



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Division of Wellness & Health Promotion November 2013

Programs

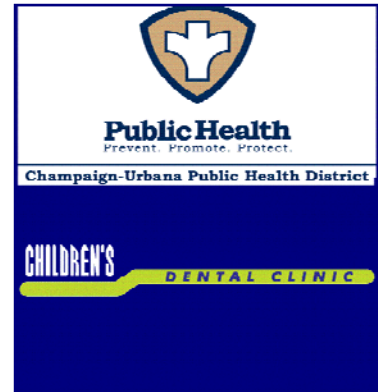
	Page
Cover	1
Dental	2-3
Health Promotion Programs	4-5
Illinois Breast & Cervical Cancer Program	6
Community Meetings and Websites	7
Contacts	8

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	70
Visits by Patients of Record	461
Total Patient Visits	531
Total Procedures Performed	1,856



Number of Days Clinic Open **17.5**

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	12
Visits by Patients of Record	115
Total Patient Visits	127
Total Procedures Performed	384
Number of Days Clinic Open	16.5

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
October: No Resident Available
November: 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.
September: Visited 2 Schools- 109 Exams, 59 Cleanings, 59 Flourides, 211 Sealants placed.
October: Visited 4 Schools- 371 Exams, 178 Cleanings, 178 Flourides, 161 Sealants placed.
November: Visited 3 Schools- 254 Exams, 124 Cleanings, 124 Flourides, 326 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	1
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	84	# of Sales	7
County	Checks	14	# of Sales	2

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
---------------	---	-----	--------------------------	-----

4

Other Education Programs

We had a CATCH refresher course for Thomasboro staff on November 20. Twenty staff attended.

On November 22, we held a CATCH pep rally at Thomas Paine. We kick-off CATCH with some teacher-student completion, games, and of course, a dance off.

We are excited to announce that we now have 5 CATCH trainers on staff. Jennifer Jackson, Talia Oakley, and Tara McCauley completed the three day training to become certified CATCH trainers. This gives us a lot of flexibility to train schools and help them implement CATCH.



Events

In October we started a Student Wellness Committee at Unity West. We met with 10-12 students twice in November. They are working toward a healthier Tolono.

On November 12, we helped with the Unity West Dairy Fully Fueled Event, sponsored by the Dairy Council. Students got to learn about all the benefits of dairy in a physically active way.

We participated in Lucky Tray Day at Thomas Paine on November 12th and 20th.

On November 21, we helped the University of Illinois with the Great American Smokeout Events. They had several campus locations where people could make their pledge, pick up Quit Kits, or talk to one of the cessation experts. They had activities to help with the distraction from cravings at each location, like board games, aroma therapy and service dogs (stress relief). People could write a word phrase or draw a picture on a dry erase board about what smoke-free campus means to them and have their picture taken holding the board. A slide show will be posted on the website. Also, people could trade in a cigarette for a treat - things like carrot sticks, celery, suckers, etc. that can help with cravings. There was information available about the smoke-free policy on campus as well.

We also, (on the Great American Smokeout) presented during open comment at the Champaign County Housing Authority monthly board meeting on smoke-free multi-unit housing. The board agreed to hold a study session on the matter.

Division of Wellness Health Promotion
November 2013 Board Report

agreed to hold a study session on the matter.

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	335	202	436	292	1265
New Clients Enrolled	7	2	8	4	21
Provider & Community Outreach	1	1	2	0	4

November 2013

3 Presentations were done this month.

11-4-2013 New Provider Presentation given at OSF Medical Group Internal Medicine Department Meeting - 9 attendees.

11-12-2013 New Provider Presentation given at OSF Medical Group Family Practice Department Meeting - 13 attendees.

11-21-2013 IBCCP Presentation given for U of I Nursing Students - 24 attendees.

*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.

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



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 style="text-align: center;">Judy Krumwiede Amy Johnson Bette Chapman</p>	<p style="text-align: center;">Dental Hygienists</p> <p style="text-align: center;">Amanda Niles, RDH Michelle Kramer, RDH Jill Hart, RDH Yasmin Gonzalez</p>	<p style="text-align: center;">Health Educators</p> <p style="text-align: center;">Jennifer Jackson Talia Oakley Whitney Hayes Tara McCauley</p>
<p style="text-align: center;">Dentist</p> <p style="text-align: center;">Kara Ruffatto, DMD Gurjeet Sidhu, DDS Robert Grenda, DDS Blake Kitamura, DDS Yolanda Wright, DMD</p>	<p style="text-align: center;">Dental Assistants</p> <p style="text-align: center;">Marda Keys Lucero Olmedo</p>	<p style="text-align: center;">Administrative Assistant II</p> <p style="text-align: center;">Crystal Anderson Laura Shobe</p>
<p style="text-align: center;">Volunteers</p> <p style="text-align: center;">Nedra Brown</p>	<p style="text-align: center;">Interns</p> <p style="text-align: center;">Allison Wiley</p>	<p style="text-align: center;">IBCCP Intake Specialists</p> <p style="text-align: center;">Leah Brunkow Christy Foster Cristina Dongo</p>
		<p style="text-align: center;">Dental Intake</p> <p style="text-align: center;">Karen Bryson Chauntiere Harden</p>