

# Health Matters



from the Kane County Health Department

— April 22, 2015 —

## Trending Matters:



National Infant  
Immunization Week

IMMUNIZATION.  
POWER TO PROTECT.

**National Infant Immunization  
Week  
April 18-25**

Annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs and their partners in promoting healthy communities.

Since 1994, hundreds of communities across the United States have joined to celebrate the critical role vaccination plays in protecting our children, communities, and public health.

[Learn more](#)

## Workshop to showcase development practices that promote health

The May 8th **Kane County 2015 Leaders Summit** will be the 12th such event hosted by the county since the first policy workshop was convened in 1999.

This year's workshop will be the first among a series of workshops focused on connecting local leaders and policymakers with the most innovative resources for promoting health and prosperity in their communities.

This workshop will feature top state officials sharing their departments' visions for working with local leaders and the agency programs at their disposal.

Keynote speaker [Christopher Coes](#) is the Director of **LOCUS**, a network of real estate developers and investors who advocate for sustainable, walkable development. He works with real estate developers and investors across the country to advance LOCUS' public policy agenda.

The workshop will be held at the **Q Center** in St. Charles, IL  
(1405 N. 5th Avenue)

**Friday, May 8th, 2015 from 8:30 a.m. to 3 p.m.**

Registration is \$30 and will increase to \$35 on May 1st.

Click [here](#) to complete the online registration.

Speakers representing three state agencies at the upcoming Kane County 2015 Leaders Summit include:



**J.M. "Jim" Schultz**  
Director of the Department of  
Commerce and Economic  
Opportunity (DCEO)



**Randy Blankenhorn**  
Acting Secretary  
Illinois Department of  
Transportation (IDOT)



**Juana Ballesteros**  
Manager, Community Public Health  
Outreach  
Illinois Department of Public Health  
(IDPH)

## We need your input! Survey seeks citizen involvement preparing Community Health Improvement Plan



**Stakeholders meeting at the Northern Illinois Food Bank to review the Community Health Assessment on April 10.**

The strong partnership between the health department, hospitals, INC Board, and other community groups has successfully completed the Kane County Community Health Assessment, or "CHA" for short.

Now it's time for the next step. **We want to hear from you!** We need your input to help put together the next phases of the process: The Community Health Improvement Plan (known as the CHIP). There is a short webinar highlighting some of the key data collected and a survey to gather your feedback. Please take a few minutes to view the webinar, and then we ask that you take the survey so we can be sure to include your input as we work toward building a health improvement plan for the whole county.

[LINK TO WEBINAR](#)      [LINK TO SURVEY](#)

During the Assessment process, the health department and its partners gathered essential health and demographic data from our residents. Without this data we could not adequately address the health issues facing them.

The Health Department’s partners have gathered several times in the past year as the assessment process went forward. Now it’s time to begin reviewing the data and start identifying health priorities to focus on for our improvement plan. Most recently, our stakeholders gathered at the Northern Illinois Food Bank on Friday, April 10, to review the data and begin the planning process.

## Boosting the quality of life

Understanding the importance of health in improving the quality of life for all Kane County residents, Kane County Health Department is focusing some of its efforts inwards. The idea is that KCHD staff can better improve the quality of life for the citizens if they also concentrate on their own health. To that end, the newly inaugurated Health Related Quality of Life (HRQOL) initiative establishes four areas of concentration: Mental Health, Physical Activity, Weight Loss and Nutrition from which KCHD staff will participate to improve their own health. Each staff member is signed up for at least one area.

The effort is being conducted with the KC Human Resources Department, and if successful could be used in other departments. The initiative was announced during National Public Health Week, April 6-10.



The four concentrations are to meet once a month, keep agendas and storing any documents in an easily accessible location. The HRQOL Template will list activities, measures, standards (if they exist) and goals.

For example, the Physical Activity group will measure steps taken per day, as well as an additional monthly activity. The Weight-Loss Group (calling itself “Flab-U-Less”) will hold a weigh-in, set incentives and motivation techniques, and schedule brown bag lunches.

The Mental Health Group will be assessing members’ stress levels every quarter, while the Nutrition Group will focus on healthy eating.

Emma Cook and Kasia Eide, above, hold up the "Tree of Good Vibes" that will be used to illustrate improvement in mental health as part of the HRQOL initiative.

### HRQOL Areas of Concentration:

**Physical Activity**  
**Weight Loss**

**Nutrition**  
**Mental Health**

## Workshop to address hazard vulnerabilities

# AMERICA'S *PrepareAthon!*<sup>SM</sup>

**Be Smart. Take Part. Prepare.**

When a disaster strikes, several agencies across a broad spectrum will need to respond, and we do not want to get caught off guard. Too often, disasters require a public health response. That is why it is crucial the health department plan with these agencies before the unthinkable happens.

As a way to be prepared for emergencies, and to further connect with first responders and other community members from across the county, the Kane County Health Department Public Health Emergency and Response Program will be conducting its first **Public Health Hazard Vulnerability Analysis (HVA) Workshop** on **Friday, April 24**.

The workshop will be held at the Northern Illinois Food Bank in Geneva.

The KCHD Public Health HVA Workshop will evaluate and identify the potential hazards, vulnerabilities, and risks in the community that relate to public health in Kane County.



By engaging and working with emergency management, fire, police, healthcare organizations, mental/behavioral health, community, and faith-based partners, we can provide assistance and guidance to ensure community engagement in public health preparedness efforts.

By working together with all our community partners we will be able to provide our residents with the best service possible.



#### Website

[kanehealth.com](http://kanehealth.com)

#### Facebook

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Kane County,  
Illinois**

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There is also a **Sign Up Form** on the page, for those who would like to be added to our email list to receive future *Health Matters* newsletters.