KENDALL COUNTY
Health & Environment Committee
County Office Building, County Board Rooms 209-210
Yorkville IL 60560

Monday, April 14, 2014
9:00 a.m.

MEETING AGENDA

1. Call to Order

2. Roll Call

3. Status Reports
   - Department of Health & Human Services
   - Farmland Protection
   - Soil & Water
   - Solid Waste Plan Committee
   - Water Related Groups
   - Other Reports

4. Old Business

5. New Business
   - Proclamation of Kendall County Rain Barrel Month

6. Public Comment

7. Action Items

8. Executive Session

9. Adjournment
2013 Worker Wellness Task Force
Action Plan Update
Then we discovered... Our initial approach...

Our Toolkits of Choice
Our 9 Step 12 Month Strategy...

12 Month Timeline (2012-2013)

1. Pre-Launch: Acquire Leadership Support (Oct)

2. Step 1: identifying Committee Members (Oct) (Nov)

3. Step 2: First Meeting—Establishing the Committee (Nov) (Jan)

4. Step 3: Second Meeting—Obtaining Employee Opinions (Jan) (Mar)

5. Step 4: Third Meeting—Developing an Action Plan (Mar) (Apr) (May)

6. Step 5: Fourth Meeting—Updating Program Progress (May) (Jun)

7. Step 5: Fourth Meeting (Part 2) —Updating Program Progress (Jun) (Jul)

8. Step 6: Fifth Meeting – Updating and Evaluating (Aug) (Sep)

9. Step 7: Year End Meeting— Evaluating Committee Activities (Sep)
Task Force

Worker Wellness

Creation of our

Step 2.

Agenda

2 p.m. Board Room
12:30 p.m. to 2:00 p.m.

2. Old Business
3. New business
4. Identity Long-Term Goals
5. Work on Action Plan
6. Schedule Future Meetings
7. Adjourn

Worker Wellness Task Force
KCWO Health

Mission Statement
We choose Health Illinois Department of Healthcare and Family Services

March 2013
KCHD’s 2013 Worker Wellness Task Force Action Plan was informed by KCHD staff via an Employee Interest Survey administered in March of 2013.

2013 Goals

1. Improve access to healthy foods during the work day.

2. Encourage and educate employees on ways to increase physical activity during the work day.

3. Encourage opportunities to manage stress during the work day.
Policy and Environment (Post) Survey
Employee Satisfaction Survey
Promote and Execute Action Plan
Employee Interest Survey
Policy and Environment Survey

"It is the goal of the WWTF to encourage a sustainable culture of healthy attitudes and behaviors that positively contribute to our employees' holistic well-being."

The Key Elements...
2013 Strategies & Objectives

1. Improve access to healthy foods during the work day.
   1. Fresh fruit basket
   2. Informative, inspiring monthly email messages

2. Encourage and educate employees on ways to increase physical activity during the work day.
   1. Informative, inspiring monthly email messages
   2. Lunch and Learns (local outdoor activities; Simple desk-side stretches used to stay alert and focused)
   3. Creation and provision of a fitness room

3. Encourage opportunities to manage stress during the work day.
   1. Serenity Garden overhaul
Moon Gazing
Melissa on

of pumpkin
the nutrition
Mary M. on
The Road to Lifelong Health Begins

Mid-Year Addition

With Breastfeeding
2013 Employee Worksite Wellness Program Satisfaction Survey Results
Already making many healthy choices, love the increase in access to fruit.

- Continue to market the program: brainstorm on how to increase participation.
- I always try to make healthier choices: continue and enhance program.
- Already try to maintain a healthy lifestyle through diet and exercise.
- Nothing at this time.

- Passport to be stamped with each activity attended/permormed.
- Needs to be better times for all staff; wish to be notified well in advance.
- More emailed information.
- More participation from staff.
- Time to take stretch breaks away from workstation.

**Workplace Wellness Programs**

- Activities Workplace Wellness
  - Will you attend future?
  - 89%

- Healthier choices
  - Has wellness program
  - 65%

- Activities Workplace Wellness
  - Have you participated?
  - 64%

- Program
  - More info about
  - 81%

- Awareness of Workplace Wellness
  - 97%

Areas where you have made healthier lifestyle choices as a result of our WW program:

- Breastfeeding (0)
- Quit Tobacco Use (0)
- Eating Healthier (20)
- Increased Physical Activity (13)
- Reduced Stress Level (4)
- Workplace Safety (1)
- Other (1) Increased Sleep
2013 Employee Worksite Wellness Program Satisfaction Survey Results**
(N=37*)

**Dataset**

<table>
<thead>
<tr>
<th>Aware of Worksite Wellness Program</th>
<th>Interest in Receiving More Info About Program</th>
<th>Have You Participated in Worksite Wellness Activities</th>
<th>Has Wellness Program Motivated You to Make Healthier Choices</th>
<th>Will You Attend Future Worksite Wellness Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>36</td>
<td>30</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>No</td>
<td>1</td>
<td>7</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>No Response</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>37</td>
<td>37</td>
<td>37</td>
<td>37</td>
<td>37</td>
</tr>
</tbody>
</table>

* 37 of 40 survey instruments returned (93%)

**KCHD WW Program implemented April 2013 – October 2013, survey administered October 2013,
Survey Results
Program Policy and Environment
2013 Employee Workplace Wellness
2013 Employee Worksite Wellness Program
Policy and Environment (Post) Survey Results

Pre-program survey completed February 2013, post survey taken October 2013

Areas with perceived advancements

- Nutrition
  - Fruit basket; Email messages; vending machine signage

- Physical Activity
  - Email messages; Fitness Room and related required policy; stairwell and “indoor walking path” signage

- Breastfeeding Supports
  - Signage and increased awareness

Areas perceived as moving in the direction of desired advancements

- Stress Management
  - Serenity Garden
  - Lunch and Learns

- Physical Activity
  - Activation of Fitness Room
  - We Choose Health 365
Administration Objectives - Approved October 23, 2013

- Integrate solid waste legislation monitoring into the Kendall County Health Department Legislative/Policy Agenda.
- Integrate goals from Solid Waste Plan into the Kendall County Health Department Strategic Plan

Recycling & Source Reduction Objectives – Approved January 8, 2014

- Offer to educate and promote recycling and source reduction efforts within Kendall
- Interact with schools, clubs, senior groups & community groups in Kendall County on ways to promote recycling & source reduction
- Using social/mainstream media, including “Green Pages”, to incorporate information on source reduction, recycling and other actions to aid proper waste management
- Identify & communicate methods for residential disposal of household hazardous wastes
- Communicate with waste haulers to address recycling concerns & possible waste hauler actions (sponsoring theater promos, stickers or magnets with directions on how to recycle) that would improve collections
- Recognize businesses within Kendall County who practice innovative waste reduction and/or recycling
- Interact with municipalities and villages within Kendall County on financial benefits and best practices in managing municipal solid waste

Compost & Waste-to-Energy/Alternative Technologies Objectives – Approved March 5, 2014

- Offer to educate community, monitor compost facilities and support legislation to improve compost and yardwaste land application regulations.
- Identify state/federal regulations relating to Waste to Energy and Alternative Technologies
- Identify status of USEPA clean air attainment and non-attainment designation for townships relating to waste to energy siting
- Continue to identify and explore Alternative Technologies and offer to educate the public and county leaders regarding these technologies
- No new waste-to-energy (WTE) or alternative technology pollution control facility (PCF) for handling municipal solid waste (MSW)
PROCLAMATION

KENDALL COUNTY, ILLINOIS
Rain Barrel Month
May, 2014
Resolution # _________

Whereas, water is a valuable, limited natural resource; and

Whereas, municipal and rural residents in Kendall County depend on water for numerous home and commercial uses; and

Whereas, conserving and protecting water supplies is of benefit to all residents of Kendall County; and

Whereas, many residents are interested in methods to personally practice conservation of this valuable resource; and

Whereas, for every 100 square foot of roof area, one inch of rain generates approximately 60 gallons of rainwater runoff; and

Whereas, wasteful runoff of rainwater from homes and other buildings into storm sewers or other drainageways can add to the damaging and overwhelming stormwater volumes in our natural waterways; and

Whereas, collecting rainwater is one type of best management practice to reduce stormwater runoff; and

Whereas, by redirecting and collecting rainwater runoff from buildings, it can be available for more productive, cost-efficient uses; and

Whereas, rain barrels are an economical, convenient method of collecting rainwater runoff for future uses; and

Whereas, The Conservation Foundation (TCF) and the Kendall County Soil and Water Conservation District (KCSWCD), in cooperation with local commutates, such as Kendall County, promote the reduction of off-site stormwater runoff and best management practices to redirect and conserve rainwater; and

Whereas, TCF, KCSWCD and Kendall County encourage homeowners and businesses to implement methods such as rain barrels to capture and efficiently use rainwater; and
Whereas, SWCD and TCF are jointly making rain barrels available to residents and business in the Kendall County as part of a special awareness campaign during May, 2014; and

Whereas, Kendall County endorses such best management practices to help protect our local water resources and wishes to promote the use of such practices to its residents;

Be it hereby resolved, Kendall County Board Chairman, John A. Shaw, proclaims the month of May, 2014 as Rain Barrel Promotion Month in Kendall County.

Passed and adopted by Kendall County on this ____ day of ________, 2014.

______________________________
John A. Shaw
Kendall County Board Chairman

Attest/sealed: ______________________
Debbie Gillette
Kendall County Clerk/Recorder