



**Champaign-Urbana Public Health District**

# Division of Wellness & Health Promotion June 2011

## Programs

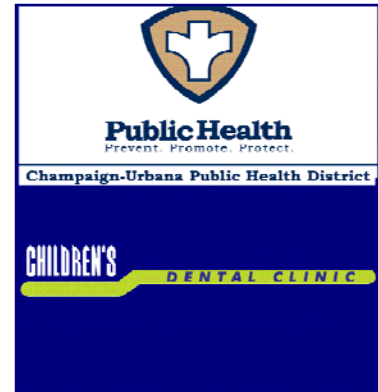
	Page
Cover	1
Dental	2-3
Adult Prevention & Management of Disease	4
Health Promotion Programs	5-6
Child Vision & Hearing Screening	7
Illinois Breast & Cervical Cancer Program	8
Illinois Wisewomen	9
Community Meetings and Websites	10
Contacts	11

# 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	76	3
Visits by Patients of Record	311	1
<b>Total Patient Visits</b>	<b>387</b>	<b>4</b>
<b>Treatment Provided</b>		
Diagnostic & Preventative Care	970	
General Dental Care*	269	



**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.



<b>Urbana Visits</b>	
New Patient	28
Visits by Patients of Record	126
<b>Total Patient Visits</b>	<b>154</b>
<b>Treatment Provided</b>	
Diagnostic & Preventative Care	402
General Dental Care	72
<b>Number of Days Clinic Open</b>	<b>15</b>

## Oral Surgery

One Saturday morning each month, CUPHD employs an oral surgeon resident, who is a licensed dentist, to perform difficult extractions for children who are referred by CUPHD general dentists. The clinic utilizes volunteer dental and pre-dental students for infection control, instrument processing, post-op instructions, and clinic flow. Only local anesthetic is utilized, no anesthesia services are available.

### May

4 patients

20 Procedures

## Special Events

**July 14, 2011 Kara Ruffatto, DDS and James Wahl, DDS will present Bright Smiles from Birth to MCH Nurses and encourage them to begin applying fluoride varnish to at risk clients under age 3 years.**

# 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	4	
Hepatitis B	7	51	
Polio	1		1
Mumps, Measles, Rubella	6	2	
Tetanus and diphtheria	1		
Tetanus, diphtheria and acellular pertussis	12	2	1
Hepatitis A and Hepatitis B	2	1	
Typhoid	2	2	1
Varicella /chickenpox		1	1
Flu/Pneumonia	1	1	
<b>Total Immunizations for</b>	<b>35</b>	<b>64</b>	<b>4</b>

**103**



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



# Health Promotion

## Tobacco Programs

### 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



**Conducted 6 smoking investigations and found smoking at two of the locations.  
Business were fined**

### Break the Habit

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 suggest.



CU	Total # of people	6
County	Total # of people	0

### 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 months topic was tobacco education with Media Sharp

# of times presented 1

Total # of people 10

## Other Education Programs

### Let's Get It Started

Let's get it started is a program that in collaboration with University of Illinois Extension and County Market help families plan, purchase, prepare, and enjoy cost-effective and healthy meals together. Families also participate in a variety of fun activities to promote getting up and moving. Subjects covered include portion control, label reading, food and fire safety in the kitchen, food demo's and a grocery store tour with a nutritionist.

Let's Get It Started Classes: At the Presbyterian Church in partnership with the Don Moyer Boys and Girls Club 4 girls and two mothers participated, and at the Mahomet Area Youth Club, 3 girls and one parent participated.

## 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
<b>Dr. Howard Elementary, Champaign</b>	390
<b>Thomasboro Elementary, Thomasboro</b>	185
<b>Unity West Elementary, Tolono</b>	490
<b>Fisher Grade School, Fisher</b>	318
<b>Carrie Busey</b>	390

## SPECIAL EVENTS

On Saturday June 10, we participated in the Healthy Kids, Healthy Community Event at the Savoy Recreation Center. We offered many interactive activities to support healthy decisions around nutrition and making physical activity fun. There were 108 children and their families in attendance.

Two of our staff were selected to receive scholarships to attend the Live Well, Eat Well, Let's Move national Conference in Chicago. Congratulations to Jennifer and Maria!

Two other staff completed a seminar on bringing nutrition and health into the classroom, lessons that will only enhance our CATCH schools, many who were also in attendance.

Finally, our program coordinator attended a seminar in Chicago to highlight possible policy changes in Illinois. Many great resources were shared including this one:  
<http://kanehealth.com/PDFs/FitKids/FFK2020Plan.pdf>.

Attended the Coordinated School Health Grant and the Illinois Tobacco Free Communities Regional 6 meetings in Springfield.

# 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					3			
Rescreened								
Threshold								
Referred								

## Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
Screened					3			
Rescreened								
Referred								
w/ Glasses					1			
w/ Glasses- Referred								

## 2011-12 Schedule

7/19/2011 Bundles of Joy Learning Center-Champaign Illinois

## 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>	445	255	451	343	<b>1494</b>
<b>New Clients Enrolled</b>	9	5	18	10	<b>42</b>
<b>Provider &amp; Community Outreach</b>	104	83	109	86	<b>382</b>

\*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.



number of Champaign County women served.

8

## 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>	186	108	5	<b>299</b>
<b>New clients enrolled</b>	3	4	0	<b>7</b>
<b>Number of clients completing an integrated visit</b>	16	6	0	<b>22</b>
<b># of LSI classes held</b>				<b>3</b>
<b>Average number of women attending LSI class</b>	9	2	0	<b>11</b>

## 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.

**The English LSI-3 classes in progress are scheduled for Jun. 14, 21, 28, and July 5.**

Division staff participate on the following coalitions and community meetings

Champaign County Tobacco Prevention Coalition  
Illinois Cancer Prevention and Control Program  
Human Services Council  
Steering committee for Stratton Elementary's Safe Routes to School Program  
Champaign-Urbana Campus Community Coalition  
East Central Illinois Asthma Partnership  
Regional Prevention Group  
C-U Safe Routes to School Steering Committee  
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

C-U Fit Families

Fisher Grade School Wellness Team Meeting

Childhood Wellness Task Force

C-U Area Fitness



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 Adult Immunization</p>	<p><b>Cathy Propst</b> Program Coordinator</p>	<p>531-2916</p>
<p><b>Health Promotion</b></p>	<p><b>Nikki Hillier</b> Program Coordinator</p>	<p>531-2914</p>
<p><b>Dental</b> Hearing &amp; Vision</p>	<p><b>Alicia Ekhoﬀ</b> Program Coordinator</p>	<p>531-4538</p>
<p><b>Urbana School Health Center</b></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></p> <p>Theresa Truelove Judy Krumwiede Vickie Ellis Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b></p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH Terri Jesiolowski, RDH (PRN)</p>	<p style="text-align: center;"><b>Health Educators</b></p> <p>Jennifer Jackson Janice Walker Deanna Williams</p>
<p style="text-align: center;"><b>Dentist</b></p> <p>Kara Ruffatto, DDS James Wahl, DDS Robert Grenda, DDS (PRN) Cole Anderson, DDS (PRN)</p>	<p style="text-align: center;"><b>Dental Assistants</b></p> <p>Marda Keys Becky Black</p>	<p style="text-align: center;"><b>Administrative Assistant II</b></p> <p>Maria Capps Pam Simmons</p>
<p style="text-align: center;"><b>Volunteers</b></p> <p>Nedra Brown Robert Lauder Morae Kang</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Lisa Milam Max Wolfe Melanie Mackeben Kelsey Miller</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Leah Brunkow Talia Oakley Megan Eiten</p>
<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b></p> <p>Shirley Linciome</p>		<p style="text-align: center;"><b>Dental Intake</b></p> <p>Crystal Ott</p>