



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of
Wellness & Health Promotion
April 2013

Programs

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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.

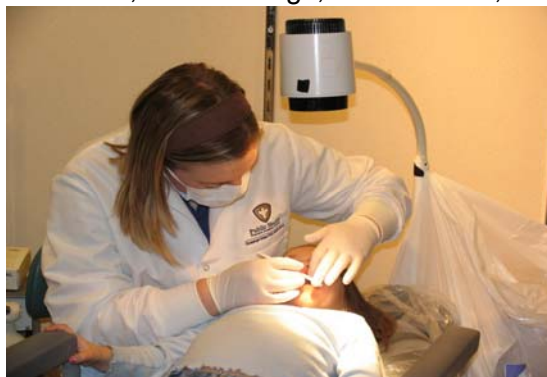
Oral Surgery Residents:

Blake Kitamura, DMD March 2012-Present

January: No Resident Available
February 23rd: 7 Patients
March: No Resident Available
April: No Resident Available

Mobile Program/School Sealants

January: Visited 2 Schools - 54 Exams, 29 Cleanings, 29 Fluorides, 76 sealants placed.
February: Visited 3 Schools - 107 Exams, 60 Cleanings, 59 Fluorides, 149 sealants placed.
March: Visited 4 Schools - 80 Exams, 45 Cleanings, 45 Fluorides, 90 sealants placed.
April: Visited 3 Schools - 127 Exams, 75 Cleanings, 75 Fluorides, 173 Sealants.





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	3
County	# of Complaints	5



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)	2	Total # of people served	49
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Other Education Programs

On April 11, 2013, we took 28 Students from J.W. Eater, and area schools to the capitol in Springfield. The students learned about the legislative process and were trained on how to advocate to their legislators. We were in Springfield for most of the day learning and meeting with our local legislators.



ADVOCACY DAY
4-11-13



Events

Heart Smart for Teens had 29 girls at Unity East, 13 girls at Eater and 23 girls at Carrie Busey.

On April 1, 11, and 15, Nikki and Whitney presented to the staff at Thomas Paine Elementary, Yankee Ridge Elementary and Stratton Elementary respectively on CATCH.

April 2-4, Nikki and Whitney attended a training to become a certified CATCH trainer.

April 6, we attended the community event Ready, Set, Grow. There were over 300 attendees. We helped parents and families learn the language of CATCH (Go, Slow, and Whoa foods). We also helped them practice fun ways to engage in physical activity at home as a family.

April 6, we attended the Mt. Olive Health Fair. Thirty-five people attended.

April 8, Nikki testified for the Urbana City Council on the importance of Safe Routes to school.

April 9, we hosted a training on the female condom. There were 24 community participants. They learned about the newer FC2 condom and all of the benefits of both males and females using these condoms. They also learned that more advocacy needs to be done to make female condoms more available at a reasonable price.

April 12, we completed the School Health Index with Unity West Elementary.



April 18, we helped the American Cancer Society with their program, Music Saved my Life. They brought Jump with Jill, a Nutritionist Rock Star, to Carrie Busey Elementary. Students learned the importance of breakfast, drinking water and milk, and trying fruits and vegetables

April 20, Whitney coordinated a Bike Rodeo at Orchard Downs. There were 50 participants.

April 20, we had a table at Give Kids a Smile Day. Parents and families learned the importance of brushing and how to effectively care for their teeth. They also got tips on healthy eating and the importance of healthy eating for oral health.

April 25, we completed Fisher Grade School's School Health Index.

April 25, we held our Boltage Kick-Off at Urbana Middle School. Boltage uses technology to track students trips to school on bike or on foot. There is a pole that students with special tags or badges walk by, and the pole logs them in as a biker. Students get incentives based on how many times they bike to s

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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
Number of Active clients	367	221	444	307	1339
New Clients Enrolled	3	1	3	1	8
Provider & Community Outreach	3	3	0	0	6

April 2013

IBCCP information distributed at the Mt. Olive Baptist Church Health Fair (50) and the City of Champaign Star Expo Event (100).

April 19, 2013 IBCCP presentation for U of I Nursing Students (35 Attended).

*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	183	108	3	294
New clients enrolled	4	0	0	4
Number of clients completing an integrated visit	7	5	0	12
# of LSI classes held	0	0	0	0
Average number of women attending LSI class	n/a	n/a	n/a	n/a

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 will be held in May/June 2013.



Meet the Team

Lucero Olmedo started with us on April 15, as a Dental Assistant. Lucero will report to the USBHC on Mondays, Tuesdays and Thursdays, and to the Champaign Clinic on Wednesdays and Fridays. Lucero was born in Mexico, but raised in Champaign Illinois. She previously worked as a Dental Assistant at Frances Nelson for 15 months, and before that at Atlanta Bread for over five years.

In Lucero's free time she enjoys dancing, playing soccer, reading, and she loves to watch soap operas.

Three fun facts about Lucero:

- She is very friendly.

- She is easy to get along with.

- She loves to joke around.

Lucero is bi-lingual in Spanish. We are sure that she will be a welcome addition to our fantastic team!

If you get time please stop by and say "HI" to Lucero in the Dental Clinic and welcome her to CUPHD.

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/ccsafekids/>

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

www.ifloss.org

www.stock2forflu.com



Wellness & Health Promotion Contacts

217-373-7901



<p>The Division of Wellness & Health Promotion</p>	<p>Deb Fruitt Director</p>	<p>531-2921</p>
<p>Illinois Breast & Cervical Cancer Illinois Wisewomen</p>	<p>Cathy Propst Program Coordinator</p>	<p>531-2916</p>
<p>Health Promotion</p>	<p>Nikki Hillier Program Coordinator</p>	<p>531-2914</p>
<p>Dental</p>	<p>Alicia Ekhoﬀ Program Coordinator</p>	<p>531-4538</p>
<p>Urbana School Health Center</p>	<p>Teresa Turner 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;">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 Lucero Olmedo</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</p>	<p style="text-align: center;">Interns</p> <p>Cecilia Ramirez Mansi Jailwala Paige Ligon Amy Han</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>