1. Call to Order

2. Roll Call: Judy Gilmour (Chair), Elizabeth Flowers (Vice Chair), Tony Giles, Matthew Prochaska, John Purcell

3. Approval of Agenda

4. Approval of Minutes from September 18, 2017

5. Status Reports
   ➢ Board of Health
   ➢ Health Department
   ➢ Soil & Water
   ➢ Other Reports

6. Old Business

7. New Business
   ✝ Approval of 2018 Committee Meeting Dates

8. Chairman’s Report

9. Public Comment

10. Questions from the Media

11. Action Items for the County Board

12. Executive Session

13. Adjournment
COUNTY OF KENDALL, ILLINOIS
Health & Environment Committee
Monday, September 18, 2017
Meeting Minutes

CALL TO ORDER
The meeting was called to order by Chair Judy Gilmour at 3:00p.m.

ROLL CALL
Committee Members Present: Matthew Prochaska – here, Judy Gilmour – here, John Purcell - yes

Member Giles arrived at 3:05p.m.

Members Absent:  Elizabeth Flowers

Others Present: Diane Alford, KC Health Department, Megan Andrews, KC Soil & Water District, Steve Curatti, KC Health Department, Dr. Amaal Tokars, KC Health Department, Jenny Wold, KC Soil & Water District

APPROVAL OF AGENDA – Member Prochaska made a motion to approve the agenda, second by Member Purcell. With three members present in agreement, the motion carried.

APPROVAL OF MEETING MINUTES – Member Prochaska made a motion to approve the meeting minutes from August 21, 2017, second by Member Purcell. With three members present voting ave, the motion carried.

STATUS REPORTS

➢ Board of Health – No report

➢ Health Department – Diane Alford, Community Action Director briefed the committee on the Weatherization program, what is available to Kendall County residents, the 2018 eligibility income guidelines, Energy Savings including home energy audits, blower door test, clothes dryer venting, checks for gas leaks, hot water heater, air conditioner, and furnace functionality, home air sealing, low cost ways to save such as replacing furnace filters monthly, reducing the hot water temperature, using cold water when washing clothes, keeping clothes dryer free of lint, reducing shower times, opting for a shower instead of a bath, opening drapes on sunny Winter days, closing drapes on hot Summer days, using a ceiling fan instead of air conditioner, putting computers to sleep when not in use, turning appliances off when not in use, and closing fireplace flues.

Ms. Alford also reviewed Health & Safety tips including inspection for gas leaks, sewer leaks, air testing, lead, carbon monoxide, mold and moisture, unsanitary conditions, and code compliance.
Kendall County Soil and Water District – Megan Andrews briefly reviewed the drought monitor with the committee, and Jenny Wold provided updates on the Ag in the Classroom, and other Education Program updates and classroom visits. Ms. Andrews also provided information and a website link for Illinois Water Supply Planning and the Illinois water survey that includes the southern portions of Kendall County that have been discussed in recent County and area meetings.

OLD BUSINESS – None

NEW BUSINESS – None

CHAIRMAN’S REPORT – No report

PUBLIC COMMENT – None

ITEMS FOR COMMITTEE OF THE WHOLE – None

COUNTY BOARD ACTION ITEMS - None

EXECUTIVE SESSION – Not Needed

ADJOURNMENT – Member Prochaska made a motion to adjourn the meeting, second by Member Purcell. The meeting was adjourned at 3:35p.m.

Respectfully Submitted,

Valarie McClain
Administrative Assistant and Recording Secretary
Managing your inputs for healthy soils...

✓ Soil Health
✓ Cover Crops
✓ 1-Day Seminars

It is our fifth year talking to & learning from innovative farmers who successfully use stewardship as part of a sustainable operation. In addition to becoming local innovators & leaders, these growers will tell you how to do it right and how to make a profit as well.

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January 24, 2018
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January 25, 2018
Peoria, IL

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Local Soil & Water Conservation Districts
Illinois Department of Agriculture
USDA, Natural Resources Conservation Service
Illinois Stewardship Alliance
American Farmland Trust
Illinois Environmental Protection Agency

(Lunch included)

View each seminar's agenda on reverse side.
1-DAY SEMINAR AGENDAS
Select the location closest to you. For more information visit ccswcd.com and click on seminar link or make contact as indicated with sessions.

**JANUARY 23rd**
KANKAKEE, IL

- **Schedule:** Sessions/Speakers run 8:40am–12; Lunch 12-1pm; More Sessions/Speakers from 1–3pm; Meet-N-Greet 3pm–4pm
- **Welcome:** Jeff O’Connor, Kankakee SWCD
- **IL Tillage Survey & Nutrient Loss Reduction Strategy Update** — Warren Goetsch, IL Dept of Ag
- **Farmer Panel Discussion** — Steve Groff, PA; Jim Coff, Livingston Co.; Rick Johnson Will Co.; & farmer from DeKalb Co.
- **“Nutrient Efficiencies - IL NREC Results”** — Dan Schaefer, IL Fertilizer & Chemical Assn. & Lowell Gentry, U of I Researcher
- **“Cover Crops A to Z,”** — Steve Groff, “Cover Crop Coaching,” Pennsylvania
- **“Economics of Soil Health,”** — Nick Gooses, Nat’l Corn Growers Assn.
- **“Nutrient Cycling with Covers,”** — Dr. Shalamar Armstrong, Purdue University

Hilton Garden Inn
455 Riverstone Parkway
Contact: Joe (815) 787-5480

**JANUARY 24th**
OLNEY, IL

- **Schedule:** Sessions/Speakers run 8:30am–12; Lunch 12-1pm; More Sessions/Speakers from 1pm–3:30; Meet-N-Greet 3:30–4pm
- **Welcome:** Gary Zwillinger, NRCS District Conservationist Edwards-Lawrence-Richland-Wabash Counties
- **IL Tillage Survey & Nutrient Loss Reduction Strategy Update** — Warren Goetsch, IL Dept of Ag
- **“Cover Crops A to Z,”** — Steve Groff, “Cover Crop Coaching,” Pennsylvania
- **Resistance Weed Management** — Aaron Hager, U of I Weed Scientist
- **“Economics of Soil Health,”** — Nick Gooses, Nat’l Corn Growers Assn.
- **“Nutrient Efficiencies - IL NREC Results”** — Dan Schaefer, IL Fertilizer & Chemical Assn. & Lowell Gentry, U of I Researcher
- **Cover Crop Farmer Panel & Trouble Shooting Q & A w/ Steve Groff, Moderator

The Holiday
1300 S. West St. Olney, IL 62450
Contact: Elliot (217) 353-6603

**JANUARY 25th**
PEORIA, IL

- **Schedule:** Sessions/Speakers run 8:40am–12; Lunch 12-1pm; More Sessions/Speakers from 1pm–3:10 pm; Meet-N-Greet 3:10–4:30pm
- **Welcome:** Josh Joseph, Resource Conservationist, Peoria Co. SWCD
- **IL Tillage Survey & Nutrient Loss Reduction Strategy Update** — Warren Goetsch, IL Dept of Ag
- **“Economics of Soil Health,”** — Nick Gooses, Nat’l Corn Growers Assn.
- **“Cover Crops A to Z,”** — Steve Groff, Pennsylvania Consultant
- **“Nutrient Efficiencies - IL NREC Results”** — Dan Schaefer, IL Fertilizer & Chemical Assn. & Lowell Gentry, U of I Researcher
- **Farmer Panel Discussion

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NUTRITIONAL PLANNING FOR YOUNG PARENTS AND THEIR CHILDREN:
PRESENTED BY: TERRI OLSON RN BSN
PARENTAL INFLUENCE ON EATING BEHAVIORS

Eating behaviors evolve during the first years of life as biological and behavioral processes directed towards meeting requirements for health and growth. For the vast majority of human history, food scarcity has constituted a major threat to survival, and human eating behavior and child feeding practices have evolved in response to this threat. Because infants are born into a wide variety of cultures and cuisines, they come equipped as young omnivores with a set of behavioral predispositions that allow them to learn to accept the foods made available to them.

A typical American supermarket carries 45,000 items and consumer portions served by restaurants and fast-food establishments are often double the size of current recommended USDA serving size.

An increasing proportion of food that children eat is prepared and consumed away from home. About forty percent of family food dollars are now spent on food away from the home.

A growing body of evidence suggests that the food choices a mother makes during her pregnancy may set the stage for an infant’s later acceptance of solid foods. Amniotic fluid surrounds the fetus, maintaining fetal temperature, and is a rich source of sensory exposure for infants. Many flavors in the maternal diet appear to be present in amniotic fluid. Dietary flavors begin as the fetus is exposed to flavors from the maternal diet in utero, and that this early experience can provide a “flavor bridge” that can begin to familiarize the infant with flavors of the maternal diet.

Children decide their food likes and dislikes by eating, and associating food flavors with the social contexts and the physiological consequences of consumption.

Several studies have demonstrated that children’s preferences for and acceptance of new foods are enhanced with repeated exposure to those foods in a non-coercive setting. New foods may need to be offered to preschool-aged children ten to sixteen times before acceptance occurs.

Parents powerfully shape children’s early experiences with food and eating, providing both genes and environments for children.
KENDALL COUNTY OBESITY FACTS:

At KCHD we find that the clients we serve are following the National Trends for Overwt and Obesity

Statistics for overweight and obesity.
  • Presently 58% of the pregnant and postpartum women we serve are overweight or obese.
  • 7.5% of the children we serve are overweight or obese (ages NB-5 years)
OUR APPROACH TO NUTRITION

Our staff approach this difficult issue with empathy and a positive approach to health and nutrition.

A thorough nutrition assessment is completed for each client. Our trained staff collect and analyze such data as:

- Height and weight: creating Growth Grid for each participant to assess and follow their growth throughout their infancy and early childhood years. These are the same growth grids that their physicians use. Parents are assured that we are all collecting and looking at the same data.
HOW ARE WE HELPING?

One of the best tools in the fight against Overweight and Obesity is Prevention.

One of our most effective tools in helping an infant/child grow into a healthy weight is BREASTFEEDING. The research is clear: Breastfeeding is one of the best predictors for children achieving a healthy adult weight.

All prenatal women are encouraged and educated on the benefits of breastfeeding and are supported in achieving Breast Feeding success after delivery.

Breastfeeding is recommended as the optimal feeding method for the first six months of life, providing immunological properties that assist with early protection from infection, and is also associated with creating a lower risk of infant morbidity and mortality.
WHAT ABOUT THE CHILDREN?

We follow the tenets of Ellen Satter, MS, RD, CISW, BCD when educating about the feeding relationship between parents and their children.

In her seminal work, *Child of Mine: Feeding with Love and Good Sense*

Satter discusses the Division of Responsibility with feeding

- The parents have the responsibility for the WHAT, WHEN, and WHERE of feeding

- And the Children are responsible for the HOW MUCH and WHETHER of eating.
CLIENT CENTERED COUNSELING

Another tool we use is a client centered approach of counseling when we share nutrition information with our families.

Utilizing this approach allows our staff to help our clients learn the information they want and need to create healthy lifestyle and food changes for themselves and their families.

Counseling about food and eating has to be individually tailored if success and positive change is to occur.
Innovative Nutritional Programs through CHS

- "Sense"-ational Serenity Garden- providing Fresh fruits and

- Children's Hand Guide: "My Little Garden"

- Cooking Presentations- "Spice it up"

- Educational Nutritional Classes: Cardiac /Diabetics/ Vegetarians

- Pop-up Grocery Store (Learning Label Nutritional facts)
HEALTH & ENVIRONMENT COMMITTEE
2018 MEETING SCHEDULE

January – No Meeting/Martin Luther King Jr. Holiday
February – No Meeting/Lincoln’s Birthday
March 19, 2018
April 16, 2018
May 21, 2018
June 18, 2018
July 16, 2018
August 20, 2018
September 17, 2018
October 15, 2018
November 19, 2018
December 17, 2018