

Health Matters



from the Kane County Health Department

— January 19, 2017 —

Trending Matters:



Read the article (at right)
Get your home tested!

#GiveKaneAVoice

Follow along as Kane County
accepts the
**Healthiest Cities & Counties
Challenge!**

Read the article
in this edition of Health Matters.
Interested in participating?
Contact: Terry Roman at
romanterry@co.kane.il.us
or call at (630) 264-7653



[CLICK HERE](#) for our Flu Info Page

Contests, displays look to raise awareness of radon dangers

The U.S. EPA has found that radon is the leading cause of lung cancer deaths among nonsmokers. Because of the geology in northeast Illinois, the homes in Kane County have the potential for higher levels of radon.

As a way to raise awareness of **National Radon Awareness Month** during January, the [Kane County Healthy Places Coalition](#) has partnered with 12 local home improvement stores to promote testing your home for radon gas. The Coalition is also working with 12 public libraries in the county to increase awareness through displays, including advertising for the Illinois Emergency Management Agency-sponsored poster contest for middle school students and video contest for high school students.



This display in the Town and Country Library in Elburn is an example of the radon displays now being featured in libraries throughout Kane County.

Learn more about radon, how to test and to fix the problem on our radon page [HERE](#).

Visit our Radon Displays at these Kane County libraries:

- Aurora Main Branch
- Aurora West Branch
- Batavia Public Library
- Elgin-Gail Borden Library
- Hampshire - Ella Johnson Memorial Public Library
- North Aurora - Messenger Public Library
- St. Charles Public Library
- Waubonsee Community College
- Elburn - Town and Country Public Library
- Geneva Public Library
- Fox River Valley Libraries: Dundee Library
- Sugar Grove Public Library

These local businesses are partnering with the Kane County Healthy Places Coalition in its Radon Awareness promotion:

- Ace Hardware, 2144 W. Galena Blvd., Aurora
- Ace Hardware, 994 N. Lake St., Aurora
- Ace Hardware, 1901 W. Wilson St., Batavia
- Ace Hardware, 617 W. State St., Geneva
- Ace Hardware, 2650 E Main St., St. Charles
- Ace Hardware, 160 E Galena, Sugar Grove
- Ziegler Ace Hardware, Meadowdale Shopping Center, Carpentersville
- Ziegler Ace Hardware, 215 N. Spring St., Elgin
- Ziegler Ace Hardware, 1158 Lillian St., Elgin
- Ziegler Ace Hardware, 301 Randall Road, South Elgin
- Home Depot, 1250 N. Orchard Road, Aurora
- Lowe's, 955 S. Randall Road, St. Charles

Poster & Video Contests

The poster contest is open to Illinois students ages 9-14 to create a poster that will increase public awareness of radon gas and encourage other Illinoisans to test their homes. By participating in the Illinois Radon Poster Contest, students will learn about radon and how to reduce their risk of exposure.

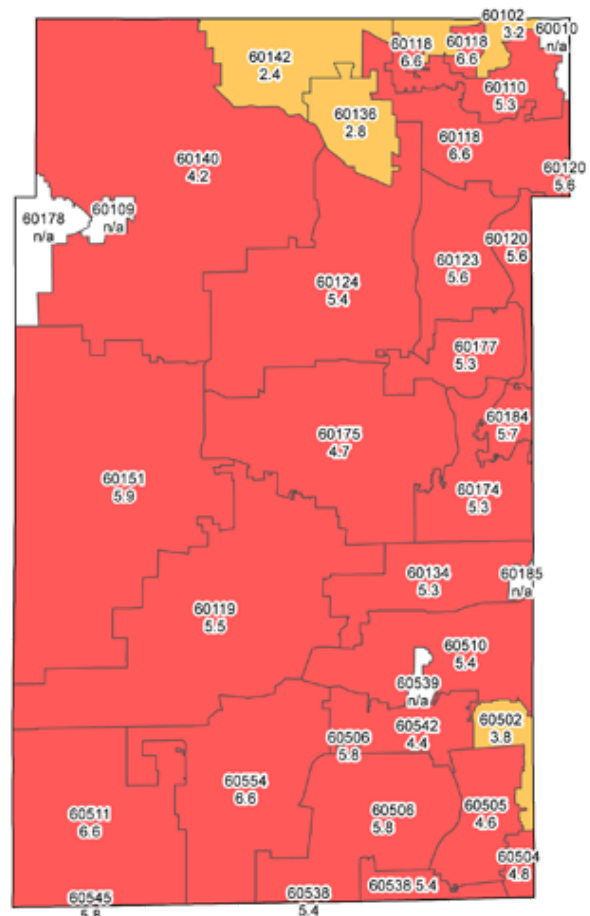
A state committee will select the top three winning posters from the entire state of Illinois to receive awards; the first place winner will receive \$200, second place winner, \$150 and the third place winner, \$100. The entries must be postmarked on or before March 2, 2017.

The Illinois Radon Video Contest is open to Illinois high school students and classes to create a 1 minute PSA/commercial-style video encouraging Illinois residents to test their homes. Videos are to be submitted via YouTube by March 9, 2017.

The top ten videos will earn the following monetary prizes: 1st Place: \$1,000 plus \$300 for the school; 2nd Place: \$750 plus \$200 for the school; 3rd Place: \$500 plus \$100 for the school; and Honorable Mention (7): \$250 per video.

For the poster contest rules and general information, please click [HERE](#); Rules and information about the video contest are available by clicking [HERE](#).

Kane County Radon Levels by Zip Code



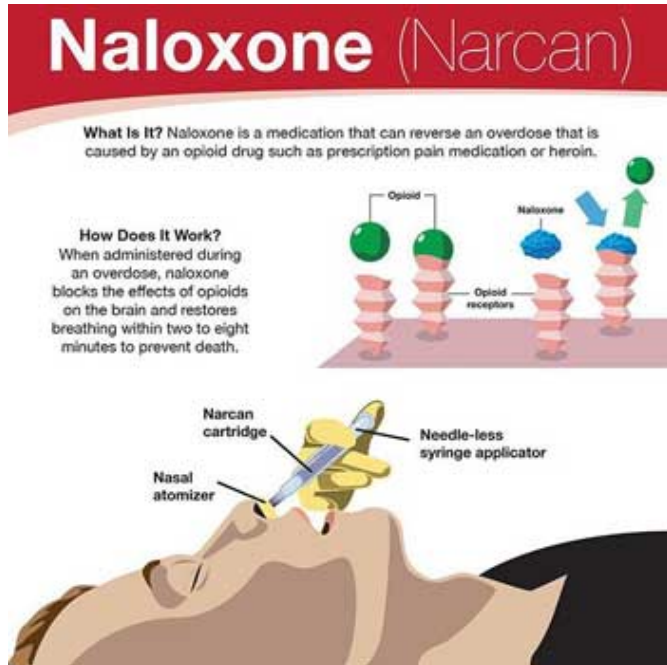
Average Measurement

- >= 4 pCi/L
- 2 to 3.9 pCi/L
- n/a

Source: Illinois Emergency Management Agency (IEMA)
IEMA recommends a level of less than 4 pCi/L.

Funds ensure continued supplies of Narcan

Using money from the Drug Education Fund, Kane County Sheriff Donald Kramer presented a \$60,919.00 check to the Kane County Health Department to help continue the Narcan training program. The money will go to supply police officers and some school nurses with Narcan, an overdose response drug.



KCHD staff has been training police departments and other first responders in its use since 2014. Narcan has been effective in reversing heroin overdoses and is being carried by police and first responders as a way to give quicker treatment before paramedics arrive.

As of December, 2016, a total of 48 people have been saved in Kane County by police officers responding to the scene of an overdose and administering Narcan. A total of 2,300 doses were purchased as well as 2300 nasal atomizers using the funds from Sheriff Kramer.

"The Kane County Health Department will continue to reach out and provide training to partner agencies," said Executive Director Barbara Jeffers. "We want to thank Sheriff Kramer for the generous donation, and also to all the officers who have undergone the training in this important initiative."



Kane County Sheriff Donald Kramer hands a check to Executive Director Barbara Jeffers, MPH, to be used to help continue the successful Narcan program. Looking on from left, Nurse Judy Zwart, Support Associate Diane Dawson, Nurse Cheryl Kane and Director of Disease Prevention Sharon Sillitti.

Councils are focused on community engagement

The Centers for Disease Control and Prevention (CDC) point out that your ZIP code is a greater indicator of your health and longevity than your genetic code. That's why the **Healthiest Cities and Counties Challenge (HCCC)** is reaching out to individual communities to learn just what is needed at the local level.



A \$10,000 grant enabled Kane County to take on this challenge. A focus on creating community councils is making it possible to learn exactly what each community needs to improve the health of the people who live there.

After the successful first two meetings in November and December, Community Councils in Carpentersville, Elgin and Aurora were formed. They will carry on their work in January and continue to gather important input from residents.

The councils will be giving advice on those unique health issues, with the goal being community engagement. Healthy eating, active living and the social determinants of health will be central topics for discussion, but certainly not the only ones. Developing strong community engagement through the HCCC eventually could make Kane County eligible for a \$500,000 grant.

More information about the HCCC is available by clicking [HERE](#).

Wear red to show support for women's heart health

The first Friday of February is **National Go Red for Women Day**, when we encourage folks to wear red as a way to show support for women's heart health. This year, **February 3** is the date, and it's a great way to kick off **National Heart Month**.



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 wellbeing.

According to the American Heart Association, heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. That's why we say "Go red for women!" Don't forget to make your heart health a priority. Schedule your prevention check-up so your doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses.

Helpful information can be found on our heart page [HERE](#), and on the [Go Red For Women](#) website.



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Kane County,
Illinois**

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