



COUNTY OF KENDALL, ILLINOIS
Health & Environment Committee
County Office Building
County Board Room 210

Monday, March 19, 2018 - 3:00p.m.
MEETING AGENDA

- 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 December 18, 2017**
- 5. Status Reports**
 - Board of Health
 - Coroner's Office: *Opioid Discussion – Coroner Purcell*
 - Health Department
 - Soil & Water
 - Water Related Groups
 - Other Reports
- 6. Old Business**
- 7. New Business**
- 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, December 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, Tony Giles – here

Member Purcell arrived at 3:14p.m.

Members Absent: Elizabeth Flowers

Others Present: Megan Andrews, KC Soil & Water District, Steve Curatti, KC Health Department, Terri Olson, KC Health Department Community Services Director, 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 Giles. **With three members present in agreement, the motion carried.**

APPROVAL OF MEETING MINUTES – Member Prochaska made a motion to approve the meeting minutes from September 18, 2017, second by Member Giles. **With three members present voting aye, the motion carried.**

STATUS REPORTS

- **Board of Health** – Member Giles reported the main item was the requested benefit contribution to the County Board. Member Giles reported that the Board of Health does not meet in December.
- **Health Department** – Terri Olson, Health Department Community Health Services Director, briefed the committee on Nutritional Planning, and included information on parental influence on eating behaviors, national trends and statistics for overweight and obesity, The Health Department approach to nutrition, and include a thorough nutrition assessment and analysis of the data for each client, education on prevention, the benefits of breastfeeding, and the division of responsibility of feeding – parents have the responsibility of What, When, and Where; and the child is responsible for How Much and Whether to eat.

Ms. Olson also informed the committee about the innovative nutritional programs offered through Community Health Services, including “Sense”ational Serenity Garden, My Little Garden Children’s guide, Cooking Presentations, Educational Nutritional Classes, and Pop-Up Grocery Store (learning label nutritional facts).

- **Kendall County Soil and Water District** – Jenny Wold provided information on the nutritional newspapers that she distributes four times a year to every second grader in the County, she covers dairy operation, crop farms, food production, water sheds, water conservation, and other Ag related topics.

Ms. Wold also briefed the committee on the Teacher Workshops in the summer, and said they will now go through St. Francis College for the program.

Megan Andrews informed the committee on upcoming 2018 Conservation Cropping Seminars, and other events that will be occurring in 2018.

OLD BUSINESS – None

NEW BUSINESS

Approval of 2018 Committee Meeting Schedule – Member Prochaska made a motion to approve the 2018 meeting schedule as presented, second by Member Giles. **With four members present voting aye, the motion carried.**

CHAIRMAN’S REPORT – Member Gilmour reported that the Solid Waste Committee met in November, with approximately 20 community leaders and citizens in attendance, and several local commercial kitchens were recognized for their outstanding job in recycling.

Steve Curatti reported that some of the goals and objectives the committee is meeting and implementing include Community Outreach, Education, Legislation, Source Reduction, Recycling, and Waste to Energy.

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 Giles. **The meeting was adjourned at 3:45p.m.**

Respectfully Submitted,

Valarie McClain
Administrative Assistant and Recording Secretary



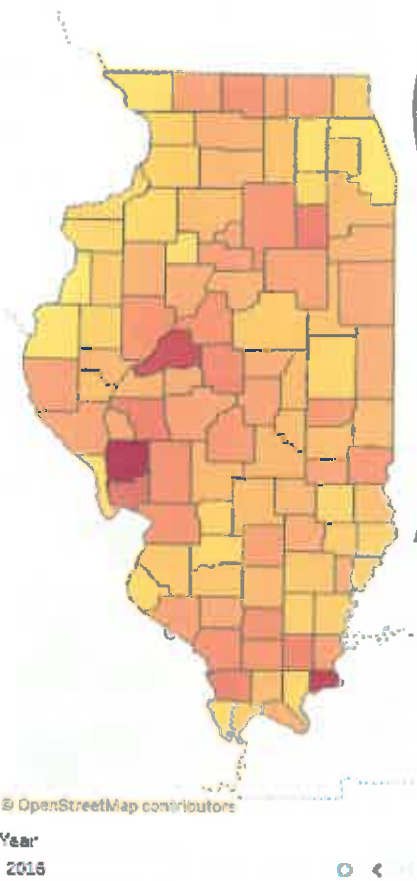
OFFICE OF JACQUIE PURCELL
KENDALL COUNTY CORONER

**Illinois Department of Public Health
Mortality & Morbidity Rates/Trends
Prescription Opioids (2016)**

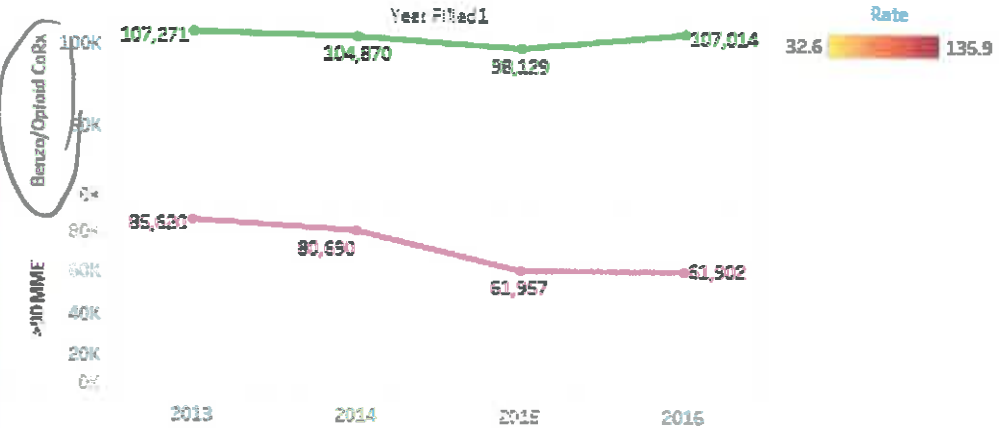
Kendall County (2017)

All		
Average Days' Supply	Total patients	Total Prescriptions
95	2,976,705	6,299,060

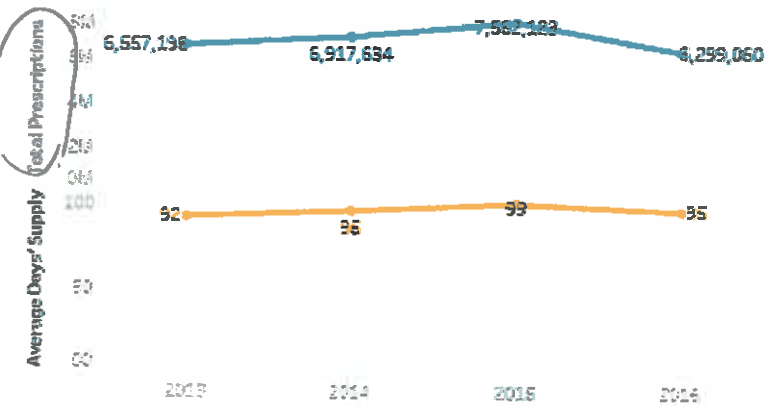
>90 MME Rate 2016



High Risk Patient Populations



Total Rxs & Average Days' Supply



Handwritten: All

	Heroin	Other Opioids	Total
Fatal	1,040	1,353	1,946
Non-Fatal	7,027	4,273	11,228

Cause of Overdose
 (All)
 Heroin
 Other Opioids

Year
 2015

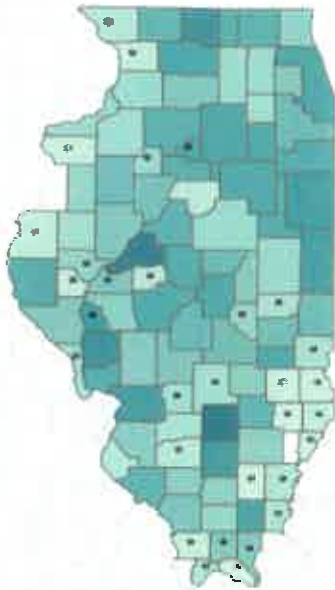
Non-Fatal Overdose Rate 2016

Fatal Overdose Rate 2016

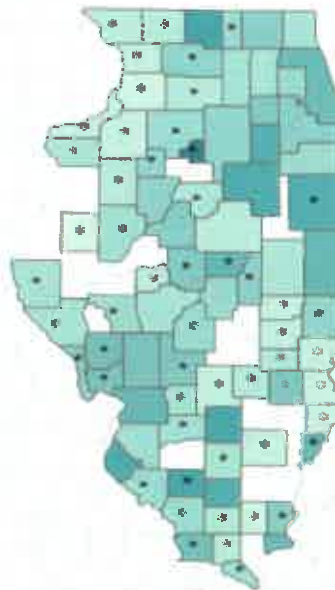
Overdose Counts by ZIP 2016



State Rate



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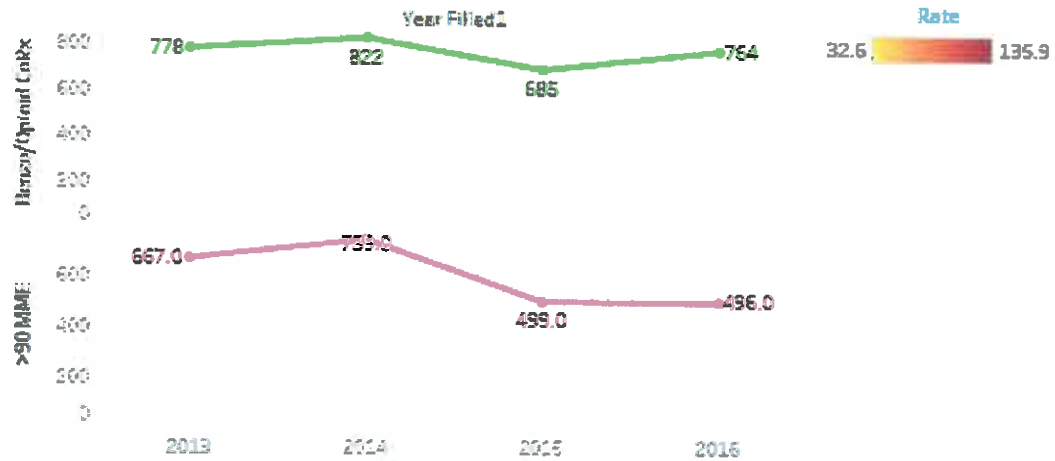
Kendall

Average Days' Supply	Total Patients	Total Prescriptions
90	24,851	50,483

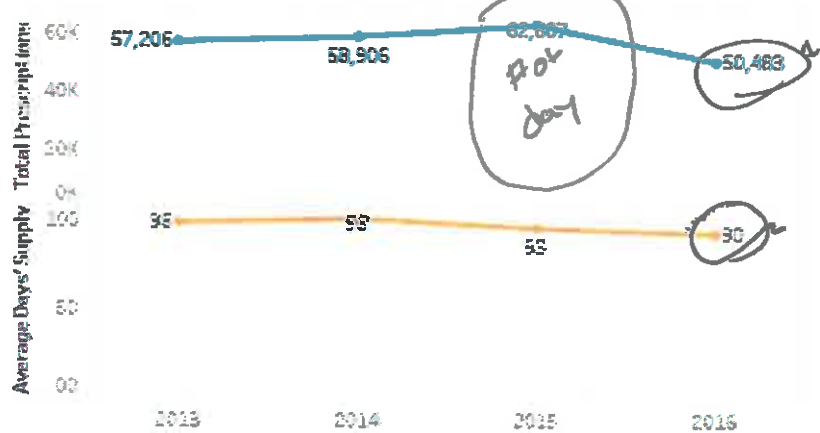
>90 MME Rate 2016



High Risk Patient Populations



Total Rx's & Average Days' Supply



2016 Total Fatal/Non-Fatal - By Zip Code:

Plano – 20
Oswego – 18
Yorkville: 15
Newark: <10
Montgomery: (19)

2016 Fatal Deaths - Crude Rates – By County

State Average: 1.8
Kane – 1.09
DeKalb – 1.23
LaSalle – 1.63
Will – 1.85
Kendall – 2.10
Cook – 2.35

<https://idph.illinois.gov/OpioidDataDashboard/>

Mortality and Morbidity Dashboard

“Overdose rate” is the rate of opioid overdose per 10,000 population for all demographics in a given geographical area.

“Cause of overdose” is categorized into 1) overdoses involving heroin, and 2) overdoses involving all other opioids other than heroin. The “other opioids” category includes synthetic opioids (e.g., fentanyl) as well as prescription medications (e.g., oxycodone, hydrocodone) whether obtained legally or illicitly. There is some amount of overlap in classifying causes of overdose, as overdoses involving mixtures of heroin and other opioids (e.g., an overdose involving heroin mixed with fentanyl) are counted under both categories. As a result, the total number of individual overdoses will be less than the sum of heroin overdoses and other opioid overdoses. The data source for nonfatal overdose is the IDPH discharge data collection system. This includes all hospital admissions and outpatient discharges with emergency department billing codes from 2013 to 2016. Fatal overdose data is sourced from death records collected by IDPH’s Division of Vital Records. Overdose counts by ZIP combine both nonfatal and fatal overdose data.

For reasons of health information privacy and protection, overdose counts in geographical areas involving numbers less than 10 are “suppressed” (i.e., not provided) and instead marked with an asterisk*. Grayed out areas indicate that no overdoses occurred in that area in the selected year.

Trends Dashboard

For reasons of health information privacy and protection, overdose counts involving numbers less than 10 are “suppressed” (i.e., not provided). Suppressed data are marked with an asterisk* and/or indicated as “-1” in the hover panel. An overdose data point marked by an asterisk* and indicated as “-1” in the hover panel means that the actual number of overdoses for that particular data point is between 1 and 9. An empty overdose data point with no asterisk and no hover panel means that the number of overdoses for that particular data point is 0.

Prescription Dashboard

MME = morphine milligram equivalent. Different types of opioids can vary significantly in dosage and potency. MME is a standard measure of the potency of an opioid, which converts dosages of all opioids into the milligram equivalent of one medication – morphine – for ease of comparisons and risk evaluations. Daily dosages of >90MME per day are considered particularly high-risk for overdose, and CDC guidelines recommend avoiding, or at minimum very carefully justifying, such dosages. Co-prescription of opioids with benzodiazepines (e.g., Valium®, Xanax®) is also particularly dangerous, and studies have shown that the overdose death rate for patients receiving both types of medications can be up to 10 times higher than for patients receiving only opioid prescriptions.

Rx = “prescription”

DESCRIPTION	MANNER	DESCRIPTION	MANNER
Cocaine, Heroin & Fentanyl Intoxication	Accident	Methodone Intoxication	Accident
Cocaine & Fentanyl Intoxication	Accident	Ethanol & Alprazolam Intoxication	Accident
Craniocervical Injuries/Motor Vehicle Collision	Accident	Blunt Force Injuries of the Head/Fall Down Stairs	Accident
Combined Drug Intoxication (Fentanyl & Despropionyl Fentanyl+)	Accident	Cocaine & Hydrocodone Toxicity	Accident
Asphyxia/Traumatic Compression of Torso	Accident	Cocaine Toxicity	Accident
Combined Drug Toxicity (Heroin, Alprazolam +)	Accident	Cocaine & Heroin Toxicity	Accident
Blunt Force Injuries/Motor Vehicle Collision	Accident	Fetal Demise/Maternal Death/Motor Vehicle	Accident
Blunt Force Injuries/Motor Vehicle Collision	Accident	Ethanol & Heroin Toxicity	Accident
Traumatic Asphyxiation/Pinned Under Lawn Tractor	Accident	Heroin Intoxication	Accident
Fentanyl, Acetyl Fentanyl, Heroin & Cocaine Intoxication	Accident	Heroin & Ethanol Intoxication	Accident
Blunt Force Trauma/Motor Vehicle Collision	Accident	Complications of Traumatic Brain Injury/Motorcycle	Accident
Blunt Force Trauma/Fall from Grain Bin	Accident	Hip Fracture	Accident
Asphyxia Due to Hanging (6 cases)	Suicide	Hydrocodone & Acetaminophen Toxicity	Suicide
Gunshot Wound to the Head (2 Cases)	Suicide	Pneumonia, Malnutrition, Dehydration, Physical Neglect	Homicide

2017 Non-Natural Deaths Kendall County

ag TODAY

Exploring the Connection between Agriculture and You!



National Agriculture in the Classroom

ISSUE 1

Agriculture is Everywhere

When you woke up this morning, you had your first encounter with agriculture. Your sheets and pajamas were probably made with the fibers from cotton plants.

Did you wash or shower with soap? That soap is made from fat from cattle and oil from plants such as palm, corn and soybeans.

Did you have cereal, eggs, milk, bacon, pancakes, buttered toast or juice for breakfast? Thank agriculture again!

Did you pack a lunch in a paper bag, or finish your math by writing on paper? That paper comes from another agricultural crop — trees. Corn and soybean by-products may go into the ink in your books.

Did you ride to school today? The bus or car you rode to school likely ran on biodiesel made from soybeans or ethanol made from corn, and its tires are made from the rubber plant. Did you pass a city park, a golf course, an orchard or nursery? Did you see a windbreak or a sod farm? All of these are agriculture too.

— WHAT IS — Agriculture?

The business, science and practices of growing and selling plants and animals to be used for food, fiber and fuel.

- **FOOD** comes from plants and animals.
- **FIBER** is the raw material from plants and animals that we use to make cloth, clothing, rope and more. Fiber can be made from cotton, wood, wool, and even soybeans!
- **FUEL** can be made from crops like corn, soybeans, and sugarcane. Fuels made from plants grown on farms are called **BIOFUELS**.

**CAN YOU LIVE
A DAY WITHOUT
AGRICULTURE?
THERE'S JUST
NO WAY!**

**HOW DOES
EACH OF THESE
PHOTOS SHOW
A CONNECTION
TO AGRICULTURE?**





Celebrating our Natural Resources

CARE for the Water

How do you like taking a shower in the same water molecules the dinosaurs waded in?

It's true! Much of the water we use today is the same water that has been recycled for millions of years since the earth was formed.

The Earth recycles the same water over and over. This process is the **water cycle**. Water changes forms—from solid to liquid to gas—over and over again.

If all the world's water could fit into a gallon jug, only a single drop would be fresh and usable for human needs. The amount of fresh water isn't all we care about. We want the water we drink and use to taste good, smell good and look good. We want it to be safe.

The Earth recycles one trillion tons of water every day. A gallon of water weighs 8 pounds. How many gallons are in just one ton (2,000 lbs.)?

The federal law helps protect our nation's waters. Rules reduce pollution in lakes, rivers, streams or groundwater. Farmers work to prevent nutrients and soil particles from entering the water supply. By creating **terraces** and planting **buffer strips** they slow down water. This reduces erosion and pollution.

CARE for the Soil

Soil is amazing!

Soil holds roots in the ground so plants don't fall over.

Soil holds water so roots can absorb moisture.

Soil holds minerals and nutrients that plants use to grow.

Soil is home to other living things helpful to plants.

The soil beneath our feet is important too! Whose responsibility is it to care for the soil? Farmers have a big role to play. But each of us must also help. These soil care tips are things we can all do:

- Cover bare soil with new plants or mulch so soil won't wash or blow away.
- Stay on sidewalks and trails. What happens when people don't?

How can you help protect the soil?





Made in the USA

Many companies across the United States process raw agriculture products into foods we love! These businesses provide jobs and enhance the economy of their communities.

This map showcases where some of the foods we enjoy are made. The towns and cities highlighted are home to at least one company known for making the featured products. The foods we love are made in many other parts of the state too!



DIGGING DEEPER

What company is located in each of the cities highlighted on the map? Take a poll of adults you know and conduct internet research to find out who is right.



Powerhouse Crops &

Take a ride across the U.S. and you will see farm fields in every state. What grows where depends on the soil and climate. Most crops are used as food for animals or people.

Animals are a huge part of the agricultural landscape too! Most livestock are raised near where their food (usually corn & soybeans) is grown. This lowers transportation costs. Some animals, like cattle, also graze on grass in the summer or hay in the winter.



PIGS are sometimes called hogs or swine. The meat from pigs is called pork. Most pigs in the U.S. are raised in barns. This protects them from predators and extreme weather. If you had bacon, sausage, or ham for breakfast, it is likely that it came from a pig raised on an Iowa or North Carolina farm. Corn and soybeans are important ingredients in a pig's diet. This is one of the reasons why there are many farmers who raise pigs and grow corn and soybeans too!



SOYBEANS are **legumes**, members of a plant family that includes other beans, peas and lentils. They are used to make animal feed, biodiesel, and hundreds of items found at the grocery store. Soybeans are the only ingredient in vegetable oil. You are also likely to find soybean ingredients in salad dressing, noodles, and even chewing gum. Crayons, candles, and newspaper ink can be made from soybeans too!



CORN is fed to livestock, made into ethanol, and used to make foods like cereal, corn chips, and cornbread. But this corn is different from the type of sweetcorn we buy at the grocery store whole, frozen, or canned. 99% of the corn grown in the U.S. is **field corn**, sometimes called dent corn or commercial corn. This corn is also used to make biodegradable plastic, packing peanuts, and carpet. And that's just the beginning. There are over 4,200 uses for corn and more are being discovered every day!

CATTLE are raised in every state. Farmers raise two types of cattle - beef and dairy.



BEEF CATTLE are raised for meat and have more muscular bodies. They turn the plants and grain they eat into meat we call beef.

DAIRY CATTLE use the plants and food they eat and turn it into milk. Only female cattle, called **cows**, produce milk. Milk from dairy cattle is made into products like cheese, yogurt, ice cream, and butter. While dairy cattle are used for beef too, producing milk is their main purpose.

THINK & DISCUSS - Billions of people around the globe depend on animals for food, clothing, and shelter. What have you eaten or used today that came from plants and animals?

Livestock

DID YOU KNOW?
Almost 25% of U.S. farm products are exported to other countries.

A TALE OF TWO KINGDOMS

WHEAT is a **grain**, a plant that produces a dry edible seed. Most wheat is made into food for people, like bread, pasta and cereal. Stems of wheat plants, called **straw**, are baled and used for livestock bedding.



There are two main types of wheat planted in the U.S. **Winter wheat** is planted in September and harvested the next summer. **Spring Wheat** is only grown in cool climates. It is planted in April or May and harvested in August or September.

PLANTS

Plants are important because they can make their own food. They are also the source of food for other living things. We eat plants – roots, leaves, stems, flowers, and fruits. The animals we eat also eat plants! Plants become our medicines, clothing, paper products, spices, and building materials. We use plants for fuel too. That includes biofuels and wood, as well as the fossil fuels (coal, petroleum, natural gas) that came from plants a long time ago. Finally, we depend on plants for the oxygen we breathe. Without plants we would not survive.

CHICKENS are raised for meat and eggs. Farmers raise two types of chickens, **laying hens** and **broilers**.

LAYING HENS are female chickens bred and raised for laying eggs. A hen can lay an egg every 24 to 26 hours – or about five or six eggs a week. Iowa is the top egg producing state. Almost one out of every five eggs in the United States is from an Iowa farm.

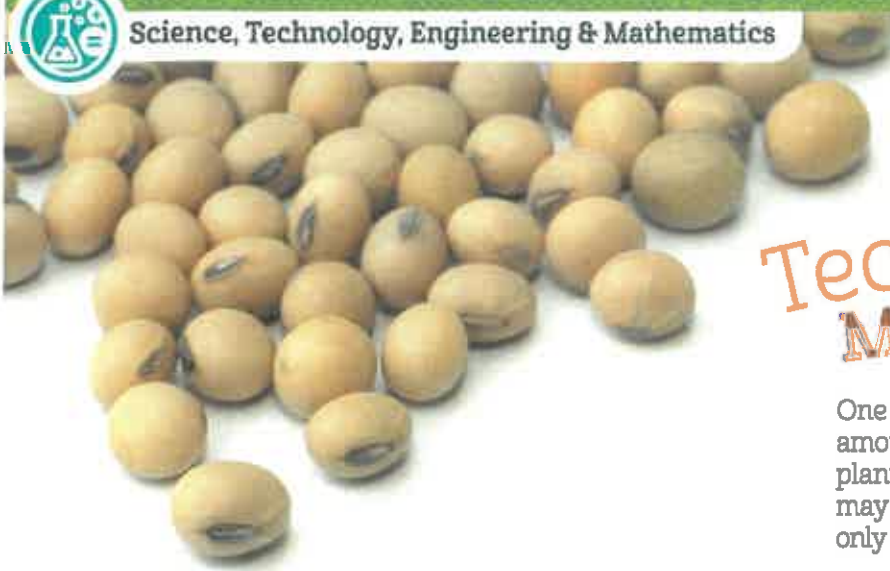


BROILERS are **rooster** or **hen** chickens bred and raised for meat. Broilers grow to between 6 and 8 pounds before they are harvested.

ANIMALS

Only about one-fifth of the land in the United States is suitable for growing crops. The rest has poor soil, receives too little rainfall, or is too rough or rocky for farm machines to cross. Livestock can often graze in these areas. Animals, such as cattle, can also eat byproducts from making ethanol, cereals, and sweeteners. They turn these "leftovers" into eggs, milk, and meat that give us protein. Animals also produce the wool and leather we use for clothes, shoes, and baseball gloves. Animal fats are used to make soaps, cosmetics, paints, and much more. Thanks to animals we have better lives.





Technology: Mechanics and GPS

One way farmers can improve is by reducing the amount of fertilizers they use. Fertilizers help plants grow. They are expensive and too much may harm the environment. Applying fertilizer only where it is needed can reduce the amount used.

Farmers test the soil and know exactly how much fertilizer is needed. Farmers use **Global Positioning Systems (GPS)** to know where in the field they have applied fertilizer. More can be put on poor soil. Less on good soil. A computer in the tractor can automatically change the amounts. This is called **precision agriculture**. Precision agriculture reduces the amount of fuel used driving the tractor too! And, sometimes the farmer doesn't even steer the tractor. The computer can do it automatically!

Seed Science

For thousands of years farmers have been trying to make better seeds. They want to grow plants that use less water, produce more seeds, and resist disease. Scientists study plants to learn what traits are passed from parent to young. Through **biotechnology**, high quality seeds have been developed. Biotechnology is the science of changing the genetic makeup of a plant or animal.

Supplying the best seeds to farmers starts in a lab. The best ones are then tested in the field. These plants are tested with cold, heat, water, disease, and pests. Seeds from the best plants are saved and replanted. This process is repeated over and over again to develop the seeds sold to farmers.

Seed science allows researchers to create new seed genetics. These better genetics allow farmers to grow more food using less water and chemicals. For example, some seeds are being changed so that they resist insects. If plants are resistant to insects then farmers don't have to spray. Knowledge, innovation and continuous improvement benefits everyone.

Energy

Renewable energy has been used on farms for hundreds of years. Windmills provided power to grind grain and pump water from wells. Today's farmers use renewable energy too!

- Some farmers use **wind turbines** for their farm's energy when the wind is blowing. Other farmers work with power companies for large-scale wind projects. These **wind farms** provide electricity to many homes and businesses.
- Starch and oil crops are used to make **renewable fuels**. Biodiesel made from soybeans is used to power tractors, trucks, and combines. Corn, sugar cane, and sugar beets are made into ethanol for cars.

• Some farmers use **solar energy** to power the lights and heaters in turkey and pig barns. Solar panels can be installed on the roof or on the ground near the barn.





Eat Well, Be Well!

Have you noticed all the buzz about better food choices? What does it mean to eat healthier? MyPlate is a great reminder. It is a visual healthy eating guide from the U.S. Department of Agriculture (USDA).

MyPlate shows how to divide your plate for a healthful meal. It shows the proportions and also details the food groups of vegetables, fruits, grains, proteins and dairy. A look at MyPlate reminds us to:

- eat less by avoiding oversized portions;
- eat more vegetables, fruits, and whole grains;
- choose from a big variety of proteins, and
- include calcium-rich foods.



THINK & DISCUSS: The USDA hopes that MyPlate becomes your plate! Why?

DIGGING DEEPER
Use the USDA's Food-A-Pedia website to compare nutritional information on your favorite foods!

WISE CHOICES

MyPlate helps us remember to avoid foods that are high in sodium or empty calories. Empty calories have the same energy as other calories but few of the vitamins, minerals or other nutrients you need. Examples are sugary drinks; sweets like cookies, ice cream and candy; white bread and white rice.

Check your menu! Which of these is a better choice and why?

••••• TODAY'S MENU •••••

Drink:

- soda pop water or milk

Main Dish:

- turkey wrap with veggies Pepperoni pizza

Side:

- French fries raw veggies & dip jello

Dessert:

- Cookie Apple Hot Fudge Sundae

PROTEINS AND WHOLE GRAINS

What counts as proteins and whole grains? Meat offers protein, but so do beans and other legumes. Whole grains like whole wheat and whole oats may be familiar, but there are many other whole grains, too. Millet and quinoa (say "KEEN w ah) are popular grains in many African and South American countries. Beans and legumes are important sources of protein in most countries around the world!

— CAREER CORNER —



Agriculture and the Environment

Paul Miller is a conservationist with the Natural Resources Conservation Service. He works with farmers to develop plans that protect soil and water quality. By using knowledge in science and math he helps farmers and the environment.



Plants and Animals for Food, Fiber & Energy

Jerod Smeenk of Frontline BioEnergy has made a career of turning plants into fuel for vehicles. As an engineer, he figures out ways to turn wood, corn stalks, and other plant material into diesel and jet fuel.



Food, Health & Lifestyle

Taylor Brown oversees the production of egg products at Cargill Kitchen Solutions. As a food scientist she ensures eggs like those found in pre-made breakfast sandwiches are safe, uniform, and taste good.



Science, Technology, Engineering & Mathematics

Candice Engler works for John Deere. She fits technology into the machinery farmers use. Her work helps farmers figure out what is wrong so they can fix it quickly. Her job as an engineer combines her love of farming, math, and figuring out how things work.



Culture, Society, Economy & Geography

Jim Knuth of Farm Credit Services of America works in agricultural lending which is an important part of the Midwest economy. Banks lend farmers money to purchase machinery, seed, or fertilizer.



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