



PUBLIC HEALTH COMMITTEE REPORT

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

Seasonal Flu Vaccination

As the flu season begins, nurses from the Health Department have been providing vaccinations for seasonal influenza. Vaccination can prevent many common strains of flu. The CDC recommends that everyone 6 months of age and older should get a flu vaccine every year, especially those who are at high risk of developing complications, such as the very young or the very old.

The Health Department has conducted Influenza-Like Illness (ILI) surveillance since 2003. Data are gathered from 5 hospital ERs, 6 laboratories, and schools across the county. The ILI system is used to measure ILI activity, track the type of flu viruses circulating in the community, detect the beginning of an outbreak, and determine where ILI is occurring in the community.



In October, nurse Kristy Brown from the Health Department gave Chairman Chris Lauzen a flu shot in his office. Vaccines are currently being offered to employees of Kane County in order to promote a healthy workforce, and vaccines are also being made available to the public for a nominal fee, in order to strengthen public health.

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

Link to Departmental Statistics: kanehealth.com/Pages/Public-Health-Reports.aspx

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

Holiday Food Safety

The holidays mean family gatherings, and big festive feasts. Unfortunately, nothing ruins the holiday spirit faster than a nasty bout of foodborne illness, which can leave you sick or even hospitalized. There are few easy steps you can take to make sure that your holidays are safe and healthy.

1. Wash your hands frequently! This includes before and after cooking, and after handling raw meat.
2. Cook meat to its USDA-recommended safe temperature. Use a food thermometer to verify temperature.
3. Prevent cross-contamination by keeping raw food separate from cooked food, using different cutting boards, utensils, and plates. Be especially cautious with poultry. Store raw meat on the bottom shelf of your fridge so it doesn't drip onto other food.
4. Keep food out of the "danger zone" between 40 and 140 degrees where germs can multiply rapidly. Make sure that hot food stays hot, and cold food stays cold.
5. Safely thaw frozen meats, using the fridge or the microwave. Don't leave meat, particularly turkeys, out on the counter.



Safe food handling is particularly important when meals bring together the whole family. A larger list of food safety tips can be found at www.cdc.gov/features/holidayfoodsafety.

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

November is American Diabetes Month

A simple test could let you know if you have diabetes.

1 in 3 Americans have prediabetes, an elevated blood sugar level that can lead to the development of type 2 diabetes. Early detection can help a person adopt healthy habits to lower their blood sugar levels, and reverse the course of disease. The Health Department's Chronic Disease action team also works to reduce chronic disease countywide through the promotion of physical activity and nutrition.



The CDC is offering a prediabetes risk test which can assess a person's risk of having prediabetes in just 30 seconds. Just 7 questions long, it can let individuals know if they need to have a conversation about diabetes with their doctor. The test is available at www.cdc.gov/diabetes/takethetest.