

PUBLIC HEALTH COMMITTEE REPORT

Essential Service #2. Protect people from health problems and health hazards

Vaccination Clinics

The Kane County Health Department will hold the first of several free MMR (measles – mumps – rubella) Vaccination Clinics at the Aurora offices, 1240 N. Highland Ave, on Thursday, July 18, from 1 – 6 p.m. Walk-ins are welcome. The costs of the clinic are covered by a grant from the Illinois Department of Public Health.



Who Should Get an MMR Vaccine?

All children should get two doses of MMR (measles-mumps-rubella) vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Children can receive the second dose earlier as long as it is at least 28 days after the first dose

Students at post-high school educational institutions who do not have evidence of immunity need two doses of MMR vaccine, separated by at least 28 days

Adults who do not have evidence of immunity should get at least one dose of MMR vaccine

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 #4. *Engage the community to identify and solve health problems*

Kane Health Counts Fruit and Vegetable Challenge

The summer Kane County Fruit and Vegetable Challenge started on June 1st. Participants are asked to eat a daily dose of at least 5 servings of fruits and vegetables for 61 days and track their progress. Registration is through the SpeakPeople.com app. What counts as a serving?

- Raw fruit: 1/2 cup raw, canned or frozen fruit, or about the size of billiard ball
- Dried fruit: 1/4 cup raisins, prunes or apricots, or about the size of an egg
- Juice: 6 oz. 100% fruit or vegetable juice, or about the size of a hockey puck
- Raw vegetables: 1 cup leafy greens, baby carrots or about the size of a baseball
- Cooked vegetables: 1/2 cup cooked broccoli, potatoes, or about the size of a billiard ball

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

Farmers 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.

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:

- Identifying areas of Kane County lacking access to farmers’ markets
- Creating a map of all farmers’ markets, farms stands, and community-supported agriculture (CSA) programs
- Expanding year-round access to local foods
- Expanding Fruit and Vegetable Prescription Program
- Expanding 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 at kanehealthcounts.org. For a map of farmer’s markets throughout Kane County:

<http://kanegis.maps.arcgis.com/apps/MapJournal/index.html?appid=c048308e19ec45fea8e1391182dbfeb7>
