

Health Matters



from the Kane County Health Department

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Trending Matters:



[CLICK](#) for info about flu shots



Daylight Saving Time Change
Nov. 5 [Info](#)

Kane County Healthy Places Coalition shines a spotlight on Lead Poisoning Awareness during October

When Brannon Anderson and her husband purchased a circa 1890's home in Geneva in 2008, they knew they were in for a challenge as they worked to renovate it. It wasn't until they really started to get into the project that they realized the depth of the challenge.

When their son Beckett was nine months old, tests confirmed that his blood contained high levels of lead.

That was nearly five years ago, and Brannon Anderson now considers herself an expert on spotting lead-based paint. "Knowing what it looks like is most important. I can look for that alligator-skin checking. I didn't know it before," she said. However, experts always recommend that the only sure way to determine if a surface has lead paint is through proper testing.

Fortunately, Beckett's condition was discovered early and today shows no negative signs. "He's doing great," she said.

Since his older sister has never showed any elevated lead levels, it was thought that Beckett may have been exposed in the yard while his father stripped paint off windows. After his condition was discovered, the Andersons needed to continue to renovate the home, but fortunately were able to take some steps to protect their children. For example, they purchased a second washer and dryer that they placed in



The **Kane County Healthy Places Coalition** partners collaborate all year, but especially in October to highlight lead poisoning risks and prevention. Since lead poisoning is entirely preventable, the Coalition wants to make parents and other residents aware that lead -- from many sources -- continues to poison young children pregnant women and other adults in Kane County.

The Coalition is partnering with physicians, retail paint and hardware stores, and permit departments this month to shine a spotlight on lead poisoning awareness. [Click here for more info.](#)

The Coalition has several initiatives promoting awareness of Lead Poisoning during October, including:

Business Partner Project for Lead Awareness: The Coalition has partnered with fifteen home improvement stores throughout Kane County to promote lead awareness during October 2017. Each store received an awareness poster, along with flyers and promotion materials for customers and staff to raise awareness about healthy homes and these numerous household hazards.

See our partners list (right). Please stop in and thank them for their help.

Permit Department Outreach: The Coalition is visiting permit

the garage where her husband would change and wash his clothes to prevent bringing lead dust into the home.

For additional lead safe tips for do-it-yourselfers, please click [HERE](#).

The family had to complete the renovation themselves in accordance with the city's historic guidelines, as they would not have been able to afford to bring in professional lead contractors. In the meantime, their physician has closely monitored Beckett's condition. And his mother is big believer in reading to children as a way to keep their minds active. "We read to them every day. Having books in the home is important."

According to the Centers for Disease Control and Prevention (CDC), protecting children from exposure to lead is important to lifelong good health. No safe blood lead level in children has been identified.

Homes built before 1978 need to be checked for the possible existence of lead paint. "I love that we live in an old house," Brannon said, but added that it's just important the proper precautions are taken during home improvement projects.



Our Lead Awareness Partners:

- Ace Hardware, Lake Street, Aurora
- Ace Hardware Galena Blvd., Aurora
- Ace Hardware, Batvia
- Ziegler Ace Hardware, Carpentersville
- Menards, Elgin
- Sherwin-Williams, Elgin
- Pittsburgh Paints, Elgin
- Ziegler Ace Hardware, Lillian Street, Elgin
- Ziegler Ace Hardware, Spring Street, Elgin
- Ace Hardware, Geneva
- Ziegler Ace Hardware, Huntley
- Lowe's, St. Charles
- Sherwin-Williams, South Elgin
- Ziegler Ace Hardware, South Elgin
- Ace Hardware, Sugar Grove

departments in Kane County to gather input on ways that they can make awareness information more available to residents and contractors.

A new online kit will be created that shares best practices and makes good info accessible. More information about the Health Places Coalition and its initiatives, please click [HERE](#).

Great American Smoke Out: Taking that important step



Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smoke Out event. Encourage someone you know to use the date to quit, or plan in advance and then quit smoking that day. By quitting – even for 1 day – smokers take an important step to a healthier life and reducing their cancer risk. According to the Cancer Society, quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.

The first Smoke Out is traceable back to a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund. Since then the Great American Smoke Out event draws attention every year to preventing the deaths and chronic diseases caused by smoking.

Throughout the late 1980s and 1990s, many state and local governments responded by banning smoking in workplaces and restaurants, raising taxes on cigarettes, limiting cigarette promotions, discouraging teen cigarette use, and taking further action to counter smoking. These efforts continue today.

The Cancer Society notes that it's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases. Start your journey to quitting tobacco here: **1-866-QUITYES**.



To learn more about quitting smoking, please visit our webpage [HERE](#).

Learn more about the Great American Smoke Out, [HERE](#).

CHIP priority targets chronic disease



A healthy diet and active lifestyle can help reduce the risks associated with diabetes. Decreasing the incidence of chronic diseases is one of the goals of the CHIP. Click [HERE](#) for more info on the Health Improvement Plan.

You can visit the Health Department's diabetes webpage by [HERE](#).

Learn your risk of type 2 diabetes and take action. [Click here to take this quick and easy test.](#)

The Kane County Community Health Improvement Plan (CHIP) identifies chronic diseases such as diabetes as a top health priority in our county. World Diabetes Day Nov. 14 intends to bring awareness to the risk. Centers for Disease Control and Prevention (CDC) statistics show that 30 million people in the U.S. live with it and its devastating health problems. Millions don't even know they have it and aren't getting the medical care they need.

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

According to the International Diabetes Foundation, which sponsors the promotion, World Diabetes Day (WDD), WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.



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