, Washington Square and Sunnycrest Manor. A1c results were discussed and participants shared their plans for the next visit with their physician. Topics included a detailed discussion of salt in our foods, especially commercially prepared foods and the newer description of being “Fit and Fat”- meaning no matter your weight you need to be active daily for fitness.

## The CUPHD Diabetes Program

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 2  
 Diabetes Newsletter distribution 266





# Health Promotion

## Tobacco Programs



### NOT HERE

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 enforcement, who does an official check

County	# of times presented	2	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

County	# of Complaints	1
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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	9	Total # of people served	181
	(Count complete programs, not sessions)			

County	# of times presented	8	Total # of people served	166
	(Count complete programs, not sessions)			

### Letting Go

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

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

### 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	4	Total # of people served in County	21
	(Count complete programs, not sessions)			



### Tobacco Education

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

CU	# of times presented	4	Total # of people served	20
	(Count complete programs, not sessions)			

## Other Education Programs

### Training Intervention Procedures (T.I.Ps)

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

CU	# of times presented	1	Total # of people	8
	(Count complete programs, not sessions)		served	

### Osteoporosis Prevention for Teens- Bone Up

A 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 plan 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.

**Osteoporosis Prevention for Teens was presented in the district once to reach 6 girls at the Urbana Middle School.**

## SPECIAL EVENTS



WORLD ASTHMA DAY 2010\*

The East Central Illinois Asthma Partnership held two events for World Asthma Day. The first was on May 4. Area providers, teachers, and other individuals were invited to a presentation and panel discussion on asthma. There were 7 attendees.

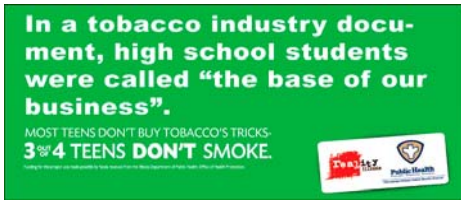
The other event was held at the Champaign Public Library on May 8. We offered interactive opportunities for families to learn about asthma. The children made mucus, and picked out asthma triggers. They drew faces to show how they feel when they have an asthma attack. There were 14 people who participated.



On May 25, the REALITY youth of J.W. Eater hosted their second annual kickball tournament. The students played kickball to kick big tobacco out! The student team who won the tournament got to compete against the staff. Last year, the staff won, but this year... the students won. Students also played tobacco trivia and earned REALITY prizes.

REALITY youth also researched proposed and voted on which quotes from tobacco executives they wanted to post on the local buses. The quotes will run through June.

they wanted to post on the local buses. The quotes will run through June.



### CATCH Program



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



Two of our CATCH schools participated in a community event to provide tomato plants to families in need. The entire Fisher Grade School and students at Unity West Elementary grew 2 tomato plants per student. One was to take home, and one was to donate to the Wesley Evening Food Pantry. The students learned about where the food comes from, how plants grow, what they need to grow, and they also learned about helping others. Many of the students gave, not only the plant they raised for the food pantry, but also they were to take home for their own family. Over 700 plants were donated. They were all distributed in one night.



Another one of our CATCH schools held their first annual Family Fun Night. A Karate teacher came to teach families about physical activity and self-discipline. Stations included Dance, Dance Revolution, Wii Sports, Go Foods BINGO, CATCH trivia. Each participant received a fresh fruit and vegetable- mango and seedless cucumber, and the University of Illinois Extension Office taught them to make a healthy snack. There were 70 attendees.



While implementing the CATCH curriculum, a teacher told the students



While implementing the CATCH curriculum, a teacher told the students whichever class returned the most CATCH Home Team Activities would get a prize. We brought Wii Just Dance for the students to play. We also brought fresh pineapple, water bottles, and temporary tattoos with a health message.

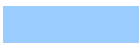
Finally, we offered a seedless watermelon taste-test for the Unity West Fun Day. Students evaluated the sweetness, taste, and texture of the watermelon.



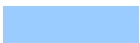
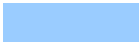
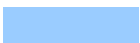
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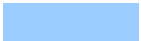
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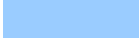


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# Champaign Urbana Public Health District's Vision & Hearing Screening Program



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 Reimbursement.

## Hearing Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	74	8	0	<b>82</b>	27	0	0	<b>27</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Threshold</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	1	1	0	<b>2</b>	0	0	0	<b>0</b>

## Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	72	8	0	<b>80</b>	11	0	0	<b>11</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	0	0	0	<b>0</b>	6	0	0	<b>6</b>
<b>w/ Glasses</b>	0	0	0	<b>0</b>	6	0	0	<b>6</b>
<b>w/ Glasses-Referred</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>

## 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
<b>Number of Active clients</b>	534	331	528	450	<b>1843</b>
<b>New Clients Enrolled</b>	16	4	9	7	<b>36</b>
<b>Provider &amp; Community Outreach</b>	8	9	9	13	<b>39</b>

## Events

IBCCP hosted Enrollment Day Events in May during National Women's Health Week:

### Champaign Co.

May 10, 2010

Frances Nelson Health Center - 11 enrollments packets and 22 information bags given to women  
Champaign, IL 61820

### McLean Co.

May 13, 2010

Community Health Care Clinic - 4 enrollment packets and 8 information bags were given to women  
Normal, IL 61761

### Vermilion Co.

May 13, 2010

Aunt Martha's Health Center - 12 enrollment packets and 25 information bags were given to women  
Danville, IL 61832

Champaign County, but outside the city limits and Champaign and Urbana. These columns must be added together for the total num 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	Vermillion County	Total
<b>Number of active clients</b>	169	86	4	<b>259</b>
<b>New clients enrolled</b>	10	3	0	<b>13</b>
<b>Number of clients completing an integrated visit</b>	18	6	0	<b>24</b>
<b># of LSI classes held</b>	8			
<b>Average number of women attending LSI class</b>	6 in English LSI-3, 3 in Spanish LSI-3			

### News

Following lipid, glucose, and blood pressure measurements, IWP participants can choose one of four lifestyle interventions that best suits their risks and motivations. Unique to the IWP is Level 3 Lifestyle Intervention, which consists of four fun dietary and physical activity sessions designed to empower Illinois WISEWOMAN Program participants to prevent, delay, and control cardiovascular and other chronic diseases.

During the month of May, English LSI-3 Lifestyle intervention classes were held the first 4 Wednesday evenings and the Spanish LSI-3 Lifestyle intervention classes were held the first 4 Saturday mornings.



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**



<p><b>The Division of</b> Wellness &amp; Health Promotion</p>	<p><b>Deb Fruitt</b> Director</p>	<p>531-2921</p>
<p><b>Illinois Breast &amp; Cervical Cancer</b> Illinois Wisewomen</p>	<p><b>Cathy Propst</b> Program Coordinator</p>	<p>531-2916</p>
<p><b>Health Promotion</b> Adult Immunization</p>	<p><b>Nikki Hillier</b> Program Coordinator</p>	<p>531-2914</p>
<p><b>Dental</b> Vision-Cooperative/ Hearing &amp; Vision</p>	<p><b>Alicia Ekhoﬀ</b> Program Coordinator</p>	<p>531-4538</p>
<p><b>Urbana School</b> Health Center</p>	<p><b>Jessie McClusky</b> 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;"><b>Nurses</b> Theresa Truelove Judy Krumwiede Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b> Amanda Wright Michelle Kramer Jill Hart Terri Jesiolowski (PRN) Allie Winland (PRN)</p>	<p style="text-align: center;"><b>Health Educators</b> Jennifer Jackson Janice Walker Deanna Williams Anna Willy</p>
<p style="text-align: center;"><b>Dentist</b> Dr. Jim Wahl Dr. Kara Ruffatto Dr. Grenda</p>	<p style="text-align: center;"><b>Dental Assistants</b> Marda Keys</p>	<p style="text-align: center;"><b>Administrative Assistants</b> Maria Capps Pam Simmons Dee Phillips</p>
<p style="text-align: center;"><b>Volunteers</b> Jacqueline Rodriquez Sammy Cordell Nikki Hagen Nedra Brown Caitlin Krause Kara Barthelme Ariel Zuckerman Megan Eiten Evan Devoe</p>	<p style="text-align: center;"><b>Interns</b> Niketa Patel Chessa Calabrese Bridget Kern Danielle Brown</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b> Kathy Reardon Amanda Ziemnsky Leah Brunkow Talia Oakley</p>
		<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b> Becky Black</p>

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