

# Health Matters



from the Kane County Health Department

— January 21, 2016 —

## Trending Matters:



### Flu Shots available in Aurora

Flu shots are available, weekdays,  
8:30 a.m. to 4:30 p.m.  
at our Aurora office,  
1240 N. Highland Avenue.

The cost is \$25,  
payable by check or cash.

Vaccinations will be offered  
throughout the flu season, while  
supplies last.

## Go Red for Women on February 5th

National Wear Red Day is always the first Friday in February. It is a symbolic way to show support for women's heart health. It's no coincidence that it is celebrated during February, which is American Heart Month. As we all know, the heart is the very symbol of the month's most celebrated holiday, Valentine's Day.



Take action at  
[GoRedForWomen.org](http://GoRedForWomen.org)

Promoting a heart healthy lifestyle is important because we know that heart disease is the leading cause of death in Kane County. Because of that, our Community Health Improvement Plan (CHIP) identifies chronic diseases, such as heart disease, as one of the major threats to community health and well-being.

For example, our research shows that the rate for uncontrolled hypertension in Kane County to be 32.2% in 2014, and that heart disease is one of the leading cause of hospitalizations in Kane, accounting for 1021.5 hospital stays per

**February is**



10,000 population in 2012. Nationally, the cost of heart disease and stroke 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

Healthy diets and physical activity are important for all of us. Kid and adults alike can reap the benefits of eating well and getting plenty of exercise. You can learn more about Go Red for Women by clicking [here](#).

More information about the CHIP is available by clicking [here](#).

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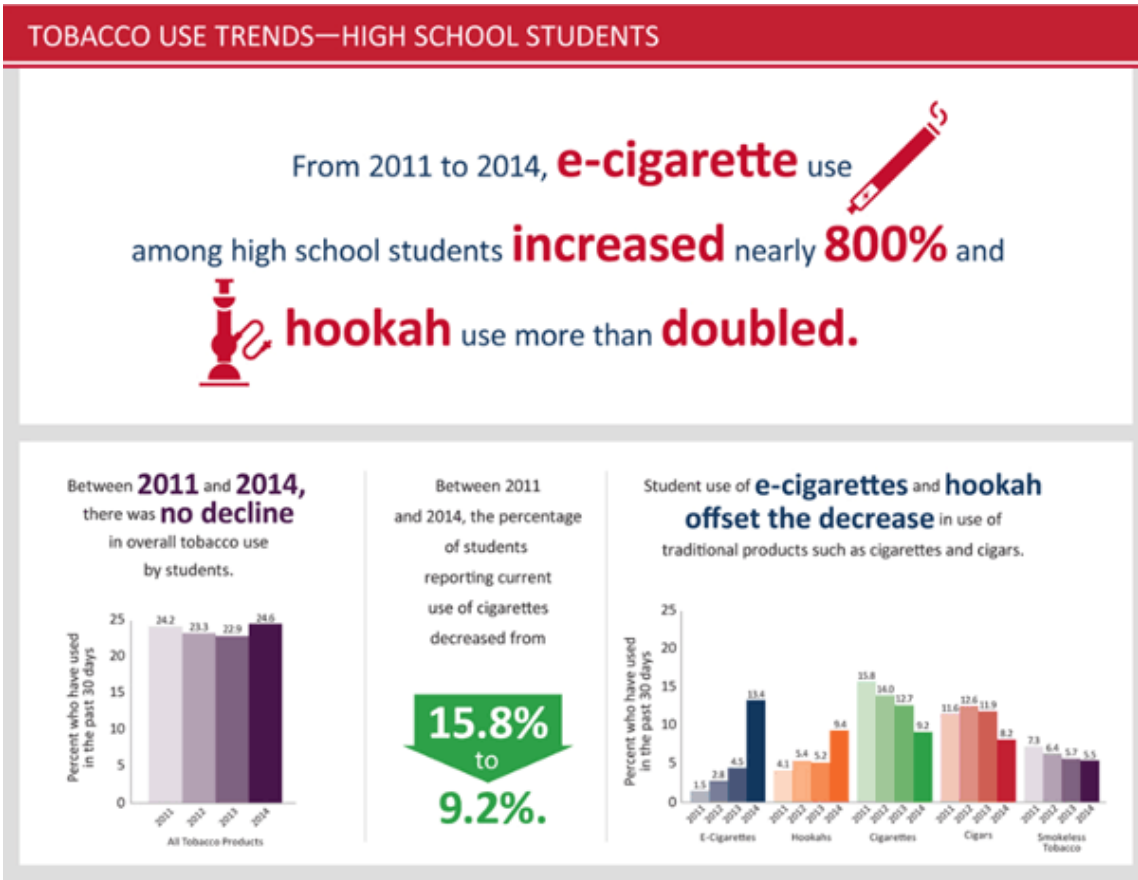
## Make quitting smoking your 2016 New Year's resolution

If you are a smoker, have you made any New Year's resolutions for 2016? It's never too late to try to better yourself, especially if your resolution involves quitting tobacco. Quitting smoking is one of the best things you can do for yourself.

According to the U.S. Surgeon General's office, smoking remains the No. 1 preventable cause of death in the U.S. Smoking kills nearly half a million Americans and cost the nation almost \$300 billion in health care expenses and lost productivity each year.

Nowadays there's a potential new threat: Electronic cigarettes. E-cigarettes are battery-operated devices designed to look like regular tobacco cigarettes and are often referred to as e-cigs, vaping pens, vaporizers, or e-hookahs/cigars.

The U.S. Food and Drug Administration (FDA) has questioned the safety of these products. The FDA analyzed samples of popular electronic-cigarettes and found nicotine and traces of known cancer-causing substances. Since 2011, we have seen an 800% increase use of electronic cigarettes by high school students nationally.



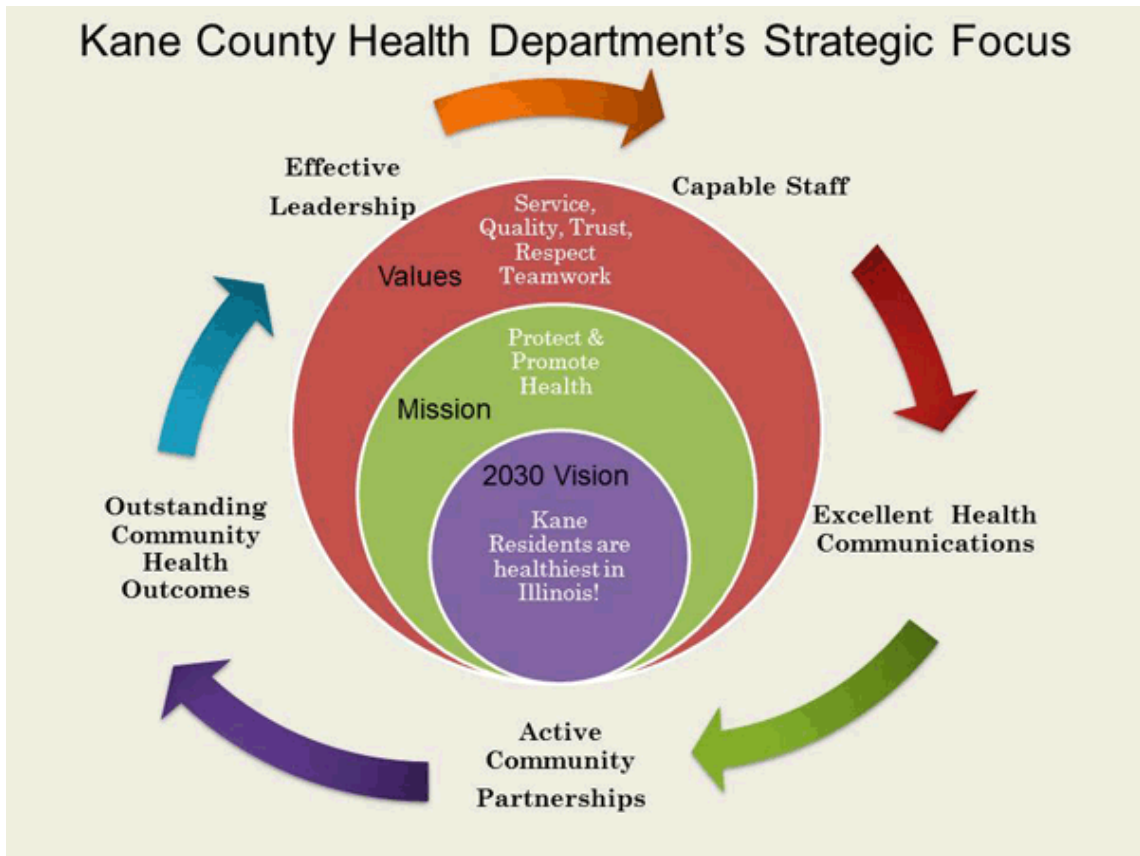
Until more is known about the possible health risks related to these types of products, it's best to say "no" to electronic cigarettes.

You will find a host of valuable information about tobacco, tobacco-related products and our tobacco program by visiting our website [here](#).

## Strategic initiatives update

The 3-year strategic plan approved by the Kane County Board of Health in 2012 has now run its course. In November 2015, updates to the plan were provided to the Board of Health, and now we are about to launch the process for the new strategic plan. In the 2012 plan, our five key strategies were:

- **Enhanced Communications**
- **Implement Informatics**
- **Mission Focused Culture**
- **Model Stewardship**
- **Sustaining Partnerships**



All of these are important strategies and work continues to develop them. What will the next set of strategies be? Will they be different? The same?

As we move forward, we will work to decide whether these strategies need to be adjusted to meet our priorities for the new strategic plan.

More information about our planning activities can be found on our website [here](#).



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