<table>
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<td>8</td>
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<td>Contacts</td>
<td>9</td>
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</table>
Champaign Visits CU and Co. Combined
New Patient 57
Visits by Patients of Record 410
Total Patient Visits 467

Total Procedures Performed 1732

Number of Days Clinic Open 18

Urbana Visits
New Patient 4
Visits by Patients of Record 99
Total Patient Visits 103

Total Procedures Performed 343

Number of Days Clinic Open 10

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.

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.
**Oral Surgery**

One Saturday morning each month a local Oral Surgery Resident performs difficult extractions for children who are referred by CUPHD general dentists. The clinic utilizes volunteer dental and pre-dental students for infection control, instrument processing, post-op instructions, and clinic flow. Only local anesthetic is utilized, no anesthesia services are available.

**Oral Surgery Residents:**
Blake Kitamura, DMD  March 2012-Present

January: No Resident Available
February 23rd: 7 Patients

**School Sealants**

January: Visited 2 Schools - 54 Students Seen, 65 Sealants Placed.
February: Visited 3 Schools - 107 Students Seen, 134 Seals Placed.
For children with All, 8am - 4pm with the dental visits.

Case load required

am

Services provided by dental clinics. Services by

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Difficult utilises post-processing, post-services are
## Tobacco Programs

### Smoke Free Illinois compliance

Education/enforcement program for Smoke Free Illinois. We handle all the complaints from the state for Champaign County as well as those from our website. We help businesses to comply with the laws, and report to the State’s Attorney’s if they do not.

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

### Break the Habit

People interested in quitting can call the Quitline and get individual phone counseling from Addictions Specialists. We have transitioned Break the Habit to the Illinois Tobacco Quitline. If interested call 866-QUIT-YES (866-784-8937).

### Not Here

A tobacco sales compliance program. We notify all tobacco vendors that we will check for compliance. After we test the stores, we send congratulatory letters if they pass. We forward those who fail on to law enforcement, who do an official check for compliance 3 times a year.

<table>
<thead>
<tr>
<th></th>
<th>Checks</th>
<th># of Sales</th>
<th>Checks</th>
<th># of Sales</th>
</tr>
</thead>
<tbody>
<tr>
<td>CU</td>
<td>79</td>
<td>5</td>
<td>County</td>
<td>29</td>
</tr>
</tbody>
</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></th>
<th>Total # of people</th>
<th>County Total # of people</th>
</tr>
</thead>
<tbody>
<tr>
<td>CU</td>
<td>n/a</td>
<td>County n/a</td>
</tr>
</tbody>
</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></th>
<th># of times presented</th>
<th>Total # of people served</th>
</tr>
</thead>
<tbody>
<tr>
<td>County</td>
<td>2</td>
<td>30</td>
</tr>
</tbody>
</table>

(Count complete programs, not sessions)
Other Education Programs

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>

Events

On February 22, we helped with Unity West's Family Fun Night. We let families play Just Dance on our Wii. We taught parents ways to keep their children active at home through fun activities that also help keep the house clean.
**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><em>Champaign-Urbana</em></th>
<th><em>Champaign County</em></th>
<th>Mclean County</th>
<th>Vermilion County</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Active clients</td>
<td>403</td>
<td>239</td>
<td>475</td>
<td>346</td>
<td>1463</td>
</tr>
<tr>
<td>New Clients Enrolled</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Provider &amp; Community Outreach</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**February 2013**

*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>Vermillion County</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of active clients</td>
<td>189</td>
<td>115</td>
<td>4</td>
<td>308</td>
</tr>
<tr>
<td>New clients enrolled</td>
<td>19</td>
<td>3</td>
<td>1</td>
<td>23</td>
</tr>
<tr>
<td>Number of clients completing an integrated visit</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td># of LSI classes held</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Average number of women attending LSI class</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>3</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 sessions began in February and will finish in March.**
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
- Youth Committee @ Prairie Center
- East Central Illinois Asthma Partnership
- 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
Contact
217-373-7901

The Division of Wellness & Health Promotion
Director
Deb Fruitt 531-2921

Illinois Breast & Cervical Cancer
Illinois WiseWomens
Cathy Propst 531-2916
Program Coordinator

Health Promotion
Nikki Hillier 531-2914
Program Coordinator

Dental
Alicia Ekhoff 531-4538
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 Sidhu, DDS
Robert Grenda, DDS
Blake Kitamura, DDS

Dental Assistants
Marda Keys

Administrative Assistant II
Crystal Anderson
Laura Shobe

Interns
Lauren Fifarek
Irisha Clark
Raven Henderson
Mayra Montoya
Nadine Shatat
Jacqueline Capron
Jenny Boosey
Sam Cebular
Cristina Dongo

IBCCP Intake Specialists
Kathy Reardon
Leah Brunkow
Ghenaia Johnson
Christy Foster

Volunteers
Nedra Brown
Madison Mauck

Dental Intake
Charlene Johnson
Karen Bryson

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