

Health Matters



from the Kane County Health Department

— April 20, 2017 —

Trending Matters:

Number of tornadoes in Illinois, 25-year average, by month:

April: 12
May: 15
June: 10

Helpful Links:

[Current Watches, Warnings & Advisories for Illinois](#)

[National Weather Service](#)

County Health Rankings reflect CHIP priorities

This year's County Health Rankings places Kane County 12th out of the 102 counties in Illinois. This is a one-step improvement from last year's 13th. An easy-to-use snapshot that compares counties within states, the Rankings show that where you live influences how well and how long you live.

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

The Kane County Health Department's [Community Health Improvement Plan](#) (CHIP) reflects the concept promoted by the rankings, that where we live, learn, work, and play matters to health, and many factors beyond medical care influence our health.

The CHIP lists Chronic Disease, Behavioral Health and Income and Education as its three top health priorities, all of which address the important factors that contribute to the overall health of our residents.

While the rankings have consistently demonstrated that Kane is one of the healthiest counties in the state, they also show that there remains much work to be done. By addressing these priorities we can achieve our vision of becoming the healthiest county in

Illinois by 2030.

For more information about the County Health Rankings, including this year's full report about Kane County, and a history of our rankings back to 2010, please visit the County Health Rankings page on our web site [HERE](#).



Preparing for severe weather



Springtime is the season when Illinois typically sees the most tornadoes, although history has shown that the storms can develop in any month of the year. Heading into spring, now is a good time for us to learn more about the dangers of severe weather, make emergency plans with our families, and gather the materials we would need in our [emergency kits](#).

Especially at this time of year, be alert to weather conditions that can change quickly.

Look for the following danger signs:

- Dark, often greenish sky
- Large hail
- A large, dark, low-lying cloud

During severe weather events, experts encourage you to listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. It is important that in any emergency, always listen to and follow the instructions given by local emergency management officials.

(particularly if rotating)

- Loud roar, similar to a freight train.
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Familiarize yourself with these terms to help identify a tornado hazard:

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Tornadoes are violent: they can completely destroy well-made structures, uproot trees and hurl objects through the air like deadly missiles. Although severe tornadoes are most common in the Plains States, they can happen anywhere.

Learn what to do to keep your loved ones safe.

Identify a safe place in your home where household members and pets will gather during a tornado:

a basement, storm cellar or an interior room on the lowest floor with no windows. In a high-rise building, pick a hallway in the center of the building. You may not have enough time to go to the lowest floor.

In a mobile home, choose a safe place in a nearby sturdy building. If your mobile home park has a designated shelter, make it your safe place. No mobile home, however it is configured, is safe in a tornado.

May is Mental Health Month



The Kane County Mental Health Council is celebrating its 10th anniversary this year. As a way to improve services and be more inclusive, it has evolved into the Behavioral Health Council by combining forces with the [Community Health Improvement Plan's Behavioral Health workgroup](#). According to the National Alliance on Mental Illness (NAMI), 1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family.

Behavioral Health is one of three top health priorities in Kane County, along with Chronic Disease and Income and Education, according to the Community Health Improvement Plan (CHIP). It's important to raise awareness of behavioral health issues during Mental Health Month each May. The Council and the CHIP Workgroup will continue to work to promote understanding of behavioral health issues, to eliminate the stigma and improve services in Kane County.

To learn more about the national effort to raise awareness about mental health, please visit the [Mental Health America web site](#). You can also follow the **Kane County Behavioral Health Council** on their [web site](#), on [Facebook](#) and on Twitter @KCMentalHealth.



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Kane County,
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