

# Health Matters



from the Kane County Health Department

— April 20, 2016 —

## Trending Matters:

KCHD provides  
**Vaccine for Children Program**  
for uninsured, under-insured  
and those children on Medicaid.



Call the Bee Wize line at  
**866-BEEWIZE (866) 233-9493**

## Health Department staff walks the walk to take care of itself

While we understand the importance of improving public health, KCHD is using that understanding to focus some of its efforts inwards. The Health Related Quality of Life (HRQOL) initiative set four areas of concentration: Mental Health, Physical Activity, Weight Loss and Nutrition with the idea that KCHD can better improve the quality of life for our citizens by also concentrating on its own health.

In the last year, the physical activity team walked 36,616,859 steps, the equivalent of 17,300 miles. That would be like walking from Aurora to the South Pole and back again. Those who met their destinations were: Nora Arch-Washington D.C.; Alyse Plattos-Manhattan, N.Y.; Dan Eder- New Orleans, La.; Kathy Fosser- Yorba Linda, Calif.; Barb Jeffers- Columbus, Ohio; Nancy Murphy- Salem, Mass.; Alexis Slivka-Denver, Colo.; Jeannie Walsh- McKinney, Texas.

The map below graphically illustrates the distances involved. A total of 13 staff participated in the physical activity team for the entire year, and six met daily recommended physical activity for the year.



The update from HRQOL-Weight Loss Team, a.k.a. Team Flab-U-Less, shows that it, too, was equally successful. At the end of the 4th quarter, Team Flab-U-Less had jointly lost 178.72 pounds (Q1-Q4, including people that dropped the program).

At the end of the program, we had 1 person who went above and beyond their goal, 1 person 0.34lbs from their goal, and 1 person 11lbs from their goal. To learn more about the importance of worksite physical activities, visit the Centers for Disease Control and Prevention's site [here](#).

## NIIW promotes benefits of vaccines



National Infant  
Immunization Week

IMMUNIZATION.  
POWER TO PROTECT.

**National Infant Immunization Week, April 16-23, 2016**, is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. Local and state health departments, national partners, healthcare professionals, and community leaders from across the U.S. and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children.

Several important milestones already have been reached in controlling vaccine-preventable diseases among infants worldwide. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. According to the CDC, immunizations can protect infants and children from 14 vaccine-preventable diseases before age two. In addition:

- In the 1950's, nearly every child developed measles, and unfortunately, some even died from this serious disease. Today, many practicing physicians have never seen a case of measles.

- Routine childhood immunization in one birth cohort prevents about 20 million cases of disease and about 42,000 deaths. It also saves about \$13.5 billion in direct costs.
- The National Immunization Survey has consistently shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It's easy to think of these as diseases of the past. But the truth is they still exist. Children in the United States can—and do—still get some of these diseases. One example of the seriousness of vaccine preventable diseases is an increase in measles cases or outbreaks that were reported in 2014. The United States experienced a record number of measles cases, with 667 cases from 27 states reported to CDC. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

The Vaccine for Children Program at KCHD provides immunizations for uninsured, under-insured and those children on Medicaid. Get more info from the Bee Wize line at 866-BEEWIZE (866) 233-9493. Visit the Immunization page on the KCHD Web site [here](#).

## Full-scale exercise will test emergency plans

The Kane County Health Department will participate in a multi-agency, multi-day emergency preparedness drill in conjunction with the State of Illinois' Mass Dispensing exercise June 14-16. The drill will simulate the intentional release of a biological attack and test the ability of local health departments and their partners to rapidly dispense medical countermeasures to protect the residents and save lives.



The purpose of the exercise is to practice and evaluate the KCHD's ability to activate the Strategic National Stockpile (SNS) Plan, including the testing of the Receiving and Distribution Plan. This will involve distribution of medicines to the public dispensing sites, as well as providing for critical responders.

In addition, the exercise will focus on the activation of the Emergency Operations Center, Public Health Command Center and Joint Information Center.

The health department in the past has conducted "facility site set-up" drills, where designated dispensing sites have been transformed to act as locations where the public will be directed to receive the medicine they need to prevent illness. Also, the health department has conducted mass dispensing sites in real life during the H1N1 pandemic in 2009.

The lessons learned from both the real life dispensing clinics and those that have been simulated are incorporated into the updated plans to help improve procedures in the event of a real emergency or disaster.

This full-scale exercise has been in the planning stages since last autumn. The exercise partners include the municipalities of Elgin, St. Charles and Batavia; the Kane County Office of Emergency Management; the Kane County Division of Transportation, the Kane County Sheriff's Office, as well as regional and

statewide agencies.

Learn more about KCHD's Emergency Preparedness program [here](#).



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