



## **PUBLIC HEALTH COMMITTEE REPORT**

*Essential Service #3. Give people the information they need to make healthy choices*

### **March Is National Nutrition Month**

Choosing nutritious foods and getting enough physical activity can make a significant difference in your health. For National Nutrition Month® 2020, in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and physical activity habits. This year's theme, *Eat Right, Bite by Bite*, promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week and the value of consulting a registered dietitian nutritionist.

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics

Registered dietitian nutritionists provide recipe ideas, cooking tips and other healthful advice for everyday issues such as cooking dinner or meal preparation for picky eaters. In addition, many registered dietitian nutritionists provide medical nutrition therapy to help clients manage chronic conditions such as diabetes, heart disease and hypertension. They often work as part of a medical team to help clients set nutrition goals to improve their health.

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is celebrated as Registered Dietitian Nutritionist Day to commemorate the dedication of registered dietitian nutritionists as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's celebration will be March 11.

Medical nutrition therapy provided by a registered dietitian nutritionist includes reviewing the client's eating habits and lifestyle, assessing their nutritional status and creating a personalized nutrition treatment plan. Many medical plans cover the costs of seeing a registered dietitian nutritionist.

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### **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

## Essential Service #7. *Help people receive health services*

### Kane Kares

Kane Kares is KCHD's Nurse-Family Partnership program for pregnant and parenting families. A home-visit nurse helps young mothers learn what to expect during pregnancy and labor, learn more about the baby's growth and development, gives up-to-date information on immunizations and nutrition and provides information about community resources and services. For more information, see [KaneHealth.com/Pages/Kane-Kares.aspx](http://KaneHealth.com/Pages/Kane-Kares.aspx) The program is welcoming new first-time mothers living in Kane County. To enroll, call (847) 888-6457.

Kane Kares is also adding to their staff. If you know of a nursing professional who would be interested in this program, have them consult the Kane County hiring page at [CountyOfKane.org/Pages/Employment.aspx](http://CountyOfKane.org/Pages/Employment.aspx)



## Essential Service #8. *Maintain a competent public health workforce*

### Theresa Heaton

Theresa Heaton, MPH, BSN has worked in Kane County local public health since 1997 and currently serves as the Director of Disease Prevention at the Kane County Health Department. She is retiring from the Kane County Health Department effective April 17. For the past 23 years at the Kane County Health Department, Heaton has developed, facilitated, and sustained many community partnerships that advanced the public health system, including environmental, policy, and population health improvements. At one time or another, nearly every program that the Health Department implements has been a part of Heaton's area of responsibility—all the way from communicable disease to healthy mother visits to coalition-building, to environmental interventions, and to grant-writing.

Prior to her current role, Heaton practiced public health nursing in St. Louis, MO. Her public health career began with a public health nursing role at a federally qualified health center that included delivering home visits combined with population-based intervention. Heaton managed demonstration research and facilitated public health partnerships at Washington University and the St. Louis University School of Public Health where she also earned her Master's in Public Health. At the university level, Heaton taught public health nursing, trained rural, lay workers to do prenatal home visits, helped develop a state immunization registry, and led a team in demonstration research using a home visit design with nurses and social workers that targeted addicted, homeless mothers with young children.

"What a privilege and a journey," said Heaton. "I cannot begin to describe it and my gratitude for all who have been my colleagues and partners!" Heaton's replacement will be announced shortly.

