



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

**Champaign-Urbana Public Health District**

Division of  
Wellness & Health Promotion  
May 2013

Programs

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

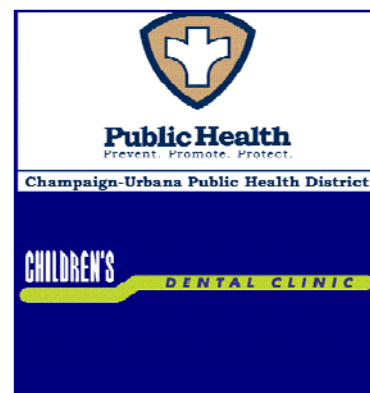
# CUPHD Dental Program

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	100
Visits by Patients of Record	489
<b>Total Patient Visits</b>	<b>589</b>

**Total Procedures Performed** 2360



**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	23
Visits by Patients of Record	131
<b>Total Patient Visits</b>	<b>154</b>

Total Procedures Performed 519

**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

April : No Resident Available

May : 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.

April: Visited 3 Schools - 127 Exams, 75 Cleanings, 75 Fluorides, 173 Sealants

The school sealant program will resume in August of 2013.





# 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	2
<b>County</b>	# of Complaints	8



### 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.

<b>CU</b>	Checks	87	# of Sales	4
<b>County</b>	Checks	14	# of Sales	1

### 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	n/a
<b>County</b>	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.

<b>County</b>	# of times presented (Count complete programs, not sessions)	3	Total # of people served	61
---------------	---	---	--------------------------	----

4

Division of Wellness Health Promotion  
May 2013 Board Report

## 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 completed the CATCH and SHI training with Heritage Elementary School Faculty.

We participated in Bike to Work Day on May 1. At least four people from C-UPHD biked to work.

Jennifer and Talia completed a full week of training on sexual health education implementation.

During the week of May 6, we partnered with C-U Safe Routes to School Project to coordinate Crossing Guard Appreciation Day and Bike to School Day. We presented several crossing guards with gift certificates and gifts to thank them for keeping our kids safe. We wanted to bring Bike to School Day to C-U students and encourage them to try to ride their bikes to school to see if it might be something they would like to try more often. Students received t-shirts and reflectors.

On May 14, we coordinated a broccoli taste-test day at Unity West. Staff and volunteers passed out broccoli trees with a little light ranch dressing to students who wanted to try it. Most of the students asked for seconds.

The fifth grade class at Unity West hold a contest each year to see who gets the most points for their CATCH homework. Classroom 5L won (again) this year. The students held a party playing Just Dance on the Wii. They also got fresh fruit for their party.

The Boltage competition at Urbana Middle School ended with a party for participants. Boltage is a program that tracks students biking and walking trips to school and rewards them with bike-related incentives. Almost 30 students participated in the one month we piloted the program.

## 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>	366	219	444	306	<b>1335</b>
<b>New Clients Enrolled</b>	2	2	6	3	<b>13</b>
<b>Provider &amp; Community Outreach</b>	0	0	1	1	<b>2</b>

## May 2013

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  
Illinois State Public Health System

\*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
<b>Number of active clients</b>	176	105	3	<b>284</b>
<b>New clients enrolled</b>	0	0	0	<b>0</b>
<b>Number of clients completing an integrated visit</b>	7	5	0	<b>12</b>
<b># of LSI classes held</b>	3			<b>3</b>
<b>Average number of women attending LSI class</b>	5			<b>5</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 will take place 5/29/13-6/19/13.**

**Spanish LSI-3 classes will take place 5/22/13-6/12/13.**

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/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



<b>The Division of</b> Wellness & Health Promotion	<b>Deb Fruitt</b> Director	531-2921
<b>Illinois Breast &amp; Cervical Cancer</b> Illinois Wisewomen	<b>Cathy Propst</b> Program Coordinator	531-2916
<b>Health Promotion</b>	<b>Nikki Hillier</b> Program Coordinator	531-2914
<b>Dental</b>	<b>Alicia Ekhoﬀ</b> Program Coordinator	531-4538
<b>Urbana School Health Center</b>	<b>Teresa Turner</b> 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><b>Nurses</b> Theresa Truelove Judy Krumwiede Amy Johnson Bette Chapman</p>	<p><b>Dental Hygienists</b> Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH</p>	<p><b>Health Educators</b> Jennifer Jackson Talia Oakley Whitney Hayes</p>
<p><b>Dentist</b> Kara Ruffatto, DDS Gurjeet Sidhul, DDS Robert Grenda, DDS Blake Kitamura, DDS</p>	<p><b>Dental Assistants</b> Marda Keys</p>	<p><b>Administrative Assistant II</b> Crystal Anderson Laura Shobe</p>
<p><b>Volunteers</b> Nedra Brown Madison Mauck</p>	<p><b>Interns</b> Lauren Fifarek Irisha Clark Raven Henderson Mayra Montoya Nadine Shatat Jacqueline Capron Jenny Boosey Sam Cebular Cristina Dongo</p>	<p><b>IBCCP Intake Specialists</b> Kathy Reardon Leah Brunkow Ghenaia Johnson Christy Foster</p>
		<p><b>Dental Intake</b> Charlene Johnson Karen Bryson</p>