



PUBLIC HEALTH COMMITTEE REPORT

Essential Service #7

[Help People Receive Health Services](#)



Mental health is significant in the development of children and is an essential part of their overall health. According to the National Alliance on Mental Illness, 1 in 5 children ages 13-18 have, or will have a serious mental illness. Mental health has a huge impact on whether a child can succeed in school and ultimately in society. Sadly, there is often a delay of as long as 10 years between when a child's symptoms begin and when they start treatment. This could be due to lack of knowledge and access, or stigma.

The Kane County Health Department is working with community partners to develop a System of Care to improve mental health outcomes for children and families. The goals for this collaboration include identifying children earlier, getting them linked with quality mental health services and providing support for the entire family. We are looking for input from youth, caregivers and providers who are willing to share information about their unique experiences to help us meet our goals. If you would like to participate, contact Anna Czerniak at [czerniakanna@co.kane.il.us](mailto:czerniakanna@co.kane.il.us).

Behavioral Health has been named one of the top three priorities in Kane County's Community Health Improvement Plan (CHIP) in 2019. The Kane County Behavioral Health Council is an alliance of organizations within the county who are committed to improving the mental health of Kane County residents.

For more information, visit their website at: <https://www.wesupportmentalhealth.org/>



## Essential Service #3

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

Physical activity good is for everyone's health. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



Bike to Work Day is May 17. Cycling is a healthy, quiet, clean, economical, and fun way to get to work. Some benefits of biking to work:

- **Cheaper** – Purchasing and maintaining a bicycle costs far less than driving to work.
- **Healthier** – Cycling allows you to stay in shape while you commute. Arrive invigorated and work off some pounds at the same time, then work off the day's stress on the way home.
- **Environmentally Friendly** – Bicycling to work means less pollutants and traffic congestion caused by automobiles.

**Join in the fun!** Bike Elgin Ride will be held on May 26. Get to know your city and neighbors. This low stress ride rolls out of Festival Park in Elgin at 2:15 PM.

## Essential Service #2

### [Protect people from health problems and health hazards](#)

Children are particularly vulnerable to lead exposure. Even low levels of lead in children can have lifelong consequences of adverse developmental effects, including slowed growth, lowered intelligence, learning disabilities, and behavior or attention problems. Typically lead poisoning builds up slowly over time, without any obvious symptoms. The Centers for Disease Control and Prevention recommends public health actions be initiated in children with blood lead levels at or exceeding the current reference level of five micrograms per deciliter. Children at highest risk for lead poisoning include those with persistent oral behaviors; exposed to lead-containing products; and those residing in low-income or poorly maintained pre-1978 housing.

The Kane County Health Department has a Childhood Lead Prevention Program to report, track, and refer children with high blood levels for treatment.

For more information:

<http://kanehealth.com/Pages/Lead.aspx>

