

Health Matters



from the Kane County Health Department

— March 23, 2017 —

Trending Matters:



Community Council Meetings

Elgin: Thursday, March 23

6 to 7:30 p.m. Gail Borden Library
270 N. Grove Ave.

Aurora: Monday, March 27

6 to 7:30 p.m.
Kane County Health Department
1240 N. Highland Ave., Room 13

[More Info](#)

Diabetes Alert Day



[More Info & Link to Test](#)

Stepping out to reach 1 billion

Looking for a chance to be more active? What better way to than to join the American Public Health Association's (APHA's) 1 Billion Steps Challenge!



With the Billion Steps Challenge, the APHA has challenged all of us to take easy "steps" to improve our health. As part of the Kane County Health Department's Community Health Improvement Plan (CHIP), the Chronic Disease Action Team is focusing on getting community members more active. To that end we have started our own team, called "Kane Health Counts Steps."

As of March 17, the team currently has a total of 29 members. Our team had walked 7,106,537 steps, which makes a daily average of 3,603 steps.

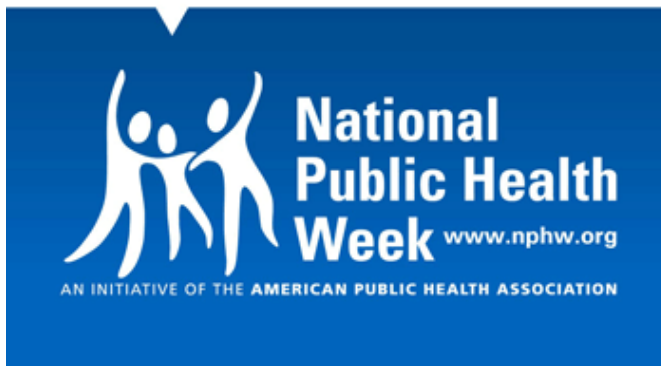
It's always more fun when you exercise with others. Take family walks, schedule walking meetings at the

office, walk your children to school – the more people who join, the quicker we'll reach 1 billion steps. Plus, we'll be encouraging healthy habits among our family, friends and co-workers! Individual and team steps from around the nation will be tracked until April 9th, during National Public Health Week, with the goal of reaching 1 billion total steps.

You can join the **"Kane Health Counts Steps"** or participate on 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!

Becoming the Healthiest Nation

Healthiest Nation 2030
April 3 - 9, 2017



For the past 20 years, the American Public Health Association (APHA) has observed 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 a growing movement to create the healthiest nation in one generation. We are celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.

Every year, the Association develops a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme. The promotion is intended to raise awareness about public health and prevention during NPHW and all the weeks of the year.

According to the APHA, Americans are living 20 years longer than their grandparents' generation, largely thanks to the work of public health. Yet people in other high-income countries live longer and suffer fewer health issues than we do. This is the defining challenge of our generation — a challenge that we, the public health community, are uniquely positioned to help overcome.

To ensure everyone has a chance at a long and healthy life, we must also tackle the underlying causes of poor health and disease risk. Those causes are rooted in how and where we live, learn, work and play.



That's why, during **National Public Health Week 2017**, [Generation Public Health](#) is rallying around a goal of making the U.S. the Healthiest Nation in One Generation — by 2030.

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 his time, TB killed



WORLD TB DAY
MARCH 24



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. World TB Day is now observed every March 24, but it won't be a celebration. Instead, it is a valuable opportunity to educate the public about its devastation and how it can be stopped.

While overall the news is good and the total numbers are declining, we still must remain vigilant. **According to the Centers for Disease Control and Prevention, TB is still 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.

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 people who will become sick annually with TB disease, 3 million will not receive the treatment they need.

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



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Kane County,
Illinois**

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