## Programs

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</thead>
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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.

<table>
<thead>
<tr>
<th>Champaign Visits</th>
<th>CU and Co. Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Patient</td>
<td>89</td>
</tr>
<tr>
<td>Visits by Patients of Record</td>
<td>340</td>
</tr>
<tr>
<td>Total Patient Visits</td>
<td>429</td>
</tr>
</tbody>
</table>

Number of Days Clinic Open 23

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.

<table>
<thead>
<tr>
<th>Urbana Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Patient</td>
</tr>
<tr>
<td>Visits by Patients of Record</td>
</tr>
<tr>
<td>Total Patient Visits</td>
</tr>
</tbody>
</table>

Number of Days Clinic Open 13

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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 18th: 6 Patients
March 24th: 2 Patients
April 21st: 3 Patients
May: No Resident Available
June 30th: 4 Patients
July 28th: 7 Patients
August: No Resident Available
September 8th: 6 Patients
October 20th: 6 Patients
For children with All, 8am - 4pm with 6-8 visits required.

We see patients by appointment.

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Tobacco Programs

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.

<table>
<thead>
<tr>
<th>CU</th>
<th>County</th>
<th># of Complaints</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
</table>

**Break the Habit**

Break the Habit is 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 suggest.

<table>
<thead>
<tr>
<th>CU</th>
<th>County</th>
<th>Total # of people</th>
<th>3</th>
<th>2</th>
</tr>
</thead>
</table>

**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 does an official check for compliance. 3 times a year

<table>
<thead>
<tr>
<th>CU</th>
<th>County</th>
<th>Checks</th>
<th>51</th>
<th># of Sales</th>
<th>1</th>
</tr>
</thead>
</table>

**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.

<table>
<thead>
<tr>
<th>CU</th>
<th>County</th>
<th>Total # of people</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
</table>

**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.

<table>
<thead>
<tr>
<th>County</th>
<th># of times presented</th>
<th>2</th>
<th>Total # of people served</th>
<th>47</th>
</tr>
</thead>
</table>

(Count complete programs, not sessions)

4 Division of Wellness Health Promotion
October 2012 Board Report
CATCH Program

Lucky Tray Day is offered to our partner CATCH schools. We send CUPHD staff, interns, and volunteers to schools at lunch. If the students are eating their GO foods, they get a raffle ticket. At the end of the day 3 students are selected to win prizes. Fitness Fridays/Moving Mondays are days that our CATCH schools ask students to move when told over the intercom. We also offer structured physical activities at recess.

Schools currently participating in CATCH are:

<table>
<thead>
<tr>
<th>School</th>
<th># of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Howard Elementary, Champaign</td>
<td>390</td>
</tr>
<tr>
<td>Thomasboro Elementary, Thomasboro</td>
<td>185</td>
</tr>
<tr>
<td>Unity West Elementary, Tolono</td>
<td>490</td>
</tr>
<tr>
<td>Fisher Grade School, Fisher</td>
<td>318</td>
</tr>
<tr>
<td>Carrie Busey</td>
<td>390</td>
</tr>
</tbody>
</table>

Other Education Programs

Events

We started a curriculum called Media Sharp with the students at the Juvenile Detention Center.

We participated in Walk' N Roll To School Day. We were with Robeson Elementary School. They met at the park nearby and walked over to the school on a rainy October 3.

We started Heart Smart for Teens with the fifth grade girls at Unity West Elementary School. Heart Smart for Teens is a nine week intervention that includes guest speakers, health education materials/incentive items, healthy snack items and participant physical activity outings which help young women understand the importance of healthy eating, active living, and building strong bones.

On October 20th, we helped with the zombie run. We shared with participants tips for planning their survival kit in case of an emergency (like a Zombie Apocalypse).

The LNACC participated in the Stonecreek Trunk or Treat event and they invited us to participate. The event was at Prairie School where they handed out thoughtfully chosen (non-candy) treats out of the trunk of a car decorated like a castle. CUPHD gave them temporary tattoos and bookmarks.

We participated in the Disability Expo. We had handouts with our resources available to attendees in Braille and LArge Print. 50 People were served.
Champaign Urbana Public Health District’s Vision & Hearing Screening Program

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 a IDPH Grant and Medicaid / All Kids Reimbursement.

<table>
<thead>
<tr>
<th>Hearing Screenings</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre K</strong></td>
<td><strong>C-U</strong></td>
</tr>
<tr>
<td>Screened</td>
<td>221</td>
</tr>
<tr>
<td>Rescreened</td>
<td>0</td>
</tr>
<tr>
<td>Threshold</td>
<td>0</td>
</tr>
<tr>
<td>Referred</td>
<td>26</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vision Screenings</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre K</strong></td>
<td><strong>C-U</strong></td>
</tr>
<tr>
<td>Screened</td>
<td>226</td>
</tr>
<tr>
<td>Rescreened</td>
<td>0</td>
</tr>
<tr>
<td>Referred</td>
<td>16</td>
</tr>
<tr>
<td>w/ Glasses</td>
<td>5</td>
</tr>
<tr>
<td>w/ Glasses-Referred</td>
<td>0</td>
</tr>
</tbody>
</table>

**Schedule**

<table>
<thead>
<tr>
<th>DATE</th>
<th>SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 1 &amp; 5</td>
<td>Washington Early Childhood/Urbana</td>
</tr>
<tr>
<td>October 17 &amp; 18</td>
<td>St. John Lutheran School/Champaign</td>
</tr>
<tr>
<td>October 24 &amp; 25</td>
<td>Prince of Peace Early Learning/St. Joseph</td>
</tr>
<tr>
<td>October-12</td>
<td>Chesterbrook Academy/Champaign</td>
</tr>
</tbody>
</table>

Division of Wellness Health Promotion
October 2012 Board Report
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>Vermillion County</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Active clients</td>
<td>420</td>
<td>250</td>
<td>496</td>
<td>357</td>
<td>1523</td>
</tr>
<tr>
<td>New Clients Enrolled</td>
<td>19</td>
<td>5</td>
<td>15</td>
<td>15</td>
<td>54</td>
</tr>
<tr>
<td>Provider &amp; Community Outreach</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>9</td>
</tr>
</tbody>
</table>

October 2012

The October Breast Cancer Awareness Proclamation was forwarded to all local media on October 5.

IBCCP information was distributed at Bethel AME Church's Breast Cancer Awareness Month booth on October 14. Fifty women stopped by and got information.

*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.
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>187</td>
<td>116</td>
<td>3</td>
<td>306</td>
</tr>
<tr>
<td>New clients enrolled</td>
<td>4</td>
<td>5</td>
<td>0</td>
<td>9</td>
</tr>
<tr>
<td>Number of clients completing an integrated visit</td>
<td>17</td>
<td>8</td>
<td>0</td>
<td>25</td>
</tr>
<tr>
<td># of LSI classes held</td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Average number of women attending LSI class</td>
<td></td>
<td></td>
<td></td>
<td>ENG 7 SPA</td>
</tr>
</tbody>
</table>

**News**

Following lipid, glucose, and blood pressure measurements, IWP participants can choose one of four lifestyle interventions that best suits their risks and motivations. Unique to the IWP is Level 3 Lifestyle Intervention, which consists of four fun dietary and physical activity sessions designed to empower Illinois WISEWOMAN Program participants to prevent, delay, and control cardiovascular and other chronic diseases.

English LSI-3 classes were held: 10/23, 10/30, 11/6, 11/13
Spanish LSI-3 classes were held 10/18, 10/25, 11/1, 11/8
Meet the Team

Whitney Hayes started with us this month in WHP, as a Special Projects Coordinator for the We Choose Health Initiative. Whitney was born and raised in Champaign, IL. She previously worked at the U of I Division of Intercollegiate Athletics in Football as a graduate assistant. In her free time she enjoys shopping, fishing, baking, interior decorating, running and watching sports, especially basketball and football.

Three fun facts about Whitney:
  She loves Dogs! Especially her two - Lola and Roscoe.
  Her favorite meal is breakfast.
  She would love to build a home on the beach someday.

Whitney's favorite quote:
  "All things are possible for the one who believes." Mark 9:23

Ghenaia Johnson also started with us this month as an Intake Specialist in the IBCCP Program. Ghenaia was born and raised in Champaign, Illinois also. She worked at Frances Nelson as a Womens Health Coordinator before joining us. In her free time she enjoys reading, shopping and traveling.

Three fun facts about Ghenaia:
  She is left handed.
  She loves Dogs!!!!
  She plans on returning to school for nursing or occupational therapy.

Ghenaia's favorite quote:
  "Life is 10% what happens to you and 90% how you react to it." Lou Holtz

If you get time please stop by and say, "Hi" to Whitney and Ghenaia.
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
- 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 531-2921
Director

Illinois Breast & Cervical Cancer
Cathy Propst 531-2916
Program Coordinator
Illinois Wisewomen
Adult Immunization

Health Promotion
Nikki Hillier 531-2914
Program Coordinator

Dental
Alicia Ekhoff 531-4538
Hearing & Vision
Program Coordinator

Urbana School Health Center
Teresa Turner 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
Amy Johnson
Bette Chapman

Dental Hygienists
Amanda Niles, RDH
Michelle Kramer, RDH
Jill Hart, RDH

Health Educators
Jennifer Jackson
Talia Oakley
Whitney Hayes

Dentist
Kara Ruffatto, DDS
Gurjeet Sidhul, DDS
Robert Grenda, DDS
Blake Kitamura, DDS

Dental Assistants
Marda Keys
Becky Black

Administrative Assistant II
Crystal Anderson
Laura Shobe

Volunteers
Nedra Brown

Interns
Cecilia Ramirez
Mansi Jailwala
Paige Ligon
Amy Han

Vision & Hearing Tech
Becky Black

IBCCP Intake Specialists
Kathy Reardon
Leah Brunkow
Ghenaia Johnson
Christy Foster

Dental Intake
Charlene Johnson
Karen Bryson

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