

Health Matters



from the Kane County Health Department

— July 19, 2018 —

Trending Matters:



Watch for **Heat Alerts & Tips**
and **Air Quality Alerts**
on our [website home page](#)

Get your fruits and vegetables at farmer's markets



Our Community Health Improvement Plan (CHIP) calls for a healthy diet as one of the tools to help prevent chronic disease. And any healthy diet will include the types of farm-to-table produce to be found at our abundant markets located in all corners of the county. Evidence shows that increasing local production of fruits, vegetables, meats, and dairy in the county will have a positive impact on health.

Kane County supports locally grown food products through its Food and Farm Ordinance titled "Growing for Kane." The program helps address the county's growing obesity issues and low rates of fruit and vegetable consumption that affect health. This is in line with goals from the CHIP, the Fit Kids 2020 Plan and the Kane County 2040 Plan. It also helps retain and attract new producers of fruits, vegetables, meats and dairy. Evidence shows that increasing production of locally grown food will have a positive impact on health, according to the 2013 Health Impact Assessment, available [HERE](#).

Residents who have access to fresh produce will purchase and consume it. There is a demand for fresh produce, based on results from Link usage at farmers markets located in areas with vulnerable populations. There will be an increase in jobs and a boost to the local economy if more fruits and vegetables for human consumption are grown in Kane County.

The first CHIP strategy for improving nutrition calls for better access to local food through these efforts:

- Identify areas of Kane County lacking access to farmers' markets
- Map of all farmers' markets, farms stands, and community-supported agriculture (CSA) programs
- Expand year-round access to local foods
- Expand Fruit and Vegetable Prescription Program
- Expand pop-up markets and mini-markets



More information about the **CHIP and the efforts to address chronic disease** is available by visiting the **Kane Health Counts** website [HERE](#).

For a **map of farmer's markets** throughout Kane County please click [HERE](#).

More information about the **Growing for Kane program** is available from the Development Department [HERE](#).

August is National Immunization Awareness Month (NIAM)



Immunizations represent one of the greatest public health accomplishments of the 20th century. The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages. Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health.

Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

The State of Illinois requires vaccinations to protect children from a variety of diseases before they can enter school. For school entrance, students must show proof of diphtheria, pertussis, tetanus, polio, measles, mumps, rubella, haemophilus influenza type b, hepatitis b, and varicella, as well as pneumococcal and now meningococcal (depending on age) vaccinations.

For more information about immunizations, visit the [Illinois Department of Public Health's immunization page](#). You'll find their vaccination schedules [HERE](#).



Join us as we celebrate the Third Annual Big Latch On 2018



The Kane County Breastfeeding Coalition is excited to host its third annual "The Big Latch On!" The event will be hosted in two locations on two dates: Friday, August 3, at Family Focus, Aurora and Saturday, August 4, at Advocate Sherman Hospital, Elgin.

Come join us as we celebrate and support breastfeeding- a healthy feeding choice for babies! The Big Latch On is not only for those moms who are currently breastfeeding, but also for newly expectant parents. This will be a great opportunity for those moms who are preparing for their breastfeeding journey.

The Big Latch On is an exciting and engaging community event where friends, families and communities come together to celebrate breastfeeding and support healthy infant feeding choices.

Our event includes free food and fun activities for moms, dads, kids, and family members. Learn about different resources provided

Join us with friends and family at one of these events:

**Friday, August 3rd
9:30-11:30 am**
Family Focus
550 Second Avenue
Aurora, IL 60506

**Saturday, August 4th
9:30 am- 11:30 am**
Advocate Sherman Hospital
1425 N Randall Road

Elgin, IL 60123

by the community for new parents. We are excited to be part of this worldwide event where children all around the world latch on with their moms in harmony!

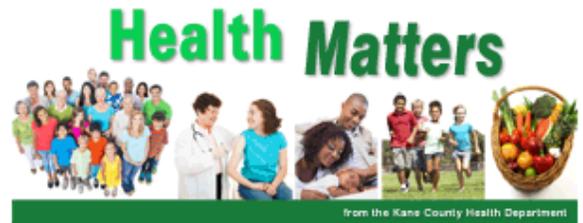
RSVP to Sibil Varghese at 630-444-3425 or varghesesibil@co.kane.il.us



As a part of this event, we will also be honoring employers that support breastfeeding. Studies show benefits from breastfeeding friendly employers: lowering employee absenteeism, increased productivity and employee satisfaction and raising the morale and loyalty to the workplace.

Illinois law recognizes these benefits and requires businesses to provide a private space for a mother to express milk, and reasonable breaks for her to do so.

The Coalition wants to recognize businesses that offer their employees breastfeeding friendly workplaces. We need you! Please feel free to mention their names in the survey link below: <https://www.surveymonkey.com/r/V9LHLRN>



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Kane County,
Illinois**

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