

Health Matters



from the Kane County Health Department

— March 16, 2016 —

Trending Matters:

March 16th is



Click to visit our
Tobacco Cessation Page

Diabetes Alert Day: Take the Test!

Chronic disease is one of the greatest threats to the health of our residents. In the U.S, 7 out of 10 deaths each year are attributed to chronic diseases, accounting for 86% of our nations' health care costs. Closer to home, through our 2014 Community Health Assessment, we know that 9.4% of Kane County adults report having been diagnosed with diabetes. That equates to almost 50,000 of our residents. Further, another 6.0% of Kane County adults report that they have "pre-diabetes" or "borderline diabetes."

MYTH: Diabetes is not a serious disease.

FACT: Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country.

It kills more Americans each year
than AIDS and breast cancer

COMBINED.



In response to these disturbing numbers, the American Diabetes Association has proclaimed **Tuesday, March 22, as Diabetes Alert Day** and we are encouraging everyone to follow the Association's recommendation to take the Type 2 Diabetes risk test to find out their risk of developing diabetes.

The Kane County Health Department is actively working to prevent diabetes in several ways:

- **Community Health Improvement Plan-Kane Health Counts:** The 2012-2016 Kane County Community Health Improvement Plan (CHIP) reflects the understanding that the quality of where we live, work, and play is as important to good health as going to the doctor for regular checkups, proper nutrition, and adequate physical activity. Through our CHIP, three action teams have been created to address the top 3 priorities identified: behavioral health, chronic disease, and income and education. The CHIP Chronic Disease Action Team will be focusing on adult nutrition and physical activity. The team will begin to identify and implement strategies across Kane County to

address factors such as access, knowledge, awareness, and capacity. Some ideas include: walkability studies, messaging and media campaigns, active design, land use policies, farmers markets and SNAP benefits, point-of-decision prompts, and improving safety of parks and trails. The overall goal is to reduce obesity, decrease risk factors leading to diabetes and hypertension, and ultimately decrease the prevalence of chronic disease in Kane County.

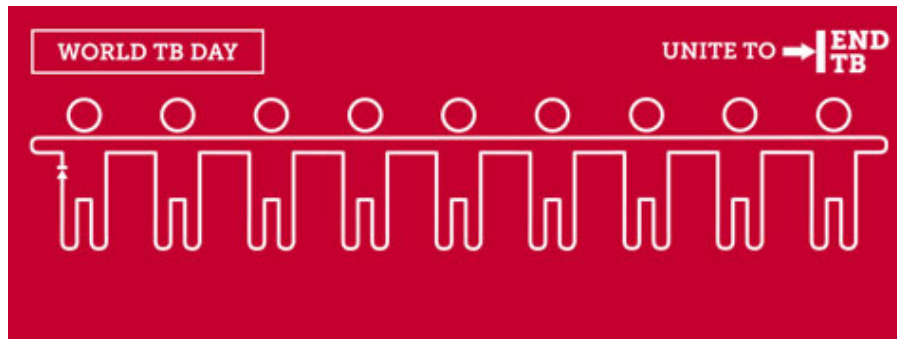
- **Chronic Disease and School Health (CDASH):** Through the Chronic Disease and School Health grant from the CDC, the Kane County Health Department has partnered with all 5 hospitals to evaluate their food environment and develop ways to reduce sodium intake, increase access to healthy and affordable foods, and promote physical activity. The Health Department will also be working with schools to review and improve their existing wellness policies by creating strategies to improve nutrition and physical activity.
- **Making Kane Fit for Kids** strives to make homes, faith communities, schools, recreation programs & workplaces "Fit for Kids" by shifting the culture to promote health and wellness through four strategies:
 - Develop land use, planning and other public policies that foster and support physical activity for all in our communities.
 - Assure that fresh fruits and vegetables are affordable and accessible to all families in our communities.
 - Support a culture of wellness and health promotion in our workplaces, schools, homes, communities and other institutions.
 - Provide parents and children with reliable, up-to-date information in multiple settings regarding healthy physical activity and eating habits.

You can find more information on diabetes data and other health issues specific to Kane County on the new Kane Health Counts Web site at kanehealthcounts.org, and select Community Dashboard.



[Click to take the Type 2 Diabetes Risk Test.](#)

You'll find information about diabetes education centers in Kane County [here](#).



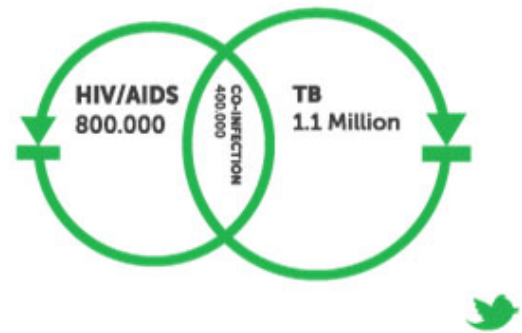
World TB Day, every March 24, reminds us that we still need to keep vigilant about the TB. The theme this year is "Unite to End TB." World TB Day commemorates the date in 1882 when Dr. Robert Koch announced his discovery of Mycobacterium tuberculosis, the bacillus that causes tuberculosis (TB). While overall the news is good, we still must remain vigilant. TB still is one of the world's deadliest diseases:

- One third of the world's population is infected with TB.
- In 2014, 9.6 million people around the world became sick with TB disease. There were 1.5 million TB-related deaths worldwide.
- TB is a leading killer of people who are HIV infected.

According to the Centers for Disease Control and Prevention, a total of 9,421 TB cases (a rate of 2.96 cases per 100,000 persons) were reported in the United States in 2014. Both the number of TB cases reported and the case rate decreased; this represents a 1.5% and 2.2% decline, respectively, compared to 2013. This is the smallest decline in more than a decade.

We know that if discovered, especially if it's discovered early, TB illness can be treated and cured. Worldwide, TB is still a scourge, as the World Health Organization estimates, of the 9.6 million become sick with TB disease, 3 million do not receive the treatment they need.

To learn more, please visit the World TB Day Web site [here](#).



National Public Health Week

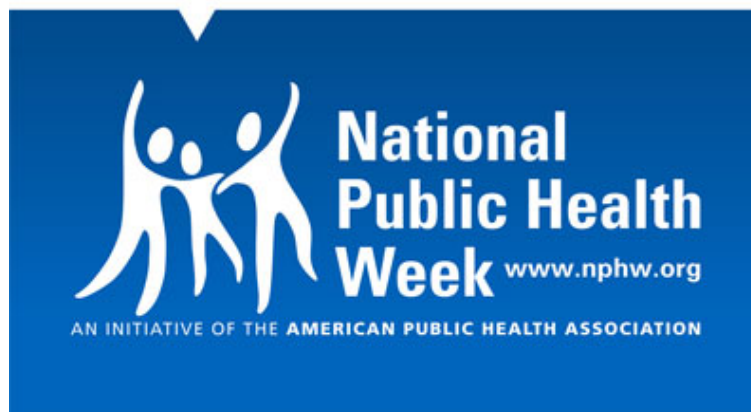
During the first full week of April each year, we celebrate National Public Health Week (NPHW). Presented by the American Public Health Association (APHA), the goal is to bring together communities across the United States to observe the week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation. For over 20 years, APHA has served as the organizer of NPHW. Every year, the Association develops a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme.

APHA champions the health of all people and all communities, while working to strengthen

the public health profession. Together, we are creating the healthiest nation in one generation. This year's theme features eight Facts for the Week with the goal of Creating the Healthiest Nation.

Healthiest Nation 2030

April 4 - 10, 2016



Please click on each link to learn more:

[Build a nation of safe, healthy communities](#)

Health must be a priority in designing our communities, from healthy housing to parks and playgrounds.

[Help all young people graduate from high school](#)

Education is the leading indicator of good health, giving people access to better jobs, incomes and neighborhoods.

[The relationship between increased economic mobility and better health](#)

It's time to fix our country's growing income inequality and the unhealthy stresses it puts on adults and children.

[Social justice & health](#)

Everyone has the right to good health. We must remove barriers so everyone has the same opportunity to improve their lives and their health.

[Give everyone a choice of healthy food](#)

Our food system should provide affordable food with nutritious ingredients, free from harmful contaminants.

[Preparing for the health effects of climate change](#)

Our health is connected to our environments. What happens upstream to our environments at work, school and home affects our health downstream.

[Provide quality health care for everyone](#)

Health reform was just a start. To fulfill its potential, we must continue to pursue options for expanded access to quality care at the federal, state and local levels.

[Strengthen the public health infrastructure](#)

Strong and consistent funding levels are necessary for the public health system to respond to both everyday health threats and unexpected health emergencies.

According to the APHA, studies show that even wealthy, highly educated Americans with access to quality care suffer a health disadvantage to peers in other high-income countries. Watch this video "[Generation Public Health](#)" to learn more.

We will be highlighting these themes throughout the week, so be sure to follow us on [Facebook](#) and Twitter [@KaneCoHealth](#).

KaneComm Announces Text to 9-1-1 Service

Call 9-1-1 if you can, Text if you can't.



More information regarding **Text to 9-1-1** can be found on the National Emergency Number Association (NENA) website <http://www.nena.org> and the Federal Communications (FCC) website <http://www.fcc.gov>

Beginning March 1, 2016 Verizon, Sprint, AT&T, and T-Mobile customers living in or traveling through the KaneComm 9-1-1 Public Safety Communications System service area may be able to use their mobile phones to send a text message to 9-1-1 for emergency help. KaneComm serves the Villages of Wayne, Gilberts, Hampshire, Maple Park, Pingree Grove, Campton Hills, South Elgin, and all unincorporated areas of Kane County served by the Sheriff's Office.

In situations where someone is hearing impaired or has a medical emergency that renders them unable to speak--- or in instances when the victim's safety would be jeopardized if they tried to make a voice to 9-1-1 call--- the text to 9-1-1 service can be a lifesaver.

There are important parameters to keep in mind before sending a text to 9-1-1:

- Only use text when calling 9-1-1 is not an option. Making a voice call is still the most efficient way to get access to emergency services. As with any communication to 911, the texting function should only be used for emergency situations. Emergency situations require a response from Police, Fire Department and/or Emergency medical services.
- Because of limitations of text message routing, location of the individuals texting to 9-1-1, not all text messages from customers within our service area will be routed to KaneComm. If text to 9-1-1 service is not available, the user will receive a text message that the 9-1-1 Call Center is unavailable for text and to call 9-1-1 for an emergency.
- Text messages should always include clear location information with the first text message sent to 9-1-1, along with the nature of the emergency. Unlike 9-1-1 voice calls, telecommunicators will not be able to determine location information for a customer sending a text message to 9-1-1, nor will they be able to speak with the person sending the text to quickly ascertain their location.



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Kane County,
Illinois**



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