



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

Monday, December 18, 2017 – 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 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 aye, 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

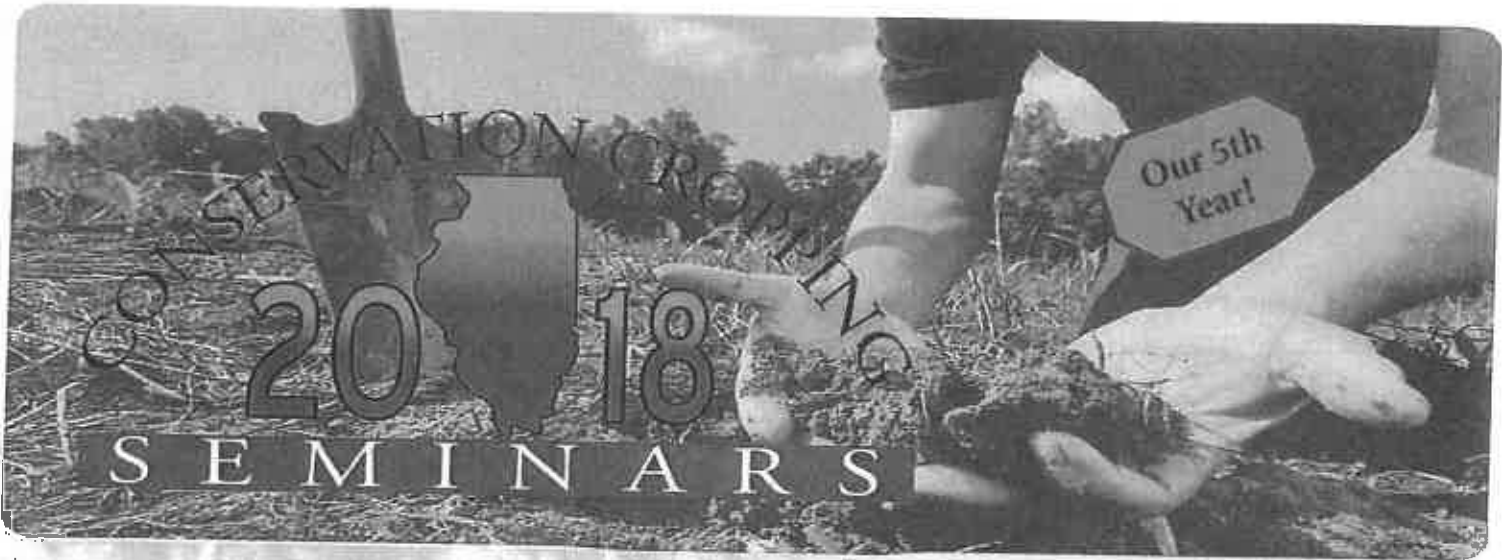
EXECUTIVE SESSION – Not Needed

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



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January 23, 2018
Kankakee, IL

January 24, 2018
Olney, IL

January 25, 2018
Peoria, IL

*Conservation Cropping Seminars
Coordinated by:*

Local Soil & Water Conservation Districts
Illinois Department of Agriculture
USDA, Natural Resources Conservation Service

Illinois Stewardship Alliance
American Farmland Trust
Illinois Environmental Protection Agency

(CCA - 5.0 SWM CEUs applied for - watch registration websites for updates)

View each seminar's agenda on reverse side.

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1-DAY SEMINAR AGENDAS

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JANUARY 23th
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 Iff, 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 Goeser, 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 Zwilling, NRCS District Conservationist Edwards-Lawrence-Richland-Wayne-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 Goeser, 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 Goeser, 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**

Holiday Inn Suites
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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)

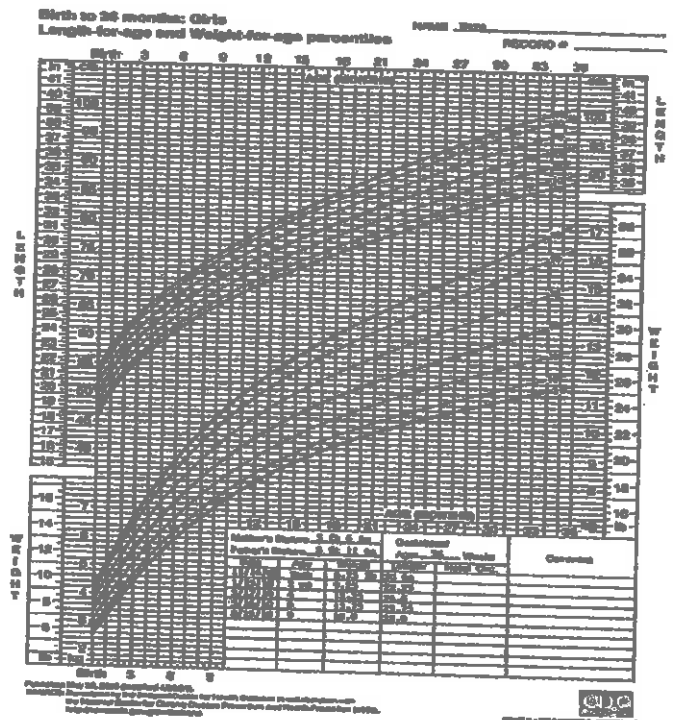
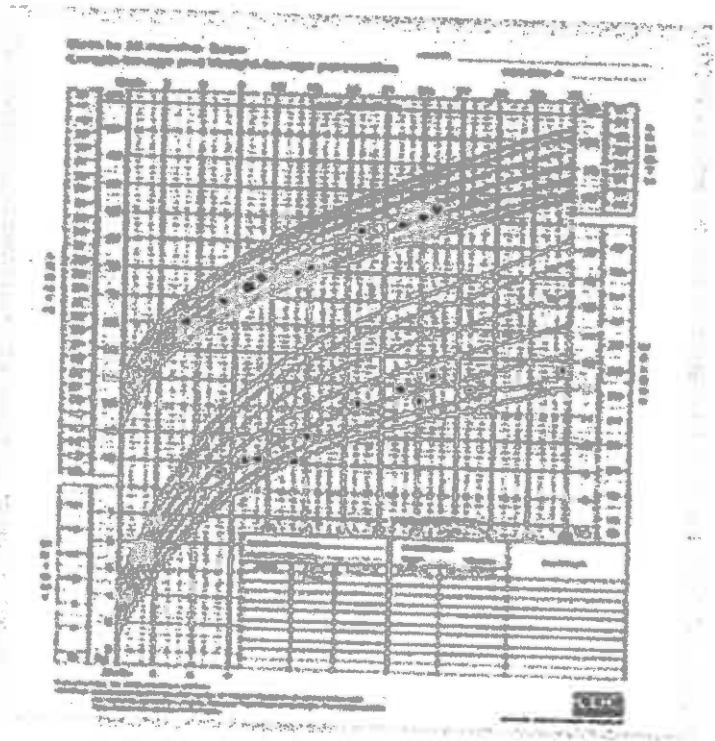
OUR APPROACH TO NUTRITION

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.

CDC GROWTH GRIDS



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

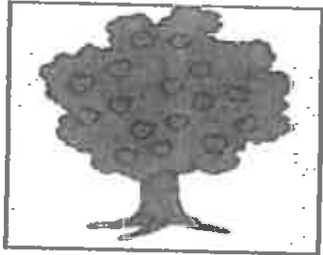
- The parents have the responsibility for the WHAT, WHEN, and WHERE of feeding
- And the Children are responsible for the HOW MUCH and WHETHER of eating.

CLIENT CENTERED COUNSELING

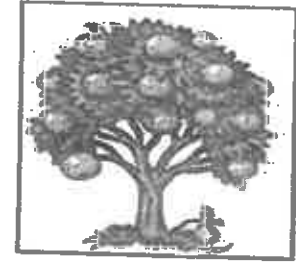
Another tool we use is a client centered approach of counseling when we share nutrition information with our families.

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