

PUBLIC HEALTH COMMITTEE REPORT

Essential Service #3

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



Valentine's Day is a celebration of the heart, which is why we recognize American Heart Month during the month of February. Heart disease and stroke are the No. 1 and No. 3 leading causes of death in Kane County, and the Kane County Health Department will be emphasizing heart health throughout February.

Some more statistics for Kane County:

Percent of adults who reported ever having:

- Angina or coronary heart disease 2.8%
- Stroke 1.4%

The rate of hospitalization for uncontrolled hypertension:

- 44.1 per 100,000 residents

February 6 was Go Red for Women Day, a day set aside during American Heart Month to raise awareness for women's heart health. Above are some of the Kane County Health Department's staff members decked out in red to mark the occasion. To watch a quick video on the importance of "going red," click [here](#).

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 #2

Protect people from health hazards and health problems



Prevention

Measles can be prevented with the MMR (measles, mumps, and rubella) vaccine. In the United States, widespread use of measles vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era.

Measles making a comeback?

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours on a surface or in an air-space where the infected person coughed or sneezed. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected.

Essential Service #4

Engage the community to identify and solve health problems

PHOTOVOICE

Capturing a Healthy Kane County



Help us improve health in Kane County in a fun, easy way! Take pictures of how you view health in our community and post them on our Facebook page. Let your voice be heard and help better our community!

Using social media to promote healthy, active lives

Photovoice is a collection of photographs taken by people in the community that help us hear what they view as healthy or what we can improve to make Kane a better, safer place to live. With this project we are trying to encourage people to help illustrate a healthy Kane County by posting photographs to our [Photovoice Facebook page](#).