

Essential Service #4

Engage the community to identify and solve health problems



Join
the
Team!
Kane Health
Counts Steps!



With the Billion Steps Challenge, the American Public Health Association (APHA) has challenged all of us to take easy “steps” to improve our health. The “Kane Health Counts Steps” team currently has a total of 28 members. At right, three members of the team get in their steps on a recent Friday afternoon. You can walk at home or during lunch breaks to reach your goal. As of 3 p.m. on Friday, March 10, our team had walked 6,194,163 steps, which makes a daily average of 3,626 steps. You can join the “Kane Health Counts Steps” or your own by simply logging on the [American Public Health Association’s Billion Steps Challenge](#) website. The challenge has a total of 610 teams participating, so it looks like a good bet that the Billion-Step Challenge will be met!

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](#)



Becoming the Healthiest Nation
Changing our health means ensuring conditions that give everyone the opportunity to be healthy.



HEALTHIEST NATION 2030
 April 3-9, 2017 • National Public Health Week

Celebrating public health

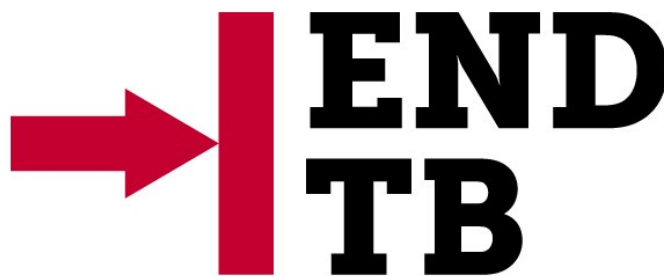
We observe [National Public Health Week \(NPHW\)](#) during the first full week of April as a time to recognize the contributions of public health. Become part of the movement to create the healthiest nation in one generation as we celebrate the power of prevention, advocate for healthy policies, share strategies for successful partnerships and champion a strong public health system.

Essential Service #2

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

Tuberculosis (TB) is one of the world's deadliest diseases:

- One third of the world's population is infected with TB.
- In 2015, 10.4 million people around the world became sick with TB disease. There were 1.8 million TB-related deaths worldwide.
- TB is a leading killer of people who are HIV infected.



WORLD TB DAY
MARCH 24

Source: CDC

Fighting to end the scourge of TB

On March 24, 1882, Dr. Robert Koch announced the discovery of *Mycobacterium tuberculosis*, the bacteria that cause tuberculosis (TB). During this time, TB killed one out of every seven people living in the United States and Europe. Dr. Koch's discovery was the most important step taken toward the control and elimination of this deadly disease. Until TB is eliminated, World TB Day won't be a celebration. But it is a valuable opportunity to educate the public about its devastation and how it can be stopped.