

## PUBLIC HEALTH COMMITTEE REPORT

### Essential Service #3

[Give people the information they need to make healthy choices](#)

# Wear Red *February 2nd!*



### Wear Red!

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 2nd is the date, and it's a great way to kick off National Heart Month.



### Ten essential services of Public Health

1. Monitor health status and understand health issues facing the community
2. Protect people from health problems and health hazards
3. Give people the information they need to make healthy choices
4. Engage the community to identify and solve health problems
5. Develop public health policies and plans
6. Enforce public health laws and regulations
7. Help people receive health services
8. Maintain a competent public health workforce
9. Evaluate and improve programs and interventions
10. Contribute to and apply the evidence base of public health

**Departmental Statistics:** [www.kanehealth.com/phc.htm](http://www.kanehealth.com/phc.htm)

### Essential Service #2

Protect people from health problems and health hazards



**KANE COUNTY  
- QUILTS -  
MORE ILLINOISANS  
ARE CHOOSING A  
SMOKE-FREE LIFE.  
YOU CAN TOO.**

**Smoking is  
the leading  
cause of  
preventable  
death  
in the Unit-  
ed States.**

**Resolve to quit  
smoking in  
2018**



### **Make one call and begin the journey**

The Quitline, (866) QUIT-YES, is FREE and completely confidential with convenient hours of operation, from 8 am to 9 pm Monday through Friday. The QuitLine is staffed by registered nurses, respiratory therapists, and certified tobacco treatment specialists. The services are unlimited—clients can call as often as they need. Find tobacco cessation classes near you by visiting our Web site by clicking [here](#).

### Essential Service #4

Engage the community to identify and solve health problems



**WHAT: 1 Billion Steps Walking Challenge.**  
**WHEN: Jan.1- April 8.**  
**WHY: To increase physical activity and improve the health of Kane County residents.**

### **Looking to be more active?**

You can, by joining our team to help reach the goal of the American Public Health Association's (APHA's) 1 Billion Step Challenge. As part of the Kane County Health Department's Community Health Improvement Plan (CHIP), the Chronic Disease Action Team is focusing on getting community members more active. To that end we have started our own team, "Kane Health Counts." Registration is easy! Just log on to the KaneHealthCounts site by clicking [here!](#)

