

Health Matters



from the Kane County Health Department

— August 19, 2015 —

Trending Matters:

September is National Preparedness Month

Wednesday, September 30th is National PreparAthon Day

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



West Nile Virus Surveillance Reports

Preparedness Month: Keeping your family safer

This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community. We ask everyone to participate in **America's PrepareAthon!** and the national day of action, **National PrepareAthon! Day**, which culminates September's **National Preparedness Month**.

In September please prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Just follow these four steps:

Stay Informed: Information is available at Ready.gov to learn what to do before, during, and after an emergency.

Make a Plan: Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see Ready.gov. Work together with neighbors, colleagues, and others to build community resilience.

Build a Kit: Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand - for you and those in your care.

Get Involved: There are many ways to get involved especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes and places of worship safer from risks and threats.

Please follow us on [Twitter](#) and [Facebook](#)



Emergency Response Coordinator Jennifer Fearday shows us the contents of a well-stocked emergency supply kit.

during September for updates on 2015 National Preparedness Month's weekly hazard focused themes:

- Week 1:** Flood
- Week 2:** Fire
- Week 3:** Severe Weather
- Week 4:** Power Outage
- Week 5:** National [PrepareAthon Day](#) September 30

More information is available by visiting our [Emergency Response page](#), or [Ready.gov](#).

By taking a few simple actions, you can make your family safer.

Partners discuss Ebola response in after-action conference

Even though the Ebola outbreak still is affecting areas of West Africa, the Health Department took the opportunity of the one-year anniversary of the start of the outbreak to invite its partners to review the agencies' actions over the last 12 months.

Our partners gathered at the Barbara Belding Lodge at Brewster Creek Forest Preserve on August 7 to recap the previous year's Ebola planning and response activities. In attendance were representatives from police, fire, emergency medical services and hospitals. Participants discussed the strengths and weaknesses of the planning and response as a way to improve efforts the next time we are faced with a potentially dangerous disease outbreak. It could be any communicable disease, not just Ebola.



Partner agencies gathered in small groups to discuss their response to Ebola during an after-action meeting on August 7.

The group reviewed the results of the survey that dwelt on numerous areas of the response. Also the group focused its discussions on issues such as communication between agencies and maintaining adequate supplies such as personal protective equipment (PPE).

Although no cases of Ebola Virus Disease have appeared in Kane County, the agencies' efforts at planning and conducting drills and exercises have provided a framework in which to operate if one does occur.

KCHD's own millionaires?

The old saying goes, a journey of 1,000 miles starts with one step. Starting in April, Lindsay Bow, Kathy Fosser and Nancy Murphy took their first steps. Although they haven't traveled 1,000 miles, they now can boast they have taken 1 million steps (For the record, averaging two-feet per step, they have walked close to 400 miles).

The Health Related Quality of Life (HRQOL) initiative established four areas of concentration: Mental Health, Physical Activity, Weight Loss and Nutrition. Focusing on these areas is intended to improve the quality of life for staff. While Public Health experts understand the importance of health in improving the quality of life for all residents, the Health Department is using that understanding to focus some of its efforts inwards. The idea is that KCHD staff can better improve the quality of life for the county's citizens if they also concentrate on their own health.

It is recommended that to we should walk 10,000 steps per day to maintain an active lifestyle.

Right, Lindsay Bow, Kathy Fosser and Nancy Murphy show the charms they earned after having each completed 1 million steps in their Health Related Quality of Life (HRQOL) physical activity challenge.



Plan4Health grant funds healthy eating demonstration booth

Thanks to a grant from Plan4Health, the Kane County Planning Cooperative will be funding the City of Aurora's mobile healthy eating demonstration booth that can be used at its three farmers markets. They received \$5,000 toward improving the booth.

The booth allows them to "ease the cooking



and clean-up required to provide cooking demonstrations involving the many fresh fruits and vegetables available each week at the market. Expanding the sink, refrigeration and workspace accessibility will allow more creative demonstrations of healthy snacks and meals that parents can make for their kids” according to their grant application.

The city estimates the booth should reach approximately 80,000 market-goers this season. This is the number of attendees they anticipate will visit in the 2015 market season. The Aurora markets all accept Link, meaning low-income and other at-risk residents have increased access to the fresh produce available at the markets.

According to the [Plan4Health website](#), it will achieve its goals through an overarching collaborative strategy that brings together members of the [American Planning Association \(APA\)](#) and the [American Public Health Association \(APHA\)](#), the Plan4Health project aims to build local capacity to address population health goals and promote the inclusion of health in non-traditional sectors.



The Kane County Planning Cooperative coalition received a \$125,000 grant from the American Planning Association through its Plan4Health program to combat two determinants of chronic disease—lack of physical activity and lack of access to nutritious foods. Other projects being funded through this grant are walkability studies and Phase II of a Food Hub Feasibility Study.



Website
kanehealth.com

Facebook
facebook.com/kanehealth

Twitter @KaneCoHealth

Serving Kane County, Illinois

Visit the **Health Matters page** of our website [HERE](#)

You'll find an online version of this newsletter as well as an archive of past issues.

There is also a **Sign Up Form** on the page, for those who would like to be added to our email list to receive future Health Matters newsletters.

