



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

**Champaign-Urbana Public Health District**

## Division of Wellness & Health Promotion October 2012

### Programs

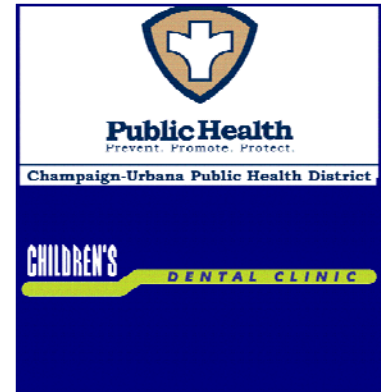
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# CUPHD Dental Program

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 and Co. Combined</b>
New Patient	89
Visits by Patients of Record	340
<b>Total Patient Visits</b>	<b>429</b>



**Number of Days Clinic Open**                      **23**

# 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	12
Visits by Patients of Record	119
<b>Total Patient Visits</b>	<b>131</b>

**Number of Days Clinic Open**   **13**



## Oral Surgery

One Saturday morning each month a local Oral Surgery Resident performs 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.

Oral Surgery Residents:

Blake Kitamura, DMD March 2012-Present

January: No Resident Available

February 18th: 6 Patients

March 24th: 2 Patients

April 21st: 3 Patients

May: No Resident Available

June 30th: 4 Patients

July 28th: 7 Patients

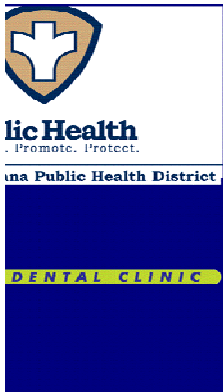
August: No Resident Available

September 8th: 6 Patients

October 20th: 6 Patients

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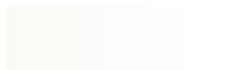


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# Health Promotion

## 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.

<b>CU</b>	# of Complaints	1
<b>County</b>	# of Complaints	0



### 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.

<b>CU</b>	Total # of people	3
<b>County</b>	Total # of people	2

### 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 law enforcement, who does an official check for compliance. 3 times a year

<b>CU</b>	Checks	51	# of Sales	1
<b>County</b>	Checks		# of Sales	

### Freedom From Smoking

A 7-week, 8 session class that focuses on giving people who want to quit tools for success. Before the participants quit, they look at their habit, and reasons for wanting to be smoke-free, and develop an individual plan to quit. Patches are offered with this program.

<b>CU</b>	Total # of people	3
<b>County</b>	Total # of people	4

### Tar Wars

A 3- session program delivered in 4th and 5th grade classes. This programs focus is on changing normative beliefs about the prevalence of tobacco use. Further, instead of giving participants reasons not to use tobacco, it equips participants with decision-making and effective communication skills. Through this program students get a chance to develop counter-marketing strategies.

<b>County</b>	# of times presented (Count complete programs, not sessions)	2	Total # of people served	47
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## Other Education Programs

### 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

## Events

We started a curriculum called Media Sharp with the students at the Juvenile Detention Center.

We participated in Walk' N Roll To School Day. We were with Robeson Elementary School. They met at the park nearby and walked over to the school on a rainy October 3.

We started Heart Smart for Teens with the fifth grade girls at Unity West Elementary School. Heart Smart for Teens is a nine week intervention that includes guest speakers, health education materials/incentive items, healthy snack items and participant physical activity outings which help young women understand the importance of healthy eating, active living, and building strong bones.

On October 20th, we helped with the zombie run. We shared with participants tips for planning their survival kit in case of an emergency (like a Zombie Apocalypse).

The LNACC participated in the Stonecreek Trunk or Treat event and they invited us to participate. The event was at Prairie School where they handed out thoughtfully chosen (non-candy) treats out of the trunk of a car decorated like a castle. CUPHD gave them temporary tattoos and bookmarks.

We participated in the Disability Expo. We had handouts with our resources available to attendees in Braille and LArge Print. 50 People were served.

# 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>	221	82	0	<b>303</b>	82	0	0	<b>82</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>	26	4	0	<b>30</b>	3	0	0	<b>3</b>

## Vision Screenings

	Pre K				School Age			
	C-U	County	Other	Total	C-U	County	Other	Total
<b>Screened</b>	226	84	0	<b>310</b>	36	0	0	<b>36</b>
<b>Rescreened</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>Referred</b>	16	1	0	<b>17</b>	0	0	0	<b>0</b>
<b>w/ Glasses</b>	5	0	0	<b>5</b>	15	0	0	<b>15</b>
<b>w/ Glasses-Referred</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>

## Schedule

### DATE

October 1 & 5  
October 17 & 18  
October 24 & 25  
October-12

### SCHOOL

Washington Early Childhood/Urbana  
St. John Lutheran School/Champaign  
Prince of Peace Early Learning/St. Joseph  
Chesterbrook Academy/Champaign





## 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>	420	250	496	357	<b>1523</b>
<b>New Clients Enrolled</b>	19	5	15	15	<b>54</b>
<b>Provider &amp; Community Outreach</b>	3	3	2	1	<b>9</b>

## October 2012

The October Breast Cancer Awareness Proclamation was forwarded to all local media on October 5.

IBCCP information was distributed at Bethel AME Church's Breast Cancer Awareness Month booth on October 14. Fifty women stopped by and got information.

\*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.

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## 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>	187	116	3	<b>306</b>
<b>New clients enrolled</b>	4	5	0	<b>9</b>
<b>Number of clients completing an integrated visit</b>	17	8	0	<b>25</b>
<b># of LSI classes held</b>				<b>4</b>
<b>Average number of women attending LSI class</b>				<b>7 ENG 7 SPA</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.

**English LSI-3 classes were held: 10/23, 10/30, 11/6, 11/13**  
**Spanish LSI-3 classes were held 10/18, 10/25, 11/1, 11/8**



# Meet the Team

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Whitney Hayes started with us this month in WHP, as a Special Projects Coordinator for the We Choose Health Initiative. Whitney was born and raised in Champaign, IL. She previously worked at the U of I Division of Intercollegiate Athletics in Football as a graduate assistant. In her free time she enjoys shopping, fishing, baking, interior decorating, running and watching sports, especially basketball and football.

Three fun facts about Whitney:

- She loves Dogs! Especially her two - Lola and Roscoe.
- Her favorite meal is breakfast.
- She would love to build a home on the beach someday.

Whitney's favorite quote:

"All things are possible for the one who believes." Mark 9:23

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Ghenaia Johnson also started with us this month as an Intake Specialist in the IBCCP Program. Ghenaia was born and raised in Champaign, Illinois also. She worked at Frances Nelson as a Womens Health Coordinator before joining us. In her free time she enjoys reading, shopping and traveling.

Three fun facts about Ghenaia:

- She is left handed.
- She loves Dogs!!!!
- She plans on returning to school for nursing or occupational therapy.

Ghenaia's favorite quote:

"Life is 10% what happens to you and 90% how you react to it." Lou Holtz

If you get time please stop by and say, "Hi" to Whitney and Ghenaia.



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>Teresa Turner</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 Amy Johnson Bette Chapman</p>	<p style="text-align: center;"><b>Dental Hygienists</b></p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH</p>	<p style="text-align: center;"><b>Health Educators</b></p> <p>Jennifer Jackson Talia Oakley Whitney Hayes</p>
<p style="text-align: center;"><b>Dentist</b></p> <p>Kara Ruffatto, DDS Gurjeet Sidhul, DDS Robert Grenda, DDS Blake Kitamura, DDS</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>Crystal Anderson Laura Shobe</p>
<p style="text-align: center;"><b>Volunteers</b></p> <p>Nedra Brown</p>	<p style="text-align: center;"><b>Interns</b></p> <p>Cecilia Ramirez Mansi Jailwala Paige Ligon Amy Han</p>	<p style="text-align: center;"><b>IBCCP Intake Specialists</b></p> <p>Kathy Reardon Leah Brunkow Ghenaia Johnson Christy Foster</p>
<p style="text-align: center;"><b>Vision &amp; Hearing Tech</b></p> <p>Becky Black</p>		<p style="text-align: center;"><b>Dental Intake</b></p> <p>Charlene Johnson Karen Bryson</p>