



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion September 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
May:	No Resident Available
June:	No Resident Available
July 20:	8 Patients
August 24:	5 Patients
September 28:	2 Patients

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 placed.
September:	Visited 2 Schools - 109 Exams, 59 Cleanings, 59 Fluorides, 211 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

On September 5, we participated in Walk N Roll to School Day with our blanched calendar schools. The buses dropped students off away from the school, so bus riders could also walk.

September 13, was the Boltage Kick-Off at Urbana Middle School. Boltage is a program to encourage biking and walking through tracking incentives for the students, 15 participated.

Carrie Busey's 4th annual Family 3K CATCH kick-off was on September 13. Families came to the gym to warm up, listen to music, and play some wellness games. Then we were off to run on the track. Afterwards you could stay for a movie and eat your healthy picnic dinner in the gym. Families were challenged to bring the healthiest meal and prizes were awarded for the healthiest dinners. There were over 350 people that participated.

September 19 we held a Germ Buster training for 6 of our Germ Buster volunteers. We are working with them to implement the Germ buster messages throughout Champaign County. We are starting with Pre K. After training, they are all set to gear up and train the little kids to be Germ Busters themselves.

On September 25 we met with the staff at Pleasant Acres to talk with them about Coordinated School Health.

Events





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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	346	205	436	302	1289
New Clients Enrolled	6	3	5	5	19
Provider & Community Outreach	3	3	1	0	7

September 2013

Presence Covenant Medical Center gave CUPHD IBCCP \$10,000 from their It's All in the Jeans Day Campaign. This money will be used for mammogram scholarships for women from Champaign County to have screening mammograms done at Presence Covenant Medical Center.

The News Gazette and the Daily Illini featured stories about this grant with interviews, Angela Reinhart from Presence and Cathy Propst from CUPHD IBCCP.

Angela Reinhart and Cathy Propst were also featured on WCIA's CiLiving program on September 30, 2013 to talk about breast cancer awareness, It's All in the Jeans Campaign, the mammogram scholarships, and the upcoming "Go Pink!" event.

*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.



Meet the Team

Yasmin Gonzalez started in WHP on September 16, 2013. Yasmin was born in Torrance, Ca. and grew up in Guadalajara Jalisco, Ca.

Yasmin was formerly a translator at Francis Nelson and also worked in medical records and as a CNA. She then went to Carle as a CNA and from there to Chevy's Restaurant as a server.

In Yasmin's free time she enjoys swimming, walking and dancing.

Three fun facts about Yasmin:

- She loves cooking.
- Enjoys dancing.
- Her children always come first.

Yasmin's favorite quote is:

"Live, Love and Laugh"

Please stop by the dental clinic to welcome Yasmin to our staff, say "Hi" and introduce yourself.

Tara McCauley also joined our fabulous team in WHP on September 30, 2013. Tara was born in Arlington Heights, Illinois and grew up in the Chicago suburbs.

Tara has worked for non-profit organizations and the labor movement most of her career. Her work has always been focused on creating better communities.

In Tara's free time she enjoys roller derby, crafts, reading, working out and she has lots of pets.

Three fun facts about Tara:

- She is excited to be here and meet her new co-workers.
- She loves working with community members.
- She likes to work collaboratively.

Tara's favorite quote is:

Be proud of who you are.

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
Urbana Bicycle Plan Steering Committee
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>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 Yasmin Gonzalez, RDH</p>	<p style="text-align: center;">Health Educators</p> <p>Jennifer Jackson Talia Oakley Whitney Hayes Tara McCauley</p>
<p style="text-align: center;">Dentist</p> <p>Kara Ruffatto, DMD Gurjeet Sidhu, DDS Robert Grenda, DDS Blake Kitamura, DDS Yolanda Wright, DMD Alan Broadbent, 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>Allison Wiley</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p>Kathy Reardon Leah Brunkow Christy Foster Cristina Dongo</p>
		<p style="text-align: center;">Dental Intake</p> <p>Karen Bryson Chauntiere Harden</p>