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**CU PHD 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**

- **New Patient**: 89
- **Visits by Patients of Record**: 637
- **Total Patient Visits**: 726

**Urbana Visits**

- **New Patient**: 21
- **Visits by Patients of Record**: 211
- **Total Patient Visits**: 236

**Total Procedures Performed**

- **CU and Co. Combined**: 2,782

**Number of Days Clinic Open**

- **22**

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**Urbana School Health Center Dental Program**

Urbana School Health Center dental program sees children age 3-18 who are students in Urbana schools. Services include: cleanings, fluoride, x-rays, sealants, restorative care, and simple extractions. We see patients by appointment Monday through Friday, 8 a.m. to 4 p.m. Please call 217-239-4220 for an appointment.

**Urbana Visits**

- **New Patient**: 21
- **Visits by Patients of Record**: 211
- **Total Patient Visits**: 236

**Total Procedures Performed**

- **673**

**Number of Days Clinic Open**

- **14**
**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*

<table>
<thead>
<tr>
<th>Month</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>No Resident Available</td>
</tr>
<tr>
<td>February</td>
<td>7 Patients</td>
</tr>
<tr>
<td>March</td>
<td>No Resident Available</td>
</tr>
<tr>
<td>April</td>
<td>No Resident Available</td>
</tr>
</tbody>
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**Mobile Program/School Sealants**

January: Visited 2 Schools - 54 Exams, 29 Cleanings, 29 Fluorides, 76 sealants placed.
February: Visited 3 Schools - 107 Exams, 60 Cleanings, 59 Fluorides, 149 sealants placed.
March: Visited 4 Schools - 80 Exams, 45 Cleanings, 45 Fluorides, 90 sealants placed.
April: Visited 3 Schools - 127 Exams, 75 Cleanings, 75 Fluorides, 173 Sealants.
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.

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.

Tar Wars
A 3- session program delivered in 4th and 5th grade classes. This program’s 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.
On April 11, 2013, we took 28 Students from J.W. Eater, and area schools to the capitol in Springfield. The students learned about the legislative process and were trained on how to advocate to their legislators. We were in Springfield for most of the day learning and meeting with our local legislators.

Heart Smart for Teens had 29 girls at Unity East, 13 girls at Eater and 23 girls at Carrie Busey.

On April 1, 11, and 15, Nikki and Whitney presented to the staff at Thomas Paine Elementary, Yankee Ridge Elementary and Stratton Elementary respectively on CATCH.

April 2-4, Nikki and Whitney attended a training to become a certified CATCH trainer.

April 6, we attended the community event Ready, Set, Grow. There were over 300 attendees. We helped parents and families learn the language of CATCH (Go, Slow, and Whoa foods). We also helped them practice fun ways to engage in physical activity at home as a family.

April 6, we attended the Mt. Olive Health Fair. Thirty-five people attended.

April 8, Nikki testified for the Urbana City Council on the importance of Safe Routes to school.

April 9, we hosted a training on the female condom. There were 24 community participants. They learned about the newer FC2 condom and all of the benefits of both males and females using these condoms. They also learned that more advocacy needs to be done to make female condoms more available at a reasonable price.

April 12, we completed the School Health Index with Unity West Elementary.
April 18, we helped the American Cancer Society with their program, Music Saved my Life. They brought Jump with Jill, a Nutritionist Rock Star, to Carrie Busey Elementary. Students learned the importance of breakfast, drinking water and milk, and trying fruits and vegetables.

April 20, Whitney coordinated a Bike Rodeo at Orchard Downs. There were 50 participants.

April 20, we had a table at Give Kids a Smile Day. Parents and families learned the importance of brushing and how to effectively care for their teeth. They also got tips on healthy eating and the importance of healthy eating for oral health.

April 25, we completed Fisher Grade School's School Health Index.

April 25, we held our Boltage Kick-Off at Urbana Middle School. Boltage uses technology to track students trips to school on bike or on foot. There is a pole that students with special tags or badges walk by, and the pole logs them in as a biker. Students get incentives based on how many times they bike to school. There were 15 students who attended.

CONGRATULATIONS to the CUPHD employees who participated in the Christie Clinic Marathon on Saturday April 27. Pictured below are Reagan Bradbury, Nikki Hillier, Nicole Wente, Amanda Quick, Amalia Thompson, Linda Steinberg, Lindsey Edwards, Lisa Martinez, Emily Vezina, and Valerie Koress. Not Pictured is Jane Li.
**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>367</td>
<td>221</td>
<td>444</td>
<td>307</td>
<td>1339</td>
</tr>
<tr>
<td>New Clients Enrolled</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Provider &amp; Community Outreach</td>
<td>3</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>6</td>
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</tbody>
</table>

**April 2013**

IBCCP information distributed at the Mt. Olive Baptist Church Health Fair (50) and the City of Champaign Star Expo Event (100).

April 19, 2013 IBCCP presentation for U of I Nursing Students (35 Attended).
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>183</td>
<td>108</td>
<td>3</td>
<td>294</td>
</tr>
<tr>
<td>New clients enrolled</td>
<td>4</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Number of clients completing an integrated visit</td>
<td>7</td>
<td>5</td>
<td>0</td>
<td>12</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>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</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.

**Both English and Spanish LSI-3 sessions will be held in May/June 2013.**
Lucero Olmedo started with us on April 15, as a Dental Assistant. Lucero will report to the USBHC on Mondays, Tuesdays and Thursdays, and to the Champaign Clinic on Wednesdays and Fridays. Lucero was born in Mexico, but raised in Champaign Illinois. She previously worked as a Dental Assistant at Frances Nelson for 15 months, and before that at Atlanta Bread for over five years.

In Lucero's free time she enjoys dancing, playing soccer, reading, and she loves to watch soap operas.

Three fun facts about Lucero:
   She is very friendly.
   She is easy to get along with.
   She loves to joke around.

Lucero is bi-lingual in Spanish. We are sure that she will be a welcome addition to our fantastic team!

If you get time please stop by and say "HI" to Lucero in the Dental Clinic and welcome her to CUPHD.
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.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)
### Contacts

217-373-7901

#### The Division of Wellness & Health Promotion

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531-2921

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Program Coordinator
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**Alicia Ekhoff**
Program Coordinator
531-4538

**Teresa Turner**
Program Coordinator
531-2890

**Illinois Breast & Cervical Cancer**
Illinois Wieswomen

**Urbana School Health Center**

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### Have questions about Wellness and Health Promotion?
Get more information on our website!

http://c-uphd/wellness-health-promotion.html

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#### 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

#### Administrative Assistant II

- Crystal Anderson
- Laura Shobe

#### IBCCP Intake Specialists

- Kathy Reardon
- Leah Brunkow
- Gheana Johnson
- Christy Foster

#### Dentist

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

#### Dental Assistants

- Marda Keys
- Lucero Olmedo

#### Interns

- Cecilia Ramirez
- Mansi Jaiiwala
- Paige Ligon
- Amy Han

#### Volunteers

- Nedra Brown

#### Dental Intake

- Charlene Johnson
- Karen Bryson

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Division of Wellness Health Promotion
April 2013 Board Report