



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

Annual Report 2023





LETTER FROM THE ADMINISTRATOR

Public Health is not a static system; it is continually evolving. From the start of the modern public health era in 1850 through 1988, when the Institute of Medicine's 'The Future of Public Health' report was published, public health was focused on building the knowledge base and tools necessary for both medicine and public health. This era, later known as Public Health 1.0, was the time when sanitation systems and practices improved; immunizations and medications were developed and rolled out; and epidemiologic studies illuminated ways to prevent injury and illness through policies, programs, and regulations. Access to both medical care and public health was extremely uneven in the United States at this time.

Starting in 1988, Public Health 2.0 focused on the systematic development of the capacity of governmental public health agencies across the United States. While CUPHD was created in 1937, it remained a tiny unit of government until this period. This is the era when CUPHD and other health departments began focusing on 'traditional public health agency programs,' but also started incorporating more outreach services.

Prior to the full implementation of the

Affordable Care Act (ACA) in 2014, and its focus on prevention, public health departments often had to serve as 'safety net prevention providers' for services that were unavailable to those who lacked insurance or funds. The implementation of the ACA has made that unnecessary. In Champaign-Urbana alone, clients now have access to many options for healthcare, including two - soon to be three - Federally-Qualified Health Centers.

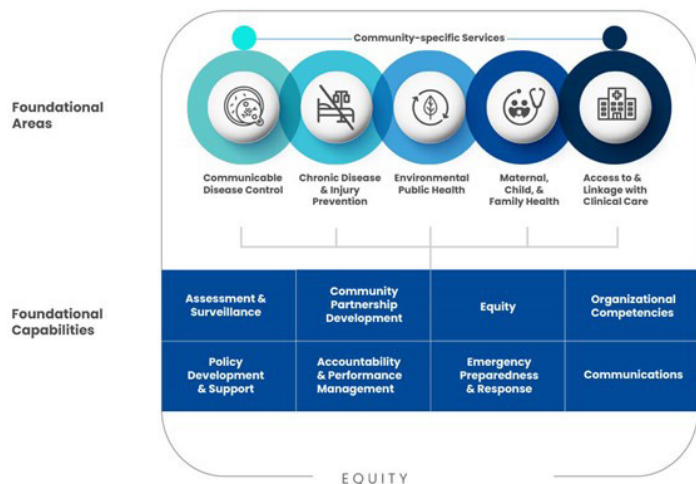
Additionally, Illinois has expanded Medicaid, ensuring that people who cannot afford insurance premiums can still obtain healthcare coverage. The ACA requires healthcare providers to focus more on preventive healthcare, a role previously filled by public health. Screening for high cholesterol, blood pressure, diabetes, depression, sexually transmitted infections, hepatitis, and HIV are now encouraged and available as part of routine healthcare with no out-of-pocket costs for the patient.

Today, CUPHD is ready to fully embrace Public Health 3.0, which focuses on population health—another term for community-wide prevention. This framework, developed by the Centers for Disease Control and Prevention, shifts the focus of traditional



clinical prevention back to primary care providers. This enables public health to concentrate on more innovative clinical prevention services, such as highly targeted outreach, and to prioritize population health. In PH 3.0, public health leaders serve as Chief Health Strategists for their communities, partnering across multiple sectors and leveraging data and resources to address social, environmental, and economic conditions that affect health and health equity.

Foundational Public Health Services



February 2022

Public health departments are tasked with focusing on community-specific services, including communicable disease control, chronic disease and injury prevention, environmental public health, maternal, child, and family health, and access to and linkage with clinical care services. This is accomplished through the foundational capabilities of public health: assessment and assurance; community partnership and development; equity; organizational competencies; policy development and support; accountability and performance management; emergency preparedness and response; and communications.

What makes Public Health 3.0 exciting for CUPHD is that our community has already witnessed the success of this model during our response to the COVID-19 pandemic. We have longstanding, multidisciplinary, multi-agency networks that focus on emergency preparedness, community violence, behavioral health, and healthy living. When faced with the crisis of COVID-19, these groups worked together within their ‘spheres of influence,’ enabling Champaign County to have such a successful response. Additionally, by maintaining our focus on the principles of equity, we were able to avoid the racially disparate death rates seen in so many other communities. Now, our community has witnessed how effective working together can be. They have also recognized the importance of social determinants of health (such as education, safe environments, housing, transportation, economic development, and access to healthy foods) in a person’s overall health and wellbeing. COVID-19 highlighted this. Since COVID-19, our community has seen a marked increase in investment in these areas from various units of government.

The recommendations to achieve Public Health 3.0 are well within our grasp. Firstly, CUPHD has served as the role of Community Health Strategist for H1N1 and COVID-19. We can do the same for other issues as well. Secondly, we have built many cross-sector partnerships. Thirdly, we achieved Public Health Accreditation in 2014 and have been reaccredited since. Where we need to focus now is on improving our actionable data. We need to expand our data to be easily accessible to our community partners and the wider community. The CDC stresses the need for ‘timely, reliable, granular-level, actionable data with clear metrics to guide, focus, and assess prevention initiatives, including those targeting the social determinants of health and equity.’

Working together with our community, CUPHD can and will improve our community’s health, safety, and wellbeing by focusing our efforts on where they will do the most good!



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CHAMPAIGN-URBANA PUBLIC HEALTH DISTRICT

The **Champaign-Urbana Public Health District** (CUPHD), established in 1937, has been dedicated to preventing disease and improving public health. In 1996, the Champaign County Public Health Department was created to extend similar services to residents outside Champaign-Urbana. Together, these agencies offer crucial services such as environmental health inspections, disease tracking and management, HIV counseling, family planning, immunizations, and more. The report provides an overview of public health services provided by CUPHD in 2023.



CUPHD was named a Healthy People 2030 Champion by the Office of Disease Prevention and Health Promotion, showcasing their dedication to advancing health and well-being. This recognition highlights their role in a network of organizations working with ODPHP to improve health locally, statewide, and within tribal communities.

The **mission** of Champaign-Urbana Public Health District is to center equity to ensure the health and safety of our community through education, preparedness, partnership, and policy.

The **vision** of Champaign-Urbana Public Health District is to be a trusted agent in a thriving community.

OUR BOARD

Kyle Patterson | **Board Chair**

Danielle Chynoweth | **Secretary**

Andy Quarnstrom | **Board Member**

ADVISORS

Ron Fields | **Treasurer**

Ruth Wyman | **Attorney**

Dr. Anne Robin | **Medical Advisor**





STRATEGIC PLANNING PRIORITIES, GOALS, & ACHIEVEMENTS

The 2023-2025 strategic plan for the Champaign-Urbana Public Health District is the culmination of a thorough process spanning over six months in 2022-2023, during which an environmental scan was conducted to incorporate feedback from staff at all levels of the organization. The strategic planning process afforded the planning team the opportunity to reformulate our mission and vision statements. The table below displays the strategic planning priorities, goals, and corresponding notable activities accomplished in 2023, demonstrating CUPHD’s dedication to achieving its strategic planning goals.

IMPROVED INTERNAL COMMUNICATION

Consistent and bi-directional communication that builds trust.

- » Updated CUPHD’s phone system.
- » Creation of a shared calendar for coordination and awareness of community outreach events.
- » Timeline established for revamping CUPHD’s website.
- » ACME committee has been reinstated and renamed Catalyst for Change.

CENTER EQUITY AS THE COMMUNITY HEALTH STRATEGIST

CUPHD will ensure that equity is center in our work internally.

CUPHD will ensure the equity is center in our work externally as a community health strategist.

- » Lunch-N-Learn hosted by CUPHD’s Justice Coalition.
- » Monthly sharing of important cultural events.
- » Monthly DEI engagements with CUPHD leadership team.
- » Conducted staff meetings to review mission and vision statements, QI/PM plans, and strategic plan.

STAFF DEVELOPMENT AND ENHANCEMENT

CUPHD will hire, onboard, develop, and retain its employees in a transparent and equitable manner.

- » Identification of new recruitment strategies.
- » Language in job postings reorganized to reflect recruitment priorities.
- » Job postings publicized internally before being advertised externally.
- » Established a monthly schedule for orientation meetings.
- » Modifications to onboarding checklist to reflect new training requirements.

PERFORMANCE MANAGEMENT

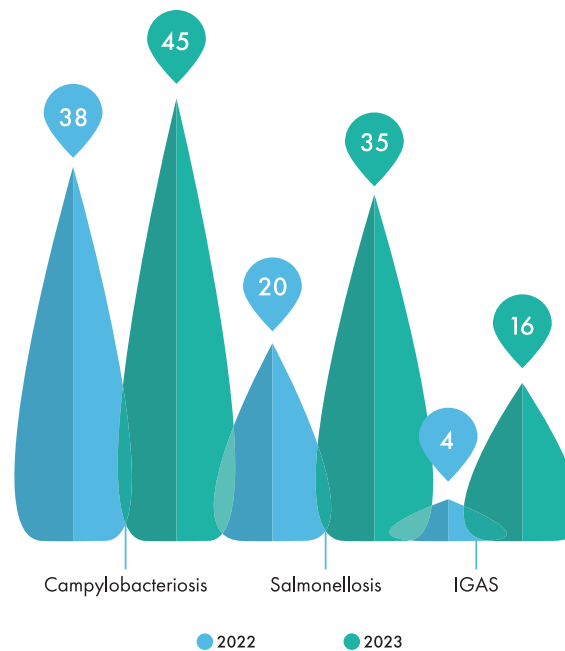
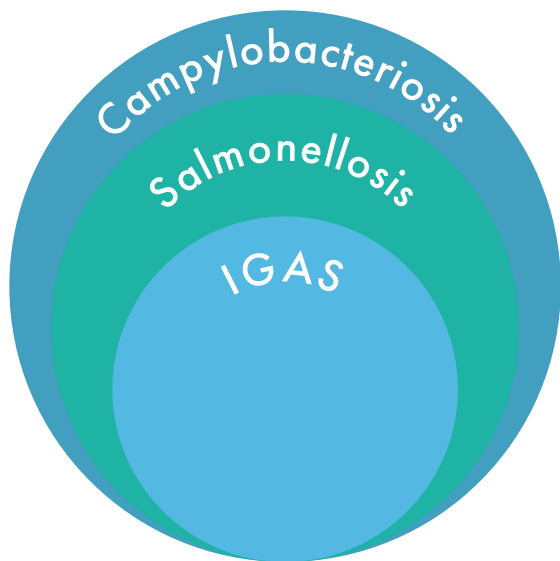
CUPHD embodies a culture of continuous quality improvement (CQI) and uses CQI tools in its decision-making processes.

- » Implemented programmatic client satisfaction surveys.
- » Conducted QI culture survey, identifying need for QI trainings.
- » Implemented agency-wide training requirement for QI 101 and QI 102 courses.
- » Created, tested, and implemented a new performance management system to track performance metrics across all divisions and programs.



NOTIFIABLE DISEASES

TOP 3 NOTIFIABLE DISEASES OF 2023



Washing hands regularly, covering coughs and sneezes, and avoiding close contact with sick individuals can help prevent IGAS infections. Other ways to reduce the spread of infections include keeping cuts and wounds clean and covered and avoiding sharing personal items like towels and razors. People should seek prompt medical attention if they experience symptoms such as pain, fever, or a rapidly spreading rash. Early detection and treatment can help prevent the spread of IGAS.

To protect oneself from **enteric illnesses**, one should wash their hands thoroughly with soap and water before eating and after using the restroom. It's also important to cook meats thoroughly and avoid consuming unpasteurized dairy products. Staying hydrated and ensuring that water comes from a safe source is crucial. When traveling, individuals should be cautious about what they eat and drink. It's important to remember that prevention is key to staying healthy.



Discover the latest notifiable disease data for Champaign County. [Click here](#) or scan the QR code to access the Communicable Disease Morbidity table and stay informed about community health trends.



TUBERCULOSIS INVESTIGATION & CONTROL

“TUBERCULOSIS? DO WE STILL HAVE TUBERCULOSIS?”

A common question that arises when discussing the tuberculosis (TB) control program is, “Is TB still a concern?” Despite advances, TB remains a significant issue in both the U.S. and Champaign County. In the U.S., over 13 million people are estimated to have inactive or latent TB infection, with more than 9,000 cases of active TB reported annually. Notably, 85% of these active cases stem from reactivated latent TB. The critical approach to eliminating the threat of TB involves screening for and treating latent TB.

Targeted testing serves as a strategy to screen individuals at high risk of TB exposure, such as those who have lived or traveled extensively in TB-endemic countries or healthcare workers with potential TB exposure. When an individual screens positive for TB infection, CUPHD conducts investigations to rule out active TB disease and promotes treatment for latent infection.

One goal of the program is to ensure that every person infected with TB has the opportunity to have a conversation with a health professional about treatment.

There exists a common misconception that TB screening is merely a mandatory step for obtaining approval to work, immigrate, or enroll in university classes, and that once active TB is ruled out, the process is complete. However, treating latent TB benefits both the general public and the individual. Without treatment, one in ten people will develop active TB in their lifetime, and that risk can be much higher for those with HIV infection, diabetes, or weakened immune systems. At CUPHD, the aim is to go beyond merely ensuring that someone is free from tuberculosis disease today – the goal is also to protect them and the community from tuberculosis that may develop in the future.

Tuberculosis Statistics Champaign County 2023	Total Number of Cases
Total cases investigated	169
Total active TB cases identified and managed	3
Total latent TB cases identified	138
Total latent cases treated at CUPHD	8
Total latent cases treated outside of CUPHD	49
Total latent cases declining treatment or unreachable	81
Cases investigated that turned out not to be a case	28

FINANCE

CHAMPAIGN-URBANA PUBLIC HEALTH DISTRICT

STATEMENT OF REVENUE, EXPENDITURES, AND CHANGES IN FUND BALANCES

GOVERNMENTAL FUNDS

For the year ended June 30, 2023

	<i>GENERAL FUND</i>	<i>NON-MAJOR GOVERNMENTAL FUNDS</i>	<i>TOTAL GOVERNMENTAL FUNDS</i>
REVENUES			
Property taxes	\$ 4,151,726	\$ 450,739	\$ 4,602,465
Licenses and permits	\$ 291,590	\$ -	\$ 291,590
Intergovernmental	\$ 7,970,360	\$ 268,724	\$ 8,239,084
Investment income	\$ 120,013	\$ -	\$ 120,013
Charges for services	\$ 1,713,776	\$ -	\$ 1,713,776
Miscellaneous	\$ 13,292	\$ 129,061	\$ 142,353
Total revenues	<u>\$ 14,260,757</u>	<u>\$ 848,524</u>	<u>\$ 15,109,281</u>
EXPENDITURES			
Current			
Administration	\$ 1,290,612	\$ 231,940	\$ 1,522,552
Champaign County Public Health Department Contract	\$ 969,041	\$ 94,992	\$ 1,064,033
Environmental Health	\$ 713,625	\$ 92,581	\$ 806,206
Maternal and Child Health	\$ 2,601,397	\$ 326,535	\$ 2,927,932
Special projects	\$ 1,567,775	\$ 75,367	\$ 1,643,142
Teen and Adult Services	\$ 3,329,601	\$ 222,904	\$ 3,552,505
Wellness and Health Promotion	\$ 1,769,582	\$ 226,589	\$ 1,996,171
Debt service:			
Principal	\$ 12,727	\$ -	\$ 12,727
Interest and fiscal charges	\$ 2,172	\$ -	\$ 2,172
Capital outlay	\$ 217,329	\$ 51,249	\$ 268,578
Total expenditures	<u>\$ 12,473,861</u>	<u>\$ 1,322,157</u>	<u>\$ 13,796,018</u>
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES	\$ 1,786,896	\$ (473,633)	\$ 1,313,263



OTHER FINANCING SOURCES (USES)

Lease issuance
 Transfers in
 Transfers (out)
 Total other financing sources (uses)

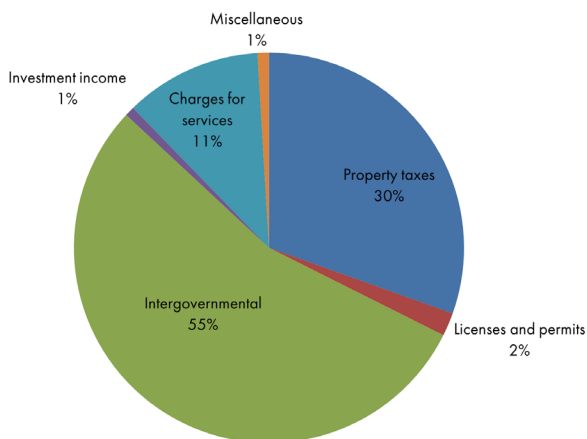
NET CHANGE IN FUND BALANCE

FUND BALANCES (DEFICIT), JULY 1

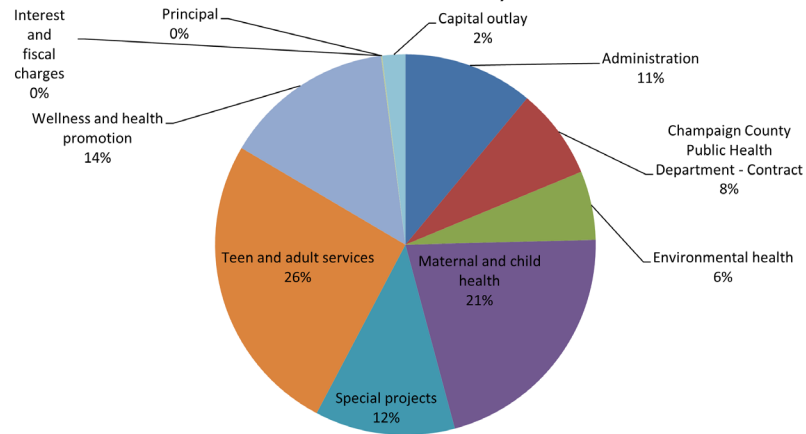
FUND BALANCES (DEFICIT), JUNE 30

	GENERAL FUND	NON-MAJOR GOVERNMENTAL FUNDS	TOTAL GOVERNMENTAL FUNDS
Lease issuance	\$ 128,407	\$ -	\$ 128,407
Transfers in	\$ -	\$ 606,089	\$ 606,089
Transfers (out)	\$ (606,089)	\$ -	\$ (606,089)
Total other financing sources (uses)	<u>\$ (477,682)</u>	<u>\$ 606,089</u>	<u>\$ 128,407</u>
NET CHANGE IN FUND BALANCE	<u>\$ 1,309,214</u>	<u>\$ 132,456</u>	<u>\$ 1,441,670</u>
FUND BALANCES (DEFICIT), JULY 1	<u>\$ 6,695,500</u>	<u>\$ 712,580</u>	<u>\$ 7,407,580</u>
FUND BALANCES (DEFICIT), JUNE 30	<u><u>\$ 8,004,214</u></u>	<u><u>\$ 845,036</u></u>	<u><u>\$ 8,849,250</u></u>

Champaign-Urbana Public Health District Total Revenues for the Year Ended June 30, 2023



Champaign-Urbana Public Health District Total Expenditures for the Year Ended June 30, 2023



DIVERSITY, EQUITY, & ENGAGEMENT



Champaign-Urbana Public Health District (CUPHD) initiated efforts toward equitable change by becoming one of the first organizations in the state to declare racism a public health crisis. Subsequently, CUPHD developed a position, conducted interviews, and hired a DEI Specialist, Makiya Thomas. Since joining, Makiya has focused on defining diversity, equity, and inclusion for the organization, fostering a shared understanding of DEI across all levels, and integrating DEI principles throughout the organization. Here are a few projects undertaken by the DEI department in the past year.



Developed an internal employee affinity group named Justice Coalition. The mission of Justice Coalition is to ignite conversations, provide training, and orchestrate change that leads our organization to become the cornerstone of diversity within the Champaign-Urbana Community. Justice Coalition has appointed one representative from each division within the organization. On February 22, 2024, Justice Coalition hosted its inaugural Black History Month Panel event, which received significant support from the Champaign-Urbana community.

The DEI specialist collaborated with the finance division and the building coordinator to enhance CUPHD's purchasing policy. This policy aims to prioritize businesses owned by minorities, women, veterans, and individuals with disabilities when soliciting contractor bids.

The DEI specialist has placed a strong emphasis on diversifying recruitment efforts. She has closely collaborated with the Human Resource (HR) Division and the Strategic Planning Hiring, Onboarding, and Retention Working Group to improve our recruitment and retention processes. Additionally, she conducts monthly meetings with the HR division to analyze trends in diversity among new hires.

Looking ahead to the future, here are some of the upcoming plans for DEI within CUPHD:

- Expand DEI to become a standalone entity while fostering connections across all divisions within CUPHD.
- Establish opportunities for fostering healthy conversations with the community on relevant topics.
- Educate staff on essential topics to ensure they remain well-equipped and culturally competent.
- Develop an internship program to educate students about public health and its connection to health equity.

BLACK HEALTH, WEALTH, & WELLNESS

A panel discussion presented by CU Public Health's Justice Coalition

FEBRUARY 22
6:00pm to 7:30pm

Doors open at 5:30pm for light refreshments.

201 W. Kenyon Road, Champaign
Main conference room at the north entrance.

Public Health
Champaign-Urbana Public Health District

The Justice Coalition Presents

Hispanic Heritage Month Lunch-N-Learn

October 3rd | Noon-2:00 p.m.
Main conference room

Special thank you to El Paraiso, who will be catering a variety of Latin American cuisine!

This is a voluntary, non-compensated event to take place on your lunch hour.

DEI ENGAGEMENT OCTOBER

October

NATIONAL INDIGENOUS PEOPLES' DAY

Celebrated on the second Monday in October (10/9 this year), this holiday began as an alternative to Columbus Day, which is celebrated on the same day. National Indigenous Peoples' Day gives recognition to the indigenous populations affected by colonization, and commemorates their histories and cultures. It was first celebrated in 1992, but it wasn't until 2021 that President Joe Biden formally commemorated the holiday with a presidential proclamation.

DID YOU KNOW?

- There are more than 476 million Indigenous people in the world. They make up 6.2% of the global population!
- Indigenous people are more likely to live in extreme poverty and often lack adequate social protection and economic resources.
- Because many Indigenous people depend on forests for their livelihoods and are farmers, hunter gatherers, or pastoralists, they are often leaders on protecting the environment.

Source: United Nations Development Programme



ENVIRONMENTAL HEALTH

Environmental Health introduced regularly scheduled routine educational in-services for foodservice operators and managers in 2023. Data was analyzed from routine inspections conducted in the calendar year of 2022 on risk factor violations frequently cited during inspections associated with foodborne illness. This data provided a focus for the topic of the in-service education to be provided.

* * * * *

Environmental Health promoted 'Active Managerial Control' for foodservice establishments. The emphasis on 'Active Managerial Control' targets the knowledge base of foodservice operators and managers to improve the performance of routine health inspections. Compliance with this key public health intervention has an impact on consumer health by reducing foodborne illness in our community. This initiative was well-received and attended by 99.3% of Category 1 facilities in both Champaign-Urbana and Champaign County.

Sarah Michaels, Director of Environmental Health, has established open office hours each week to assist with questions related to Environmental Health. This initiative effectively implements an open-door policy, fostering aspirational communication and collaboration goals. An open-door policy cultivates a culture of transparency, communication, and productivity by establishing strong communication channels.

Answers to questions and guidance were provided to over 100 attendees during the calendar year of 2023. Topics ranged from plan review and cottage food registrations to food safety trainings, compliance, food inspection reports, and food inspection notice placards.





MATERNAL & CHILD HEALTH

The Division of Maternal and Child Health (MCH) receives funding from the Illinois Department of Public Health, the Department of Human Services, the Illinois State Board of Education, and local tax revenue to administer programs focused on reducing food insecurity, improving birth outcomes and infant-child development, and combatting structural inequities through a diversity, equity, and inclusion lens. Some core programs include WIC, Family Case Management/High-Risk Infant Follow-Up, GREAT Start home visiting, Healthworks of Illinois, and childhood immunizations.



WIC

The Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a food assistance program that helps pregnant women, new mothers, and young children eat well and stay healthy. WIC provides nutrition assessment, counseling and education, breastfeeding support, nutritious foods, and referrals to other services.

The Breastfeeding Peer Counselor Program offers personalized lactation support and education to pregnant and lactating WIC participants. Peer Counselors (PCs) are current or former WIC participants who have successfully breastfed their own children. They receive specialized training and are available via text, call, and in-person at the WIC office. PCs also provide in-home and hospital visits to help establish successful breastfeeding.

WIC BY THE NUMBERS

Funded caseload	2,877
Total visits	8,337
Outreach events attended	13
Referrals to other programs	5,174
Families served by Breastfeeding Peer Counselors	214

WIC received the USDA Gold Award for Breastfeeding Excellence, which is good for three years.



U.S. DEPARTMENT OF AGRICULTURE
WIC BREASTFEEDING SUPPORT

GOLD AWARD

"USDA celebrates Champaign-Urbana Public Health WIC Program for an exemplary breastfeeding program with the Gold Award in Breastfeeding Excellence.

Over the last year, you've met rigorous core components of the WIC Breastfeeding Support Model for a successful peer counseling program."

*— Dr. Vesta Suarez Fletcher
USDA/FNS Midwest Regional Administrator*



WICBreastfeeding.fns.usda.gov



FAMILY CASE MANAGEMENT/HIGH-RISK INFANT FOLLOW UP

The Family Case Management and High-Risk Infant Follow-Up programs offer preventative care education, developmental testing, immunizations, referrals, and follow-up services for children and pregnant women who meet income guidelines. Home visits are conducted once during pregnancy and once postpartum. Case managers and/or public health nurses administer Ages and Stages standardized developmental screenings for infants under one year, while perinatal depression screenings are conducted using the Edinburgh tool.

Furthermore, Family Case Management collaborates with empty tomb inc. and SIDS of Illinois Inc. to provide safe sleep education and cribs to families in need. Additionally, they partner with The United Way’s Bottom Line Diaper Bank to assist families with emergency diaper needs.



Total Family Case Management contacts	3,293
Average caseload	550 clients served per month
Average High-Risk Infant Follow-Up caseload	40
Packages of diapers provided	720
Cribs for Kids referrals for SIDS prevention	95

HEALTH WORKS OF ILLINOIS

HealthWorks of Illinois is a comprehensive health care system developed by the Illinois Department of Children and Family Services (DCFS) to ensure that all Illinois children in foster care have access to quality health care, including routine and specialized health services, and that documentation of their health needs and care is readily accessible to foster caregivers, other health care providers, and DCFS. HealthWorks is a collaborative effort between three Illinois governmental departments: DCFS, the Department of Healthcare and Family Services (HFS), and the Department of Human Services (DHS). The HealthWorks program is administered by 20 lead agencies covering all counties in Illinois. The Champaign-Urbana Public Health District HealthWorks serves as the lead agency for Champaign, Ford, Vermilion, and Iroquois counties. HealthWorks advocates for pregnant DCFS wards and their children, providing referrals as needed. The program also works closely with foster parents and case workers to ensure that those in foster care receive appropriate medical care. Recently, HealthWorks expanded its services to include Scott and Macoupin counties.

GREAT START

GREAT Start is an intensive home visiting program that serves expecting parents and families with children under the age of three in Champaign County. Home visitors support parents throughout their parenting journey by offering personalized bi-weekly home visits focused on child development, family goals, and connecting families to community resources. GREAT Start also provides supplemental doula services to pregnant participants enrolled in the program. Doula support services are available starting at 28 weeks of pregnancy and continue through the postpartum period, providing support during labor and delivery and for two months after birth.

Home visitors play a vital role in promoting positive outcomes for children and families. They offer support in parent-child interactions, child development, and health, tailoring their assistance to the specific needs of diverse families. This includes recognizing cultural differences and ensuring that the most vulnerable families have access to necessary resources and support.

Doulas contribute to diversity, equity, and inclusion in maternity care by respecting the cultural diversity of birthing individuals. They provide personalized support, taking into account unique traditions, beliefs, and preferences. This fosters inclusivity, ensuring that everyone feels understood and valued during the birthing process. This empowerment addresses systemic biases and contributes to improved maternal and infant health outcomes.

GREAT Start provided services to 93 children ranging from birth to age 3.

In 2023, the doula program, which started in August and saw doulas fully trained by October, provided assistance during four births.



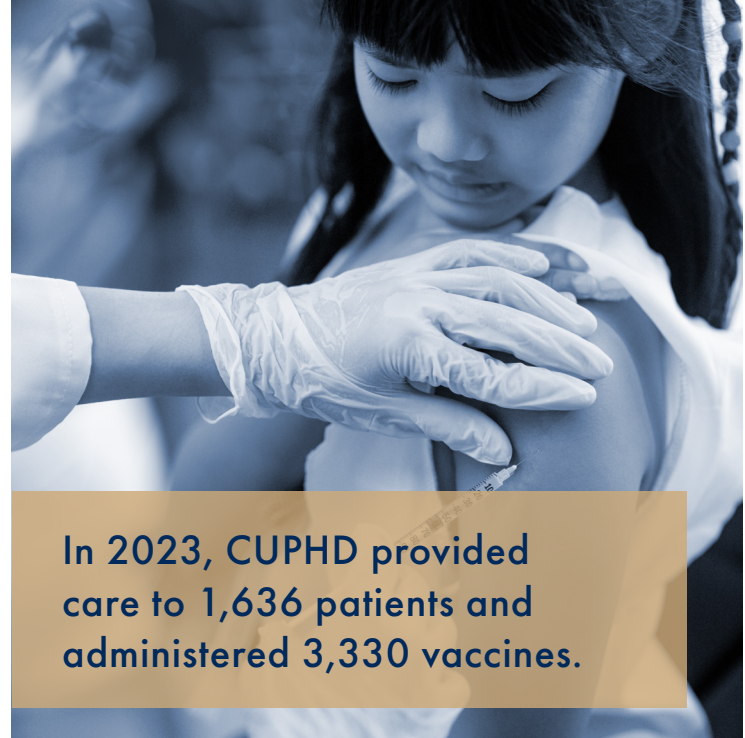
"I want to thank my doula for all the supports she brings to me and all my family. Blessings and more love."





VACCINATIONS

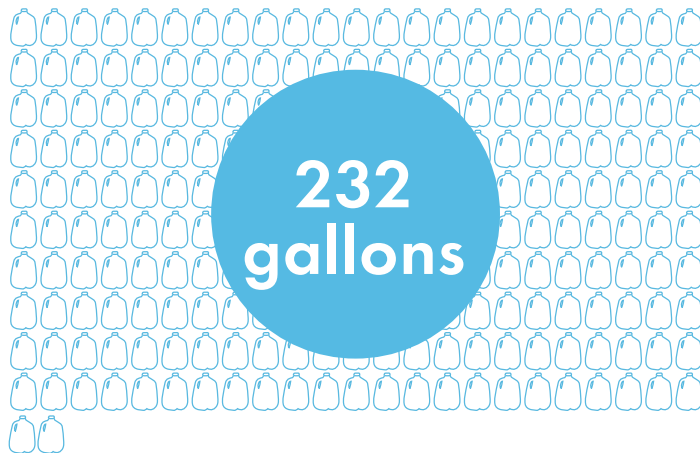
CUPHD provides routine immunizations through the Vaccines for Children (VFC) program. VFC is a federally-funded program administered by the Illinois Department of Public Health, offering free vaccines to eligible children ages 18 and younger. This program ensures that all children have access to immunizations, regardless of their insurance coverage. On-time vaccinations throughout childhood are essential because they provide immunity before children are exposed to potentially life-threatening diseases. Vaccines undergo testing to ensure they are safe and effective for children at the recommended ages.



In 2023, CUPHD provided care to 1,636 patients and administered 3,330 vaccines.

HUMAN MILK DEPOT & DISPENSARY

CUPHD partners with the Mothers' Milk Bank of the Western Great Lakes (MMBWGL) to support both a Donor Milk Depot where the public can donate milk, and a Donor Milk Dispensary where donor milk can be purchased. After being screened and approved by the MMBWGL, lactating individuals can bring human milk donations to CUPHD. CUPHD sends that milk to the MMBWGL for processing, after which it is distributed to hospitals, individual families, and donor milk dispensaries, such as the one housed at CUPHD. Pasteurized donor milk is available for purchase from CUPHD's Dispensary for both healthy and medically fragile children.



Amount of human milk donated.



Pasteurized human milk purchased.



Snap Pea & Radish Slaw

Ingredients :

- ¼ cup cider vinegar
- 2 tablespoons mayonnaise
- 1 tablespoon sugar
- 1 teaspoon yellow mustard
- ¾ teaspoon celery seed
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 4 cups sugar snap peas (about 12 ounces), trimmed and julienned
- 1 cup radishes (about 4 ounces), trimmed and julienned

Directions :

1. Whisk vinegar, mayonnaise, sugar, mustard, celery seed, salt and pepper in a large bowl. Mix in snap peas and radishes. Chill for 30 minutes before serving.



FOOD SECURITY INITIATIVES

GIVE BACK GARDEN

The Give Back Garden (GBG) has a simple mission: to provide high-quality, fresh produce to those members of the local community who need it most. Harvested produce is placed in the CUPHD lobby for the public to take on a first-come, first-served basis. With over 30 raised beds and ample volunteer support, CUPHD’s GBG was able to grow and distribute nearly 1500 pounds of produce in 2023. As an affiliate member, CUPHD also functions as a Solidarity Gardens Drop-Off Site, allowing local gardeners to donate home-grown produce, which is then distributed in CUPHD’s lobby alongside GBG-grown produce. Seasonal recipes are posted next to fresh produce in English, Spanish, and French to encourage people to try fruits and vegetables in new ways!

Pounds of produce grown	1,472
Volunteer hours	789
Pounds of produce received through drop-off site	529
Total pounds of produce distributed in CUPHD lobby	2,001



Became a University of Illinois Extension "Pollinator Pocket" in 2023



FARM TO SCHOOL

CUPHD partners with Sola Gratia Farm and Urbana School District 116 (USD116) to develop comprehensive, integrated, district-wide Farm to School (F2S) programming. Through this partnership, CUPHD is addressing multifaceted aspects of food insecurity and key social determinants of health by engaging with students at school. F2S aims to create equitable opportunities for USD116 students to learn about food sources, cultivation, and preparation. Additionally, F2S provides students with access to locally sourced foods at school, which also supports the local economy.



Two sets of 14 unique classroom- and garden-based Farm to School curriculum kits were created for pre-K through grade 5.



There were four local foods consumption events in 2023, including The Great Apple Crunch, Harvest of the Month, and taste tests. There were 200–2,488 students engaged at each event and 10–137 classrooms engaged at each event.



10 school gardens were supported by F2S (100% of USD116 schools, including Gerber), with an average of 185 students and 16 classrooms engaged per month.



Supported one district-wide F2S coordinator and ten garden coordinators at USD116.

SUMMER FOOD SERVICE PROGRAM

CUPHD serves as a USDA Summer Food Service Program (SFSP) sponsor, providing meal service to both open sites (available to any child aged 1-18) and closed/enrolled sites (community programs serving a specific group of children). For many children in Champaign County, school meals may be their primary or only source of nutrition, making the SFSP crucial in meeting this need when school is not in session.

Sites served	10
Breakfasts served	12,338
Lunches served	1,719
Snacks served	11,805
Total meals and snacks served	25,862



LITTLE FREE MARKET

The Little Free Market (LFM) is a partnership between CUPHD, Sola Gratia Farm, and Cornerstone Fellowship, which hosts the LFM on Friday afternoons from June to October. The LFM distributes farm-fresh produce, food-producing plants and seeds, non-perishable pantry items, hygiene supplies, and other public health resources and information in a food-insecure neighborhood in Urbana.

Markets held	16
Average number of households served each week	26
Average number of shelf-stable food items distributed each week*	220
Average number of shelf-stable food items distributed to each household each week*	8.5

**Does not include produce Sola Gratia distributed.*





HARM REDUCTION DELIVERY & PICKUP
 WE CAN BRING SUPPLIES TO YOU CURB SIDE OR STRAIGHT TO YOUR DOOR!
 DELIVERIES ANYWHERE IN CHAMPAIGN COUNTY & VERMILION COUNTY ONLY

CURB SIDE PICKUP TAKES PLACE NEXT TO BETH/OUR GREEN MURAL

We're Open Mon-Fri
 8:30am - 4:30pm
 201 W Kenyon Rd.
 Champaign, IL 61820

Call Us at 217-531-5376 for more info

SCAN ME
<https://forms.office.com/g/VVJ4L1h5k>

Sister to Sister
 Take Control of Your Health!

Want to learn more?
 Call Susan at 217-531-5376

What you get:

- Free gift card
- Preventative health knowledge
- Empowerment

Champaign-Urbana Public Health District

NARCAN® DRIVE-THRU

NARCAN® (naloxone) is a medication used to reverse an opiate overdose.

Keep your community safe. Kits available to all. Be prepared!

CHAMPAIGN URBANA PUBLIC HEALTH DISTRICT

PEE N FLEE

FREE! DO IT YOURSELF! NO CONTACT!
 CHLAMYDIA AND GONORRHEA TESTING
 NO APPOINTMENTS NEEDED

Testing Easy as 1-2-3!

- 1 Fill out all sides of the consent form
- 2 Collect urine sample and place inside brown paper bag
- 3 Lock your form and sample in the Pee N Flee Lockers and return key to Teen & Adult Services Front Desk

TESTING SUPPLIES ARE LOCATED IN ALL PUBLIC CUPHD BATHROOMS AND NEAR THE "PEE N FLEE" LOCKER IN THE TEEN & ADULT SERVICES LOBBY

MONDAY - FRIDAY
 8:00 A.M. - 4:30 P.M.
 201 W. KENYON RD.,
 CHAMPAIGN, IL 61820

NOVEMBER 18TH 1-5 PM

STEP RECOVERY CENTER 2500
 GEORGETOWN RD DANVILLE, IL. 61832

For more information, contact:
 Joe Trotter, 217-531-5370, jtrotter@c-uphd.org

ANYONE CAN SAVE A LIFE WITH NARCAN

Champaign-Urbana Public Health District

NARCAN® DRIVE-THRU

NARCAN® medication used to reverse an opiate overdose.

Keep your community safe. Kits available to all. Be prepared!

NOVEMBER 18TH 1-5 PM

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 GEORGETOWN RD DANVILLE, IL. 61832

Sister to Sister
 Take Control of Your Health!

Want to learn more?

TEEN & ADULT SERVICES

The Division of Teen and Adult Services (TAS) is a multidisciplinary team of advanced practice nurses, public health nurses, case managers, lab technicians, intake staff, and program coordinators who deliver services related to HIV and STI prevention and management. TAS provides STI testing and treatment on weekdays and through outreach in the evenings and weekends. Pre-exposure prophylaxis (PrEP) and reproductive health options are integrated into this clinic. TAS offers supportive services to persons living with HIV throughout East Central Illinois to improve access to and engagement in medical care. Harm reduction services, including training and access to naloxone, are provided to residents. These services are anchored in the statewide initiative of "Getting to Zero" (GTZ), which aims to end the HIV epidemic in Illinois by 2030. We can achieve this goal by limiting HIV transmission and ensuring that all persons living with HIV are engaged in medical care. The following are program highlights from 2023.

PREP

Pre-exposure prophylaxis (PrEP) is a medication taken to prevent HIV infection. PrEP is highly effective when taken as prescribed, reducing the risk of HIV transmission through sex by about 99% and through injection drug use by at least 74%.

At CUPHD, PrEP services include a prescription for PrEP medication with assistance from staff in obtaining it, testing for sexually transmitted infections (STIs), vaccinations (HPV, COVID, flu, and mpox), and pregnancy prevention options. CUPHD offers both oral (pill) and injectable (shot) PrEP options. Individuals taking the oral form of PrEP take one pill daily, while those choosing the injectable PrEP receive their shot every other month at CUPHD. In 2023, 130 came in for PrEP services. 98 chose the oral option and 32 chose the injectable option.

SYPHILIS

In 2023, CUPHD staff worked with six (6) pregnant women who tested positive for syphilis. Four (4) of these women resided in another county but sought prenatal care in Champaign County, leading CUPHD to interact with them to ensure they received adequate treatment. This marks an increase compared to past years; CUPHD had one (1) report of congenital syphilis in 2022.



NALOXONE

Naloxone (Narcan®) is a medication that can reverse an opioid overdose (from heroin, fentanyl, and prescription drugs). CUPHD staff train residents on recognizing the signs of an overdose and how to administer naloxone. Both nasal and injectable options are provided. CUPHD distributes naloxone kits containing two (2) doses of naloxone, along with instructions on proper use, a link and QR code for reporting use, and contact information. Staff distribute naloxone to clients seeking harm reduction services (such as syringe exchange) and conduct outreach in neighborhoods where overdoses have occurred, at storefront businesses, and with community partners (such as Rosecrance, Strides, EMS, schools, etc).



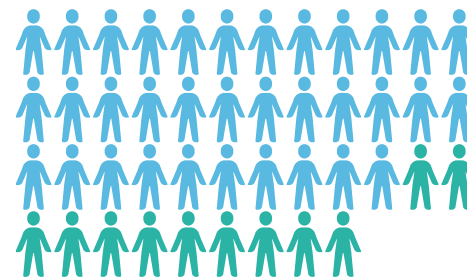
In 2023, staff distributed 12,028 naloxone kits.



440 kits were handed out to residents during a “drive-thru” distribution event.

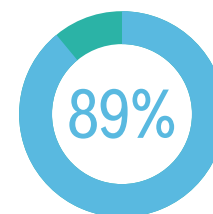
CONTACTLESS STI TESTING

CUPHD offers residents the option to be tested for gonorrhea and chlamydia without seeing a provider. The Pee and Flee program allows a person to visit one of the CUPHD offices in Champaign or Rantoul, complete the required paperwork, and provide a urine specimen for testing. All individuals using this service are contacted by CUPHD staff with their results, whether positive or negative, and are offered testing for syphilis and HIV, along with referral to other CUPHD services. CUPHD tested 210 people through Pee and Flee in 2023. 16% tested positive for chlamydia and 5% tested positive for gonorrhea.



HIV CARE

CUPHD staff provides supportive services such as housing, medical assistance, and food assistance for persons living with HIV. These services help individuals access medical care, with the goal of achieving viral suppression. There have been new advances in HIV treatment medications, including oral medications that combine multiple drugs into a single pill, reducing the daily pill burden, as well as long-acting injectable medications.



By the end of 2023, 89% of those involved in supportive services at CUPHD had achieved viral suppression.



DIVERSITY, EQUITY, AND INCLUSION (DEI)

Teen and Adult Services staff participated in a training series hosted by The Public Health Institute of Metro Chicago (PHIMC) in 2023. The training, titled ‘Protecting Our Patients (POP): Affirming Care Initiative,’ focused on reducing stigma and bias in our services, particularly for transgender individuals. All TAS staff underwent six (6) hours of training over a three-month period.



WELLNESS & HEALTH PROMOTION

The Division of Wellness & Health Promotion at CUPHD is committed to promoting healthy habits among residents of Champaign County. Through educational and preventive programs, individuals are empowered to prioritize their well-being and make informed decisions for a healthier lifestyle. Initiatives include the Child & Teen Dental Program, tobacco prevention and policy work, comprehensive sexual health education, as well as workshops, trainings, and community events. Through these efforts, WHP contributes to the advancement of public health in Champaign County.

Additionally, by fostering partnerships with local healthcare providers, community organizations, and government agencies, the division enhances access to resources and essential healthcare services, particularly for vulnerable populations.



ACCESS TO HEALTHCARE RESOURCES AND SERVICES

- » Expanded access to healthcare services for adolescents in the Adolescent Health Program (AHP) by providing essential screenings, referrals, and support services.
- » Partnered with local federally qualified health centers (FQHCs) and community clinics to strengthen the healthcare infrastructure and increase capacity to serve the unique needs of adolescents in our community.
- » Collected, organized, and distributed period products for clients of CUPHD and partner organizations at no cost.
- » Facilitated connections to dental homes for students served in the school sealant program, emphasizing the importance of regular dental care.

HEALTH EDUCATION INITIATIVES

- » Delivered evidence-based, medically accurate, age-appropriate comprehensive sexual health and tobacco prevention education to equip young people with the knowledge, skills, and abilities needed to make informed decisions about their health.
- » Provided culturally competent and linguistically appropriate information to build trust and confidence in COVID-19 vaccines, thereby increasing vaccination rates.
- » CATCH MY BREATH program.

ORAL HEALTH PROMOTION

- » Served as a dental home for over 6,000 Champaign-Urbana children aged 0-18, providing dental treatment and preventive care.
- » Prevented early dental issues in children by promoting oral health through essential preventive dental care, including exams, cleanings, fluoride treatments, and the application of dental sealants in the School Sealant Program.
- » Implemented initiatives to increase access to oral healthcare and promote dental hygiene practices among children and pregnant women in the WIC Program.

17

children assisted with Medicaid/AllKids enrollment.

453

kids with one or more sealants.

722

Public health dental hygiene exams in the school sealant program.

1,528

total number of sealants.



ORAL HEALTH SCORES (OHS) FOR CHAMPAIGN UNIT 4 SCHOOL DISTRICT, URBANA SCHOOL DISTRICT #116, AND READY PROGRAM

USD #116	Champaign Unit 4	READY
OHS 1: 106	OHS 1: 298	OHS 1: 9
OHS 2: 107	OHS 2: 231	OHS 2: 7
OHS 3: 74	OHS 3: 136	OHS 3: 16

OHS 1: No decay OHS 2: Moderate decay
OHS 3: Severe decay/pain



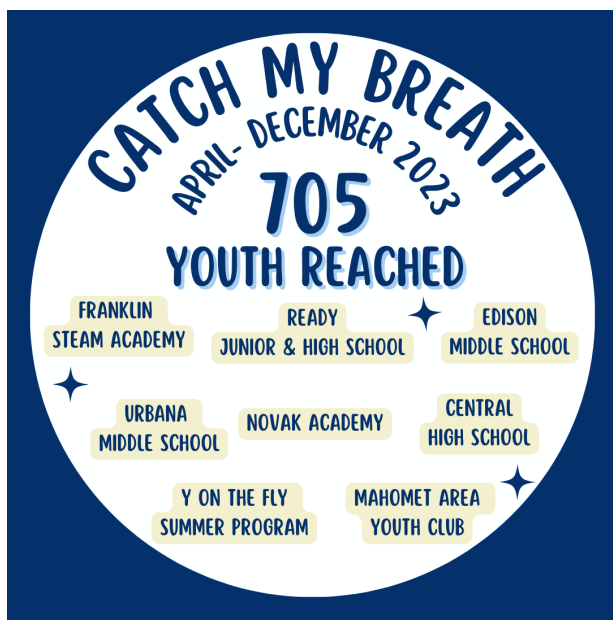
REFUGEE, IMMIGRANT, AND MIGRANT SERVICES

The Refugee, Immigrant, and Migrant (RIM) Program collaborated with Immigrant Cooperative partners and community engagement with the Welcoming Plan Health & Wellness Community of Practice to promote COVID-19 vaccination and testing among populations in underserved areas and areas with low vaccination rates.

Activity highlights:

- Champaign Park Apartments resource fair: handed out 100 bags with COVID information.
- Hosted 73 participants at a community event uniting immigrants in Champaign-Urbana.
- Served 150 individuals during Welcoming Week.
- Served 342 individuals at CUPHD's #StopTheSpread tabling, handing out flyers, signing up for COVID test kits, and giving out COVID test kits and sanitizer packets.
- Participated in Hispanic Heritage Month events with partners.
- Handed out RIM assessment surveys on barriers to vaccines.

CATCH MY BREATH



CATCH My Breath is an evidence-based youth nicotine vaping prevention program that provides youths with the skills to resist peer pressure and media influences to try e-cigarettes. The CATCH My Breath Program for grades 5, 6, 7-8, and 9-12 consist of four unique lessons for each grade group, each lasting about 35 minutes. In 2023, Illinois Tobacco-Free Communities (ITFC) staff presented the program to eight different organizations and reached 705 youths.



PERIOD SUPPLIES DISTRIBUTED IN 2023

16,039

total individual products.

11

organizations provided with supplies, many supplied more than once.

SEXUAL EDUCATION NUMBERS FOR 2023

Personal Responsibility Education Program (PREP) from the Illinois Department of Human Services (IDHS)	961
Family Planning Program (2940) from the Illinois Department of Public Health	332
Champaign County Sexual Health Education (1355) from Champaign County Board of Health	310
TOTAL NUMBER OF PARTICIPANTS:	1,603

NEW PARTNERSHIPS

- Private school small group
- READY program
- Next Generation
- Campus Middle School for Girls
- Fisher Junior High (first year back since COVID)
- Juvenile Detention Center
- Cunningham Children's Home
- Central High School
- International Prep Academy

We have many ALICE (asset-limited, income-constrained, employed) clients. Trying to work a job without the necessary feminine products is enormously challenging. We had a client come in who was "making" them with toilet paper until she could get here to get some proper ones and she was thrilled we had some for her! These supplies make a HUGE impact on our clients and their ability to take care of themselves. Thank you for helping us meet these very critical needs!

*Northern Champaign County
Community Center staff*

PARTNERSHIP WITH PROMISE HEALTHCARE URBANA SCHOOL HEALTH CENTER

In CY2023, CUPHD partnered with Promise Healthcare’s Urbana School Health Center to educate adolescents about the importance of yearly WellCare visits, raise awareness about the services offered by the Urbana School Health Center, and create a more adolescent-friendly clinic atmosphere.

ADOLESCENT-FRIENDLY CLINICS



Posters provided to Promise locations to assist in making clinic rooms more adolescent-friendly.

PROMOTIONAL MATERIALS

CUPHD staff created a video tour of Promise Healthcare's Urbana School Health Center, which was translated into Spanish and French. The tour is available on Promise Healthcare's website and was featured in the Urbana School District's Family Focus Newsletter.



“Staff have really provided meaningful assistance that has empowered my work and the work Promise does serving vulnerable youth. I am so very grateful for their help.”

Lisa Kilawee, VP of Strategy and Development, School-Based Health Administrator

ADOLESCENT HEALTH PROGRAM CONNECTIONS ESTABLISHED IN 2023

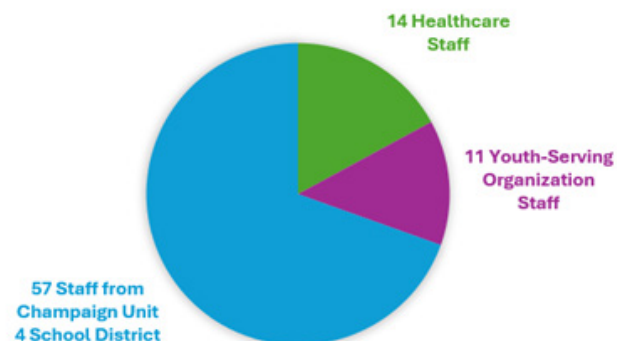
AHP partnered with numerous youth-serving organizations to increase adolescent access to healthcare in Champaign County.

- | | |
|---|--|
| <ul style="list-style-type: none"> • Urbana School District 116 • Champaign Unit 4 School District • Next Generation School • READY Program • University of Illinois Scholars Program • Family Service of Champaign County • Mahomet Area Youth Club | <ul style="list-style-type: none"> • Housing Authority of Champaign County Youth Build Program • Uniting Pride of Champaign County • Y on the Fly • Urbana Farmer's Market • Community Health Partnership • Promise Healthcare • C-U Autism Network |
|---|--|

SPARK TRAININGS

SPARK Trainings are professional development workshops developed by the University of Michigan's Adolescent Health Initiative. CUPHD's AHP health educators deliver these trainings to professionals working with youth, fostering discussions on enhancing the quality and accessibility of healthcare services for adolescents. Topics covered in the training include 'Being Youth Friendly,' 'Being an Askable Adult,' 'Cultural Responsiveness,' 'School Referrals,' and more.

82 STAFF ATTENDED SPARK TRAINING PROVIDED BY AHP





ILLINOIS PROJECT FOR LOCAL ASSESSMENT OF NEEDS (IPLAN)

IPLAN is a community health assessment and planning model designed to identify health problems and propose solutions through a comprehensive process in which the community directs decision-making under the guidance and leadership of the local health department (LHD). This process results in a community health plan created at the local level, addressing a minimum of three health priorities with measurable impact and outcome objectives, along with appropriate intervention strategies. In Champaign County, the three health priorities are Behavioral Health, Reducing Obesity and Promoting Healthy Lifestyles, and Violence. Each priority has a workgroup assigned to oversee the intervention strategies.

The 1st Annual Feeding Champaign County Food Summit took place on April 18, 2023. A coalition of community organizations aimed to celebrate the local food culture of Champaign County by understanding different perspectives on key food issues, identifying food access champions, and inspiring food system strategies and partnerships. The summit was attended by 89 community members representing various working groups, including farmers, community gardeners, grocery stores, food pantries, healthcare providers, child nutrition programs, dining services, food prescription programs, senior meal delivery services, food distribution centers, food research organizations, nutrition education providers, religious groups, and immigrant services.

Presummit surveys identified a need to better understand current food issues, share resources, improve collaboration, and most importantly, enhance access to healthy foods. Workshops during the summit identified three major needs: coordination of food access efforts, improvement of senior meal services, and funding for the creation of certified community kitchens to enhance food storage and transportation. As a result of the summit, multiple programs were initiated, including the State of the Plate Speaker Series webinars, a book club, and multiple networking happy hours.



Feeding Champaign County 2024

Addressing Food Access and Security



INFORMATION

Environmental Health 217.373.7900

- » Food safety information
- » Inspection of food and drink establishments
- » Closed loop (geothermal) well permits & inspections
- » Private water well permits and inspections
- » Private sewage system permits and inspections
- » Radon awareness
- » West Nile Virus surveillance
- » Inspection of tanning and body art establishments

Wellness & Health Promotion 217.373.7901

- » Child and teen dental clinic
- » School dental sealant program
- » Oral health promotion program
- » Illinois Tobacco-Free communities
- » Sexual health education
- » Adolescent health program
- » Refugee, immigrant, and migrant programs
- » Increasing well woman visits program

Maternal & Child Health 217.531.4300

- » Women, Infants and Children (WIC)
- » Family Case Management/Health Works
- » Breastfeeding support
- » Childhood immunizations
- » Donor milk services
- » Vision and hearing screenings
- » Developmental and postpartum depression screenings
- » All Kids applications
- » Car seat program

Teen & Adult Services 217.531.5365

- » PrEP
- » HIV case management
- » HIV counseling and testing
- » STI testing and treatment
- » Family planning and birth control services
- » NARCAN® training and distribution
- » Harm reduction services

Vital Records	217.352.7961
Finance	217.531.4263
Human Resources	217.531.4265
Information Technology	217.531.4274
Public Relations	217.531.2925



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Front cover:

"Journey to Prosperity" mural created by local artist José Vasquez in 2023.

Photo by Tanya Giannotti.



Public Health

Prevent. Promote. Protect.

Champaign-Urbana Public Health District
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