



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of
Wellness & Health Promotion
March 2013

Programs

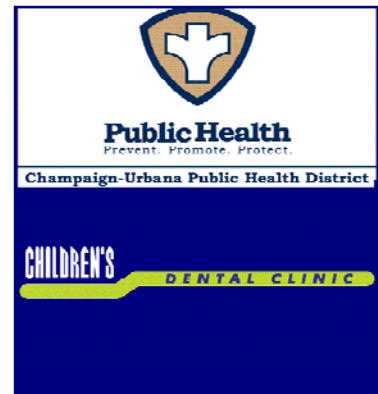
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CUPHD Dental Program

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 and Co. Combined
New Patient	92
Visits by Patients of Record	583
Total Patient Visits	675
Total Procedures Performed	1645



Number of Days Clinic Open **21**

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	7
Visits by Patients of Record	182
Total Patient Visits	189
Total Procedures Performed	673
Number of Days Clinic Open	12

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 23rd: 7 Patients

March: No Resident Available

School Sealants

January: Visited 2 Schools - 54 Students Seen, 65 Sealants Placed.

February: Visited 3 Schools - 107 Students Seen, 134 Sealants Placed.

March: Visited 3 Schools - 80 Students Seen, 90 Sealants Placed.



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	2
County	# of Complaints	0



Break the Habit

People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists. We have transitioned Break the Habit to the Illinois Tobacco Quitline. If interested call 866-QUIT-YES (866-784-8937).

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 do an official check for compliance 3 times a year.

CU	Checks	n/a	# of Sales	n/a
County	Checks	n/a	# of Sales	n/a

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.

CU	Total # of people	n/a
County	Total # of people	n/a

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.

County	# of times presented (Count complete programs, not sessions)	n/a	Total # of people served	n/a
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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
Dr. Howard Elementary, Champaign	390
Thomasboro Elementary, Thomasboro	185
Unity West Elementary, Tolono	490
Fisher Grade School, Fisher	318
Carrie Busey	390

Events

Media Sharp completed 1 class at the Juvenile Detention Center. Six Students completed the entire curriculum, but there were several that attended 2 to 4 sessions.

We finished the third round of Draw the Line/Respect the Line at J.W. Eater Jr. High in Rantoul. 51 Students attended.

We filmed a tobacco prevention commercial, and hope to air it in May.

Nikki Hillier, Deb Fruitt, and Whitney Hayes attended the We Chose Health Institute.

March 11, Nikki and Whitney presented on CATCH for all the staff at Heritage.

We assisted with Jump Rope for Heart and Hoops for Heart at Unity East and Unity West on March 18th & 20th.

We offered after school programming at J.W. Eater Jr. High two times this month. Topics included: exercise, healthy diet, sleep, and obesity. Six students participated.

Media:

<http://www.wcsh6.com/news/article/236171/8/Illinois-considers-sweeping-smoking-ban-on-public-college-campuses>

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	388	232	470	331	1421
New Clients Enrolled	1	1	6	2	10
Provider & Community Outreach	0	0	1800	0	1800

March 2013

CUPHD IBCCP had a booth at the Illinois Heart & Lung Foundation's, "Women's Night Out" health fair on March 5, 2013. Over 1800 women attended this event. Of these, 125 took educational materials and 80 were instructed on how to perform breast self examinations.

*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.

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	189	112	3	304
New clients enrolled	7	3	0	10
Number of clients completing an integrated visit	2	1	0	3
# of LSI classes held	2	0	0	2
Average number of women attending LSI class	2	0	0	2

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 sessions began in February and finished in March 2013. 20 Women completed non-iov exams at the CUPHD ID Women's Health Clinic this month.

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
Youth Committee @ Prairie Center
East Central Illinois Asthma Partnership
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/ccsafekids/>

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

www.ifloss.org

www.stock2forflu.com



Wellness & Health Promotion Contacts

217-373-7901



The Division of Wellness & Health Promotion	Deb Fruitt Director	531-2921
Illinois Breast & Cervical Cancer Illinois Wisewomen	Cathy Propst Program Coordinator	531-2916
Health Promotion	Nikki Hillier Program Coordinator	531-2914
Dental	Alicia Ekhoﬀ Program Coordinator	531-4538
Urbana School Health Center	Teresa Turner Program Coordinator	531-2890

**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</p> <p>Theresa Truelove Judy Krumwiede Amy Johnson Bette Chapman</p>	<p style="text-align: center;">Dental Hygienists</p> <p>Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH</p>	<p style="text-align: center;">Health Educators</p> <p>Jennifer Jackson Talia Oakley Whitney Hayes</p>
<p style="text-align: center;">Dentist</p> <p>Kara Ruffatto, DDS Gurjeet Sidhul, DDS Robert Grenda, DDS Blake Kitamura, DDS</p>	<p style="text-align: center;">Dental Assistants</p> <p>Marda Keys</p>	<p style="text-align: center;">Administrative Assistant II</p> <p>Crystal Anderson Laura Shobe</p>
<p style="text-align: center;">Volunteers</p> <p>Nedra Brown Madison Mauck</p>	<p style="text-align: center;">Interns</p> <p>Lauren Fifarek Irisha Clark Raven Henderson Mayra Montoya Nadine Shatat Jacqueline Capron Jenny Boosey Sam Cebular Cristina Dongo</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p>Kathy Reardon Leah Brunkow Ghenaia Johnson Christy Foster</p>
		<p style="text-align: center;">Dental Intake</p> <p>Charlene Johnson Karen Bryson</p>