

PUBLIC HEALTH COMMITTEE REPORT

Essential Service No. 2

Protect people from health problems and health hazards

Flu season just around the corner

Other diseases may get the headlines, but this is the start of the cold and flu season and the Kane County Health Department encourages everyone to take precautions to protect themselves and their loved ones. The best way to prevent the flu is by getting your annual flu shot. The [CDC](#) recommends everyone over the age of six months be vaccinated. And by following the simple guidelines of the “3 C’s” – Clean your hands, Cover your cough and Contain germs by staying home when you’re sick – we can all help to stop of the spread of the disease.



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 No. 4

Engage the community to identify and solve health problems

Walk to School Day is Oct. 10: Participation promotes a healthy lifestyle, as well as being a lot of fun!



Making Kane County **Fit for Kids**

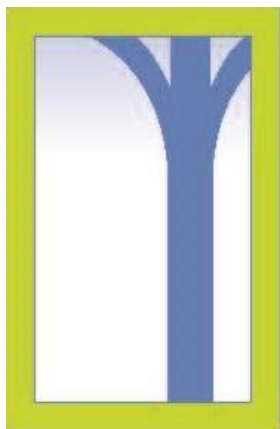


Healthy activities, healthy kids

Walk to School Day is an annual event that highlights the importance of developing safe and easy ways to increase the physical activity that makes kids healthier. The hope is to raise awareness of the costs of chronic diseases and to make physical activity a routine part of everyone's day. Every year dozens of Kane County schools take part in [Walk to School Day](#). It's a one-day event geared towards creating change in community culture.

Essential Service No. 7

Help people receive health services



**KANE COUNTY
BEHAVIORAL
HEALTH COUNCIL**

Making a Difference...Together



Each year, millions of Americans face the reality of living with a mental health condition. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also widespread.

Providing support and educating the public

Behavioral health is one of the top priorities of the Kane County Community Health Improvement Plan (CHIP). During [Mental Illness Awareness Week, Oct. 7-13](#), participants across the country are raising awareness of mental illness as a way to fight stigma, provide support and educate the public. For **National Depression Screening Day on Oct. 11** you can get a free mental health screening at [HelpYourselfHelpOthers.org](#).