KENDALL COUNTY
Health & Environment Committee
Monday, April 15, 2013 at 10:00 a.m.
County Office Building
County Board Rooms 209-210

AGENDA

1. Call to Order

2. Approve Minutes from March 18, 2013 Meeting

3. Old Business

4. New Business

5. Status Reports
   - Farmland Protection
   - Soil & Water
   - Health & Human Services
   - Water Related Groups
   - Other Reports

6. Public Comment

7. Action Items

8. Executive Session

9. Adjourn

Next Meeting Scheduled for Monday, May 20, 2013 at 10:00 a.m.
CALL TO ORDER
The meeting was called to order by Chair Judy Gilmour at 10:00 a.m.

ROLL CALL
Committee Members Present: Lynn Cullick, Judy Gilmour, Dan Koukol, and John Purcell
(10:11 a.m.)

Committee Members Absent: Matt Prochaska

Others present: Megan Andrews, KC Soil and Water Conservation District, Dr. Amaal Tokars, Executive Director of the Department of Health & Human Services, Jason Andrade, Department of Health & Human Services, Mental Health Director, Steve Curatti, Department of Health & Human Services, Program Administrator, Michelle Hawley, Department of Health & Human Services, Mental Health Assistant Director

APPROVAL OF MINUTES
John Purcell made a motion to approve the minutes from January 22, 2013. Dan Koukol seconded the motion. All agreed and the minutes were approved with the correction on page 3 to change the word Bands to Bans.

STATUS REPORTS

Farmland Protection - None

Soil & Water - Megan Andrews updated the group on upcoming sales in the County – fish, trees, rain barrels and composters, and updates on the Illinois Drought situation. Ms. Andrews reported they had a Pond Seminar co-hosted with Grundy County and led by Rob Miller, the District Fisheries Biologist from the Illinois Department of Natural Resources last week.

Ms. Andrews reported that Jenny Wold, the Educational Coordinator is busy conducting various classroom presentations, and has an education workshop next week with several teachers throughout the county participating.

Ms. Andrews said they are hosting an Envir-a-thon Competition in which local high school, science teams and FFA teams compete in different categories: soils, aquatics, wildlife, etc, April
4, 2013 in LaSalle County at the Seneca FFA location. The top winners will then go to the State Competition in Springfield held in May.

As far as the technical side, Andrews is working on the Illinois Urban Manual, a best management practice technical reference guide geared toward soil erosion and sentiment practices in Illinois. KC Soil & Water is drafting the field manual component for that manual.

Ms. Andrews reported they are busy with survey design, program work and grass water ways inspections and the Rain Garden project with the City of Yorkville.

Ms. Andrews updated the group on the Illinois Drought situation and said that according to the drought map, the majority of Kendall County is no longer in a drought. She said only the far northwest corner is considered in an abnormally dry situation, which is very positive going into the spring planting season.

Ms. Andrews gave a quick overview of Rain Gardens and provided an informational packet to committee members, and explained the recent Rain Garden project they installed at the KC Soil & Water Conservation location.

Health and Human Services—Dr. Tokars introduced Jason Andrade, Mental Health Director, Michelle Hawley, Mental Health Assistant Director and Steve Curatti, Health and Human Services Program Administrator.

Jason Andrade provided background and information to the committee on the collaboration of programs to assist in identifying community problems and promoting mental health programs in the County available through the Mental Health unit of the Department of Health and Human Services. Mr. Andrade stated that community collaboration allows the HHS to recognize the needs of the community, to reduce duplication of services in the County, to build relationships of trust, stewardship of resources, to recognize the warning signs, provide early intervention and the development of protective factors to help the population to become more independent and responsible. Mr. Andrade reported they work with law enforcement, schools and local churches.

Mr. Andrade informed the group about the five-year early intervention project with the Plano High School through the study lab responding to the trends of high risk behaviors, and the needs of the students, providing education around the areas of academic responsibility, domestic responsibility in the home, healthy social connectedness, mental health resilience and the ability to refrain from delinquent behavior. Andrade said this is the second year of the program and that there are 15-18 students in the study lab on an ongoing basis.

Mr. Andrade provided information about the Project Alert and Red Flag school programs available dealing with depression and substance abuse. The Mental Health unit will be conducting several school events, an Autism Awareness program for Spanish-speaking parents, Bullying Education and Prevention presentations, a presentation for School Nurses on Anxiety
Awareness and Symptom awareness, Tobacco Education and Prevention, and early intervention and promotion of well-being.

Mr. Andrade said they continue to work with local churches about awareness, recognition, available treatments, programs and services available in Kendall County. Mr. Andrade recently made a presentation to the Spanish-speaking congregation at St. Mary’s church and to the Stephens Ministry group at Cross Lutheran Church.

Mr. Andrade said the Mental Health department has also worked with the Kendall County PADS Shelter, Kendall County Sheriff’s Office, and Kendall County Probation Office on raising awareness and prevention.

Steve Curatti informed the committee that there are four advisory boards in the Department of Health & Human Services: Environmental Health, Community Health, Mental Health and Community Action.

_Water Related Groups_ - No report

**OLD BUSINESS** - None

**NEW BUSINESS** – Judy Gilmour asked if the committee would be in agreement to moving this committee meeting to the first Monday of the month to combine meeting days for Board members. Discussion on member availability, meeting times and days to meet. There was no consensus to change the meeting time or day to meet, therefore, the committee will review the topic again at a future meeting if necessary.

**PUBLIC COMMENTS** – None

**ACTION ITEMS** – None

**EXECUTIVE SESSION** - None

**ADJOURNMENT** - Dan Koukol made a motion to adjourn the meeting, Lynn Cullick seconded the motion. With all in agreement, the meeting was adjourned at 10:49 a.m.

The next meeting will be on April 15, 2013 at 10:00 a.m. in the County Office Building, County Board Rooms 209-210.

Respectfully Submitted,
Valarie McClain
Recording Secretary
Worksite health promotion is an investment in human capital. Employees are more likely to be on the job and performing well when they are in optimal physical and psychological health. Scientific research shows the linkage between a company’s productivity and the health of its employees.

- The indirect costs (e.g., absenteeism, presenteeism) of poor health can be two to three times the direct medical costs.

- Productivity losses related to personal and family health problems cost U.S. employers $1,685 per employee per year, or $225.8 billion annually.

- A meta-review of 42 published studies of worksite health promotion programs shows:
  - Average 28% reduction in sick leave absenteeism
  - Average 26% reduction in health costs
  - Average 30% reduction in workers’ compensation and disability management claims costs
  - Average $5.93-to-$1 savings-to-cost ratio

- A review of 73 published studies of worksite health promotion programs shows an average $3.50-to-$1 savings-to-cost ratio in reduced absenteeism and health care costs.

- CDC = 88 million non-smoking Americans, including 54% of children aged 3-11 years are exposed to second hand smoke.

- American Cancer Society = in 2012, an estimated 6,500 Illinois residents died from lung and bronchus cancers.

- American Lung Association = in 2010 the prevalence/ incidence of lung disease in Kendall County was: Pediatric Asthma: 2,833; Adult Asthma: 5,666; Chronic Bronchitis: 2,965; Emphysema: 882; and Lung Cancer: 77.

- US Census Bureau (2010) = 40,321 housing units in Kendall County, 8.8% multi-family (or 3,548).

Hi Greg,

My name is Jason Andrade and I am working on the smoke-free multi-unit housing initiative here at the Kendall County Health Department. I very much appreciate the opportunity to present to members of the Kendall Housing Authority at the May meeting. For my presentation, I will provide education on the We Choose Health grant and smoke-free multi-unit housing initiative. I will provide education on the dangers of second hand smoke and how this applies to those living in multi-unit housing properties. I will discuss how other local housing authorities have implemented smoke-free multi-unit policies to promote the wellbeing of all those served. Additionally, I will begin to discuss how the Kendall Housing Authority can support these health initiatives for those served in Kendall County. Please feel free to let me know if you have any further questions.
Natural Resources Tour 2013
May 9, 10, 16 & 17
Natural Resources Tour
Hoover Forest Preserve
Station Map

Legend

★ Entrance
Station
Parking
Restroom

May 9, 2013
Fox Road

Moonseed Cluster
Station: Soil Science

Camp Cluster
Station: Insect 101

Cluster Clearing
Station: Recycling Sort Out

Native American Village
Station: Native American Village

King Fisher
Station: Environmental Jeopardy

Shelter / Eagle's Nest
Station: Composting

Rookery (meet outside)
Station: Meet a Tree

Outdoor Education Center
(Meets behind building)
Station: Bird Migration Game

1:5,500
We Choose Healthy Living

Every Illinois community deserves to have access to healthy food choices and safe opportunities for physical activity. Getting proper nutrition and exercise are essential for building and maintaining a healthy lifestyle, and for preventing obesity and other illnesses. We Choose Health will fund the following evidence- and practice-based approach to increase opportunity and remove barriers to healthy living:

**Worksite Wellness**

Workplaces are an ideal opportunity to support healthy eating and active living considering how much time adults spend at their worksites. Worksite wellness programs give employees opportunities to be physically active, eat health foods and live tobacco free. Employers and their employees can both benefit from such programs. We Choose Health will fund and support local community groups to partner with local employers to implement worksite wellness policies.

We Choose Smoke-free Living

Healthy smoke-free spaces for children and adults are essential to good health. Secondhand smoke poses harmful health threats to people of all ages. We Choose Health addresses the following strategy:

**Smoke-free Multi-unit Housing**

Studies have shown that as much as 60 percent of airflow in multi-unit housing facilities comes from other units (CDC, Healthy Homes Manual). Pursuing smoke-free multi-unit housing will protect nonsmokers from unintended secondhand smoke exposure in their homes. We Choose Health will fund and support local community groups to pursue smoke-free policies in multi-unit housing facilities.
Kendall County
We Choose Health