

# Health Matters



from the Kane County Health Department

— February 22, 2018 —

## Trending Matters:

**March 12-18**  
**Sodium Reduction Week**  
*encourages you to*  
**#BreakUpWithSalt**



**Track the weekly flu levels**  
**in Kane County**  
**by reading the reports**  
**posted on our Flu Page**  
[HERE](#)

## Help stop diabetes: Take the test today

The Kane County Health Department's [Community Health Improvement Plan \(CHIP\)](#) names chronic diseases such as diabetes as one of the three top health priorities facing our residents. In response to similar numbers nationwide, every year the American Diabetes Association (ADA) proclaims a day in March Diabetes Alert Day. This year it's March 27. We are encouraging everyone to take the Type 2 Diabetes risk test to find out their risk of developing diabetes.

Chronic disease is one of the greatest threats to the health of our residents. According to the ADA, 7 out of 10 deaths each year in the U.S. are attributed to chronic diseases, accounting for 86% of our nation's health care costs. Closer to home, through our CHIP we know that 9.4% of Kane County adults report having been diagnosed with diabetes. That equates to almost 50,000 of our residents. Further, another 6.0% of Kane County adults report that they have "prediabetes" or "borderline diabetes," which puts them at high risk for developing Type 2 diabetes.



**HEY, YOU. YES, YOU.**

**TAKE THE TYPE 2 DIABETES RISK TEST.**

American Diabetes Association.  
**ALERT!DAY**

People with prediabetes have blood glucose (sugar) levels higher than normal, but not high enough to be diagnosed with Type 2 diabetes. This is why the CHIP specifically addresses chronic disease as a top health priority. In response to these disturbing numbers, we are encouraging everyone to follow the ADA's recommendation to take the Type 2 Diabetes risk test to find out their risk of developing diabetes.

**American Diabetes Association Alert Day** sounds the alarm so people can take action and get the medical care they need to live well. By understanding your risk, you can take the necessary steps to help prevent or delay Type 2 diabetes. Plus, we hope you will share the test with everyone you care about, including family members, friends, and colleagues.

Please make sure to mark your calendar for American Diabetes Association Alert Day on March 27 and take the [Type 2 Diabetes Risk Test](#).

## What can you do?

- Take the [American Diabetes Type 2 Diabetes Risk Test](#)
- See a Health Professional
- Eat Healthy
- Be Active

**ALERT!DAY**  
MARCH 27, 2018

## Fighting to end the scourge of TB



**END  
TB**

**WORLD TB DAY MARCH 24**

On March 24, 1882, Dr. Robert Koch discovered *Mycobacterium tuberculosis*, the bacteria that

We know that if discovered, especially if it's discovered early, TB illness can be treated and cured. Worldwide, TB

cause tuberculosis (TB). Back then TB killed 1 of every 7 people living in the United States and Europe. His discovery was the most important step taken toward the control and elimination of this deadly disease. Until TB is eliminated, [World TB Day](#) won't be a celebration, but a valuable opportunity to educate the public about its devastation and how it can be stopped.

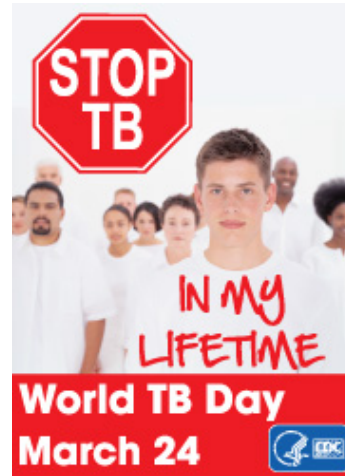
While overall the news is good and the total numbers are declining, we still must remain vigilant.

According to the Centers for Disease Control and Prevention, TB is still one of the world's deadliest diseases:

- One-third of the world's population is infected with TB.
- In 2015, 10.4 million people around the world became sick with TB disease. There were 1.8 million TB-related deaths worldwide.
- TB is a leading killer of people who are HIV infected.

is still a scourge, as the World Health Organization estimates of the 9.6 million people who will become sick annually with TB disease, 3 million will not receive the treatment they need.

To learn more, please visit the [World TB Day Web site](#).



## Sodium Reduction Week encourages you to



# #BreakUpWithSalt

## Sodium Reduction Initiative

Public Health officials from across the state are joining forces to raise awareness of the importance of lowering the sodium content in our diets. The 12 members of the Northern Illinois Public Health Consortium and the American Heart Association (AHA) have partnered to sponsor, host and promote events during **Sodium Reduction Week, March 12-18**, which encourages you to **#BreakUpWithSalt**.

According to the AHA, high levels of sodium in our blood stream contribute to high blood pressure, which is known as the "silent killer" because its symptoms are not always obvious:

- It's one of the major risk factors for heart disease, the No. 1 killer worldwide.
- It's the leading risk factor of women's deaths in the U.S., and the second leading risk factor for death for men.
- One-third of American adults have high blood pressure. And 90 percent of American adults are expected to develop high blood pressure over their lifetimes.



Even if you don't have [high blood pressure](#), eating less sodium can help blunt the rise in blood pressure that occurs with age, and reduce your risk of heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer and even

- More than 40 percent of non-Hispanic black adults have high blood pressure. Not only is high blood pressure more prevalent in blacks than whites, but it also develops earlier in life.

headaches. The extra water in your body can also lead to bloating and weight gain.

Please keep an eye on your inbox and follow us on social media for major events scheduled throughout **Sodium Reduction Week** on Twitter [@KaneCoHealth](https://twitter.com/KaneCoHealth), on Facebook [www.facebook.com/kanehealth](http://www.facebook.com/kanehealth) and follow the hashtag #BreakUpWithSalt.

More information about the AHA's Break Up with Salt campaign can be found [HERE](#).



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Kane County,  
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