

# Health Matters



from the Kane County Health Department

— February 19, 2015 —

## Trending Matters:



Get up-to-minute info on the 2015 measles outbreak activity in Illinois from the Illinois Department of Public Health's website [HERE](#)



To watch a quick video on the importance of "going red," click [here](#).

### Ebola

For the latest information on Ebola visit the CDC website [HERE](#)

## Rising number of measles cases highlight the importance of vaccine

There hasn't been a confirmed case of Kane County measles in more than a decade, but the Health Department is on high alert in the wake of case reports from multiple states.

Although no Kane residents have been confirmed with the illness so far, we have seen cases in nearby Cook County, and it was one of the Cook County cases who attended classes at Elgin Community College. With that in mind, the Health Department and ECC teamed up to identify as many of those students and staff who might have been exposed and to provide them with vaccine.



The Health Department ordered 200



doses of the vaccine from the Illinois Department of Public Health, which was delivered on Feb. 12 (Lincoln's Birthday, a county holiday.)

Then, along with great support from the college, the Health Department conducted two vaccine clinics, Friday, Feb. 13, and Tuesday, Feb. 17. The Measles, Mumps and Rubella (MMR) vaccine was offered free of charge.

The Measles Clinic garnered great media interest from downtown news stations FOX, NBC 5 and WGN TV, not to mention local print media.

It's impossible right now to say the Illinois cases might be connected to the ongoing outbreak linked to Disney properties in Southern California, which has sickened dozens in several states. Nationally, measles has now been confirmed in at least 17 states. The disease is especially active on the west coast, where vaccine exemptions allow large numbers of children to begin school without the immunization protection they need.

From a historical perspective, measles infected 481,530 Americans during 1962, one year before a vaccine for the virus was introduced. In 2004, there were just 37 confirmed cases across the country, but rates have been gradually increasing since then. The 23 outbreaks recorded from 27 states during 2014 triggered alarm bells, and the incidence of disease is expected to reach much higher levels this year.

Measles is highly contagious and especially dangerous for infants not old enough to be immunized, and children who have not received vaccine protection. One in 10 measles sufferers will experience ear infections capable of causing permanent hearing loss. Other more dangerous complications include: pneumonia, encephalitis, problems during pregnancy and low-birth-weight deliveries. The virus claimed an average of 500 American lives annually prior to the introduction of measles vaccine.

**Measles symptoms include:** fever, cough, red eyes, runny nose, and a telltale rash which typically begins on the forehead. The disease is spread through coughing and sneezing. Infected people may be contagious for more than a week, including four days prior to symptom onset.

Measles symptoms generally appear a week to 12 days after exposure, but can take up to three weeks before surfacing. Measles symptoms should be reported to your health care provider. Persons planning international travel should make sure they are adequately protected against measles, which is a serious problem throughout portions of Asia, Europe, Africa, and South America.

More information about measles and measles vaccine is available from [Kane County Health Department](#), [Illinois Department of Public Health](#), and the [Centers for Disease Control](#).

## Have a heart: American Heart Month draws attention to heart health

It is no coincidence that National Heart Month is celebrated during February: The heart is the very symbol of the month's most celebrated holiday, Valentine's Day.

We know that heart disease is the leading cause of death in Kane County, which is why the Health Department's Community Health Improvement Plan (CHIP) identifies



chronic disease as one of the major threats to community health and well being.

For example, our CHIP shows that the rate for uncontrolled hypertension in Kane County to be 32.2 % in 2014. Heart disease is one of the leading cause of hospitalizations in Kane, accounting for 1021.5 hospital stays per 10,000 population in 2012.

That is why we are promoting healthy diets and physical activity, not only for children through the Fit for Kids initiative, but adults also can reap the benefits of eating well and getting plenty of exercise, helping to reduce the risk of heart disease.

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

The cost of heart disease and stroke in the United States was estimated to be \$444 billion for 2010. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.



Kane County Health Department celebrated American Heart Month by wearing red on February 6th.

## Using social media to promote healthy living



A picture, they say, is worth 1,000 words. If that's the case, we can promote healthy lifestyles in Kane County exponentially through photos and the new social media site Photovoice.

# PHOTOVOICE

**Capturing a Healthy Kane County**



Photovoice is a Facebook page where we are gathering a collection of pictures taken by people in the community that illustrate their opinions about what they view as healthy living or how we can improve to make Kane County a better, safer place to live.

Any photos that promote healthy living are welcome. With this project we are trying to encourage people to help illustrate a healthy Kane County by posting their photographs to our Photovoice page.

It is a simple and fun project and all the pictures can be submitted directly onto the Photovoice Facebook page by anyone. The quality of the pictures is not important. What we're looking for is YOUR view of healthy living in Kane County.

If you have any more questions please contact Dan Eder at [ederdan@co.kane.il.us](mailto:ederdan@co.kane.il.us) or visit the Facebook page [Photovoice : Capturing a Healthy Kane County](#). Whether it's farmer's markets, or family outdoor activities, promoting healthy community events, or just healthy selfies, they all illustrate the importance of healthy living. You don't even need a Facebook account to participate. If you have some pictures that you think illustrate the healthy life we all want for ourselves and our families, they are welcome.



Anyone wants to participate in PhotoVoice who does not have a Facebook account can email the pictures directly to Dan Eder [ederdan@co.kane.il.us](mailto:ederdan@co.kane.il.us), and they will get posted to the Facebook page.



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