# Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cover</td>
<td>1</td>
</tr>
<tr>
<td>Dental</td>
<td>2-3</td>
</tr>
<tr>
<td>Urbana School Health Center</td>
<td>4</td>
</tr>
<tr>
<td>Adult Prevention &amp; Management of Disease</td>
<td>5</td>
</tr>
<tr>
<td>Health Promotion Programs</td>
<td>6-7</td>
</tr>
<tr>
<td>Child Vision &amp; Hearing Screening</td>
<td>8</td>
</tr>
<tr>
<td>Illinois Breast &amp; Cervical Cancer Program</td>
<td>9</td>
</tr>
<tr>
<td>Illinois Wisewomen</td>
<td>10</td>
</tr>
<tr>
<td>Community Meetings and Websites</td>
<td>11</td>
</tr>
<tr>
<td>Contacts</td>
<td>12</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th></th>
<th>CU</th>
<th>Co.</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Patient</td>
<td>91</td>
<td>10</td>
</tr>
<tr>
<td>Visits by Patients of Record</td>
<td>332</td>
<td>13</td>
</tr>
<tr>
<td><strong>Total Patient Visits</strong></td>
<td><strong>423</strong></td>
<td><strong>23</strong></td>
</tr>
</tbody>
</table>

### Procedures

- **Total Procedures Performed**: 1,310
- **Average Procedures per Patient**: 2.8

### Number of Days Clinic Open

- **22**

---

Urbana School Health Center Dental

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

<table>
<thead>
<tr>
<th></th>
<th>CU</th>
<th>Co.</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Patient</td>
<td>41</td>
<td>1</td>
</tr>
<tr>
<td>Visits by Patients of Record</td>
<td>152</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Patient Visits</strong></td>
<td><strong>193</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

### Procedures

- **Total Procedures Performed**: 527
- **Average Procedures per Patient**: 2.8

### Number of Days Clinic Open

- **21**

---

Total patient seen in in the Champaign Clinic February - April 2010 increased by 23% over February - April 2009 with negligible decrease in the number of patients seen in the Urbana Clinic during the same period of time.

---
April Events

WIC Clients Receive Free Toothbrushes
Provena’s generous donation of over 500 toothbrushes allowed CUPHD’s Dental Clinic to offer children's toothbrushes to all WIC children through the "Friendly Dental Visits Program". CUPHD was then able to supply WIC parents with toothbrushes for all members of their family. In April over 1,000 toothbrushes have been distributed to WIC recipients.

Dental Assessment Training at Champaign County Detention Center
At the request of the Champaign County Correctional Center James Wahl, DDS visited the Center to talk with Intake Nurses about the oral health concerns they may encounter when assessing a new Inmate's physical condition. Dr. Wahl made the staff aware of what to look for to determine if oral infection may be present and the importance of obtaining timely dental care.

"Ready, Set, Grow!" Heath Fair
CUPHD Dental Interns, Niketa Patel and Chessa Calabrese joined the Champaign County United Wayto provide parents of children age Birth to Five years with information and tools to care for their children's teeth. Their presentation materials focused on the importance of keeping baby teeth healthy and what to expect as baby teeth emerge, are lost, and the development of permanent teeth. An estimated 700 children and parents attended and CUPND distributed over 250 infant, toddler, and children's toothbrushes.

Upcoming Events

Thursday, May 20:  Weslyn Food Pantry, Urbana, 3pm - 6pm
Saturday, May 22:  CUPHD Garage Sale & Health Fair, 8am-1pm

2009-10 Mobile Dental Sealant Visits

Champaign Schools:

Garden Hills: April 13, 2010: 43 Exams / 9 Dental Sealants
Edison Middle School: April 27, 2010: 34 Exams / 29 Dental Sealants

Urbana Schools:

ML King: April 6, 2010: 25 Exams / 24 Dental Sealants
Yankee Ridge: April 20, 2010: 32 Exams / 19 Dental Sealants

Dental Education

UIUC Pre-Dental Students provide Oral Health Care Education to parents and children in the Maternal & Child Health Playroom several days per week.

Amanda Niles, RDH visited Happi House Daycare in Urbana to talk with children about brushing & flossing. Oral Health presentations are available by calling 531-5253.

Dental Puppets, the Delta Dental "Teeth-on-the-Go" Kit and other oral health education aids are available on loan by calling 531-4538.
(USHC) consists of a partnership of local agencies dedicated to the health and well-being of children. Services provided at USHC are available to ALL students of the Urbana School District. Services are available during the child’s school day, allowing for consistent, convenient, carefree medical, dental, and mental health services—from routine exams and procedures to acute care issues stemming from injuries or chronic disease conditions to counseling and wellness programs—USHC’s community care approach ensures children the best care possible—away from home.

**Medical - A Partnership with Frances Nelson Health Center**

**Visits**
- New Patient: 24
- Visits by Patients of Record: 176
- **Total Patient Visits**: 200

*Refer to Dental numbers for dental visits

**Services Provided**

**General Medical Visits:**
- Well child visits
- School and Sports Physicals
- Immunizations
- Sick Visits
- Mental Health
- Nutrition

**Adolescent Medicine Subspecialty Services:**
- Mental Health
- Behavioral Health Risk Assessment and counseling
- General Medical Care
- Non-operative Gynecology Services
- Substance Abuse counseling and treatment
- Nutritional counseling and dietitian support services
- Sexual Transmitted Disease testing and treatment

**Dental Services:**
- Currently provided: Preventive Services, cleanings and sealants
- Additional services in development: extractions and fillings

**Nutritional Services:**
- Dietitian available on limited basis to work with children on meal planning and calorie counting. Fit Tigers program... beginning soon!

**Mental Health Services:**
- Evaluation and Counseling available by licensed social workers and advanced practice nurse practitioners

**Substance Abuse Counseling and Treatment Services:**
- Licensed counselors available by appointment to offer confidential evaluation and treatment

---

**Call today to make an appointment for medical, dental, or counseling:**

217.239.4220

---

Wellness Health Promotion
April 2010 Board Report
Adult Immunization

Adult Immunization Program

Serves adults over 18 years for routine, educational requirements, accidents and travel immunizations using scheduled appointments.

<table>
<thead>
<tr>
<th>Immunizations</th>
<th>C-U</th>
<th>Co</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis A</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>11</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Polio</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal / Menactra</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal / Menomune</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mumps, Measles, Rubella</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus and diphtheria</td>
<td>5</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Tetanus, diphtheria and acellular pertussis</td>
<td>6</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Hepatitis A and Hepatitis B</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Typhoid</td>
<td>3</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Varicella /chickenpox</td>
<td>4</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Flu/Pneumonia Walk-Ins</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BG Check</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BP Check</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Immunizations for June</strong></td>
<td>40</td>
<td>14</td>
<td>2</td>
</tr>
</tbody>
</table>

56

Diabetes Outreach Meetings

23 attended three Diabetes outreach meetings held at Round Barn, Washington Square and Sunnycrest Manor. We shared information from the American Diabetic Association about the new healthcare law. We also discussed the new American Heart Association guidelines for added sugar in our diet. Other topics covered screening for colon cancer and the need to restart regular exercise after heart failure treatment. Our last topic was motivation and how to develop and remain motivated when working with diabetes- setting realistic goals, taking smaller steps lead to bigger successes as they add up, reinforcing new habits, remaining flexible, and rewarding yourself for your success.

Special Populations Health Fair

We participated in the University of Illinois Special Populations Health Fair. We checked cholesterol levels (175) and distributed educational materials. There were 5200 people present.
Tobacco Programs

Break the Habit
A partnership between the Illinois Tobacco Quitline and CUPHD. People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists, and CUPHD issues nicotine patches based on what the Addictions Specialists suggests.

County  # of times presented  Total # of people served
(Count complete programs, not sessions)  5  5

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

County  # of Complaints
3

Project TNT
A 10 session program delivered in 5th grade classes. This program is different from most tobacco education curriculums in that it focuses on changing normative beliefs about the prevalence of tobacco use. Further, instead of just giving participants reasons not to use tobacco, it equips participants with decision-making skills as well as

CU  # of times presented  Total # of people served
(Count complete programs, not sessions)  0  0

County  # of times presented  Total # of people served
(Count complete programs, not sessions)  3  68

Letting Go
A Smoking Support Group for anyone at any phase of the quitting process.

CU  # of times presented  Total # of people served
(Count complete programs, not sessions)  1  2

Reality, IL
A program for youth ages 13-18 who are tobacco prevention advocates. We have meetings, events, set up bulletin boards, film commercials, create bus signs and billboards. They hold poster contests for elementary school students.

# of times presented  Total # of people served in County
(Count complete programs, not sessions)  3  21

Other Education Programs

A partnership between the Illinois Tobacco Quitline and CUPHD. People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists, and CUPHD issues nicotine patches based on what the Addictions Specialists suggests.

Acknowledgments

T.I.P.s is an alcohol serving training program. CUPHD partners with The Champaign Police Department to bring this program to area alcohol servers.
Osteoporosis Prevention for Teens- Bone Up

Osteoporosis Prevention for Teens was completed by 97 girls in the county. It was presented 4 different times. We presented OPT in the district once to reach 6 girls.

11 girls from the Campus Middle School and 10 girls from the Don Moyer Boys and Girls Club completed OPT this month.

CATCH Programs

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:

<table>
<thead>
<tr>
<th>School</th>
<th># of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Howard Elementary, Champaign</td>
<td>488</td>
</tr>
<tr>
<td>Thomasboro Elementary, Thomasboro</td>
<td>202</td>
</tr>
<tr>
<td>Unity West Elementary, Tolono</td>
<td>410</td>
</tr>
<tr>
<td>Fisher Grade School, Fisher</td>
<td>318</td>
</tr>
<tr>
<td>Carrie Busey</td>
<td>410</td>
</tr>
</tbody>
</table>

SPECIAL EVENTS

April 17, we participated in the Ready Set Grow Event at Lincoln Square Mall. We held a Go-Slow-Whoa food sort activity. There were 200 participants.

April 17, the YMCA held an event for Health Kids Day, which we attended and interacted with children and families with our Go-Slow-Whoa food sort activity, and nutrition education. We served 100 people.

The week of April 19, we held a REALITY, IL poster contest. We used interactive methods to educate every student at Lincoln Trail on the dangers of tobacco use and trick tobacco companies use to get people to buy their products. All 622 students also developed a counter-marketing poster. Three winners from each grade were chosen and won a REALITY, IL Students vs. Tobacco gear.
CUPHD employs a State Certified Auditory and Vision Technician to provide State mandated Hearing and Vision screenings to children enrolled in a Licensed Daycare, Preschool, or Private School in Champaign County. The Hearing and Vision Screening Program is funded through an IDPH Grant and Medicaid / All Kids Reimbursement.

### Hearing Screenings

<table>
<thead>
<tr>
<th></th>
<th>Pre K</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>C-U</td>
<td>County</td>
</tr>
<tr>
<td>Screened</td>
<td>200</td>
<td>46</td>
</tr>
<tr>
<td>Rescreened</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Threshold</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Referred</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

### Vision Screenings

<table>
<thead>
<tr>
<th></th>
<th>Pre K</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>C-U</td>
<td>County</td>
</tr>
<tr>
<td>Screened</td>
<td>172</td>
<td>45</td>
</tr>
<tr>
<td>Rescreened</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Referred</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>w/ Glasses</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>w/ Glasses-Referred</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### Schedule

- **September 29, 2009**: Multi Culture Community Center, Urbana
- **December 8, 2009**: Bundles of Joy Learning Center, Champaign
- **October 20-21, 2009**: Little Lamb Preschool, Champaign
- **January 6, 2010**: Coop Nursery School of C-U, Champaign
- **February 2, 2010**: Happi House Learning Center II, Urbana
- **February 3, 2010**: Playtime Preschool, Inc., Urbana
- **February 16, 2010**: Kids 1st Child Care Center, Inc., Champaign
- **February 23-24, 2010**: Next Generation Early Learning, Champaign
- **March 15, 2010**: Kindercare Learning Center, Champaign
- **March 31, 2010**: La Petite Academy, Champaign
- **April 6, 2010**: Early Learning, Champaign
- **April 9, 2010**: Bradley Learning Center, Champaign
- **April 12, 2010**: Uni Primary, Urbana
- **April 13, 2010**: Eager Beaver Preschool, Champaign
- **April 29, 2010**: Children’s Center Day Care, Champaign
- **April 20-21, 2010**: Child Development Lab, Urbana
- **April 20-21, 2010**: Child Development Laboratory, Urbana
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.

<table>
<thead>
<tr>
<th></th>
<th>*Champaign-Urbana</th>
<th>*Champaign County</th>
<th>Mclean County</th>
<th>Vermilion County</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Active clients</td>
<td>523</td>
<td>329</td>
<td>520</td>
<td>446</td>
<td>1818</td>
</tr>
<tr>
<td>New Clients Enrolled</td>
<td>16</td>
<td>11</td>
<td>24</td>
<td>16</td>
<td>67</td>
</tr>
<tr>
<td>Provider &amp; Community Outreach</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Events

National Women’s Health Week is 5/9 - 5/15. We will hold the following enrollment day events during that week to encourage women to get their annual breast and cervical cancer screenings done:

Mon 5/10/10 8am - 12 noon and 1pm - 4pm
Frances Nelson Health Center
819 Bloomington Rd., Champaign, IL 61820

Thurs 5/13/10 8:30am - 12 noon and 1pm - 4pm
Aunt Martha’s Community Health Center
614 N. Gilbert, Danville, IL

Thurs. 5/13/10 8:30am - 12:30pm and 1:30pm - 3:30pm
Community Health Care Clinic
902 Franklin Ave., Normal, IL

*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.
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.

<table>
<thead>
<tr>
<th></th>
<th>Champaign-Urbana</th>
<th>Champaign County</th>
<th>Vermilion County</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of active clients</td>
<td>162</td>
<td>82</td>
<td>4</td>
<td>248</td>
</tr>
<tr>
<td>New clients enrolled</td>
<td>12</td>
<td>6</td>
<td>0</td>
<td>18</td>
</tr>
<tr>
<td>Number of clients completing an integrated visit</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td># of LSI classes held</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average number of women attending LSI class</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**News**

CUPHD is very pleased to have this new IWP grant. It is exciting to be able to offer the cardiovascular screenings, risk factor counseling, and education pieces to help women make positive choices to improve their health.

CUPHD hosted an IWP screening event and breakfast on April 10th; 25 women attended and had screening blood work drawn and vitals measured (ht, wt, BMI, B/P, and waist circumference). Participants were scheduled for an IWP cardiovascular exam to take place in the CUPHD IWP clinic over the next 4 Thursday afternoons.

There were no LSI-3 classes held in April.

Upcoming LSI classes: English: May 5, 12, 19, 26 Spanish: May 1, 8, 15, 22
Division staff participate on the following coalitions and community meetings

- Champaign County Tobacco Prevention Coalition
- Human Services Council
- Champaign-Urbana Campus Community Coalition
- Regional Prevention Group
- 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
- Dr. Howard Elementary Wellness Committee Meeting
- Fisher Grade School Wellness Team Meeting
- Childhood Wellness Task Force
- C-U Area Fitness
- East Central Illinois Asthma Partnership

Please check out our informational websites.

- [http://www.cuphd.org/chronicdisease.html](http://www.cuphd.org/chronicdisease.html)
- [http://www.ada.org/](http://www.ada.org/)
- [http://www.smoke-free.illinois.gov/](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.cuphd.org/ccsafekids/)
- [http://www.illinoisaap.org/oralhealth.htm](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

The Division of
Wellness & Health Promotion

Deb Fruitt 531-2921
Director

Illinois Breast & Cervical Cancer
Illinois Wisewomen

Cathy Propst 531-2916
Program Coordinator

Health Promotion
Adult Immunization

Nikki Hillier 531-2914
Program Coordinator

Dental
Vision-Cooperative/
Hearing & Vision

Alicia Ekhoff 531-4538
Program Coordinator

Urbana School
Health Center

Jessie McClusky 531-2890
Program Coordinator

Have questions about Wellness and Health Promotion?
Get more information on our website!
http://c-uphd/wellness-health-promotion.html

Nurses
Theresa Truelove
Judy Krumwiede
Bette Chapman

Dental Hygienists
Amanda Wright
Michelle Kramer
Jill Hart
Terri Jesiolowski (PRN)
Allie Winland (PRN)

Health Educators
Jennifer Jackson
Janice Walker
Deanna Williams

Dental Assistants
Marda Keys
Suzan Scheffer

Administrative Assistants
Maria Capps
Pam Simmons
Dee Phillips

Interns
Niketa Patel
Chessa Calabrese
Bridget Kern
Mackenzie Epler
Julia Hemphill
Talia Oakley
Danielle Black

IBCCP Intake Specialists
Kathy Reardon
Amanda Ziemsky
Leah Brunkow

Vision & Hearing Tech
Becky Black

CUPHD Division of Wellness Health Promotion
http://c-uphd/wellness-health-promotion.html
April 2010 Board Report