



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

**Champaign-Urbana Public Health District**

## Division of Wellness & Health Promotion November 2012

### Programs

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

# 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

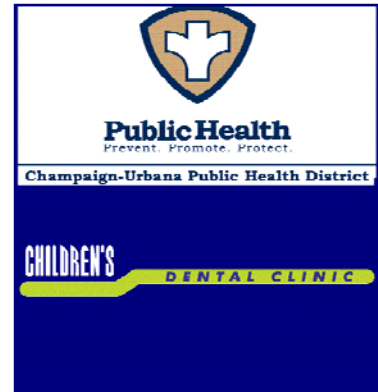
New Patient

Visits by Patients of Record

**Total Patient Visits**

CU

Co.



**Number of Days Clinic Open**

**19**

# 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.



## Urbana Visits

New Patient

15

Visits by Patients of Record

110

**Total Patient Visits**

**125**

**Number of Days Clinic Open**

**11**

## 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 Resident:

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

November: No Resident Available

## COMMUNITY OUTREACH





# 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	0
<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	5
<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	30	# of Sales	0
<b>County</b>	Checks	43	# of Sales	4

### 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	0
<b>County</b>	Total # of people	0

### 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)	9	Total # of people served	202
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4

## Other Education 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>	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

November 8: We attended the Science Night at Carrie Busy Elementary and demonstrated the glow germ activity. Twenty people participated.

November 8: We presented at the Booker T. Washington STEM academy. We educated students and their families on Go-Slow and Whoa Foods. They had 150 attendees.

November 14: We met with the Rantoul IRock students to discuss ideas for a tobacco prevention commercial. Thirty students were present.

November 26: Talia and Whitney presented on Health Promotion and our programs to a Community Health Class at the University. One hundred students were present.

# 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>	0	32	0	<b>32</b>	0	1	0	<b>1</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>	0	0	0	<b>0</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>	0	31	0	<b>31</b>	0	1	0	<b>1</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>	0	0	0	<b>0</b>
<b>w/ Glasses</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>
<b>w/ Glasses- Referred</b>	0	0	0	<b>0</b>	0	0	0	<b>0</b>

## Schedule

DATE

SCHOOL

11/7/12

American Lutheran Church Christian Nursery





## 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>	426	251	499	361	<b>1537</b>
<b>New Clients Enrolled</b>	7	3	8	5	<b>23</b>
<b>Provider &amp; Community Outreach</b>	2	2	1	0	<b>5</b>

40,970 women died last year from breast cancer.

1 in 8 women will be diagnosed with breast cancer sometime in their lives.

**Have you had YOUR Mammogram this Year?**

**FREE Mammograms, Pap Tests, Breast & Pelvic Exams - for Uninsured Women -**

The Illinois Breast and Cervical Cancer Program (IBCCP) can help women ages 35 - 64.

For more information, please call: 217.373.9281 -or- 1.877.811.0193

Public Health  
Department of Health Services

\*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.

7

## 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	114	3	<b>303</b>
<b>New clients enrolled</b>	3	2	0	<b>5</b>
<b>Number of clients completing an integrated visit</b>	14	16	0	<b>30</b>
<b># of LSI classes held</b>				<b>0</b>
<b>Average number of women attending LSI class</b>				<b>7 English; 5 Spanish</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.

**Both English and Spanish LSI-3 sessions began in October 2012 and finished in November.**

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 Sidhu, 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><b>Interns</b></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>