



Dedicated to YOUR Wellbeing

KENDALL COUNTY HEALTH DEPARTMENT

VOLUME 7, ISSUE 2

SPRING EDITION, 2023

31 years of Guiding Health

In 30 years, many things in Kendall County and public health have changed. One thing that was consistent through that time was the guidance and support of Joseph Gruber, III, D.D.S. For 31 years, Dr. Gruber served on the Board of Health as President, Vice President, Secretary, and board member. Dr. Gruber has stepped down from the Board of Health, but his impact will not be forgotten. Dr. Gruber was kind enough to share some reflections of his time on BOH.

“During the last few decades, advances in technology and communication have improved collaboration internally in the health department as well as externally with the public, enabling a greater number of services to be provided in a more efficient manner. Also, navigating the global pandemic was a great challenge, beyond the norm of what was happening in the past.

[While serving on the Board of Health] ... I learned how being part of our community in a deeper way is extremely rewarding. I think volunteering on the Board of Health has given me more than I have contributed to it. I truly value my colleagues and will always encourage others to participate in the community on whatever level they are able to serve.



Joseph Gruber, III, D.D.S.

Over the years I met and worked with many great people and it was a pleasure having that opportunity. We have a good county government, and I gained an appreciation for those who serve the community on other boards and donate their time, expertise, and consideration. ... The health department works collaboratively with the other parts of the county government, and that collaboration is vital and appreciated.

I would also emphasize how the Board of Health is there for them and keeps looking for new ways to protect public health— not just physical health, but mental health as well. [In the future] I would like to see the public embrace and fully support mental health to a greater extent and view addiction treatment as a necessary part of a safe and prosperous society. I hope that in the future, these health issues lose any stigma associated with them, to keep our community healthy.”

Kendall County Health Department thanks Dr. Gruber for his long time and continued dedication to our community.

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For the latest news, follow us on:



@kendallhealth

Water and Sewer Bill Assistance

Kendall-Grundy Community Action has been assisting residents of Kendall and Grundy counties with their water and sewer bills. So far, we have assisted 658 households with their water and/or sewer bills with an average payment of \$300 for both.



We are still here for you! However, the Water and Sewer program will be discontinued on August 31st, 2023. We are encouraging all residents who are income eligible to apply for assistance before it is too late by calling 630-553-9100 if they live in Kendall County and for Grundy County residents to call 815-941-3262.

Families who apply must be under the 200% federal poverty level for the past 30 days from their application. We are able to assist a family only one time with their water and sewer bills so unfortunately if you already applied we won't be able to assist again but we encourage you to spread the word to others in the community who might be able to take advantage of this program.

Have you been following our Mosquito and Tick Team?

At the start of this year, our mosquito and tick surveillance team began a social media public campaign to raise awareness of the activities in this program. Maybe you've caught a glimpse of their work already under way from this season on our Facebook, Twitter, or Instagram pages. Their posts will be a mixture of mosquito and tick related facts, updates on the daily activities in this program as well as important notifications throughout the season concerning West Nile virus positive mosquitoes collected or ticks caught across the county. You will even learn what it looks like when we service a mosquito trap, or conduct a tick drag... even how we can tell if a mosquito sample is positive for West Nile virus!

If you haven't seen the team and our work, please stop by one of our social media pages and follow along through the year. Give them a like, a share, or a comment to let them know you appreciate them!



WIC & FCM: Supporting Children and their Caregivers

Kendall County Health Department offers several programs aimed to support children and their caregivers. Two of these programs are WIC and FCM.



The **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** seeks to improve the health of women, infants, and children; to reduce the incidence of infant mortality, premature births, and low birth weight; to promote breastfeeding; and to aid in the growth and development of children. The program serves income-eligible pregnant, breastfeeding, and postpartum women, and infants and children up to five years of age who have a nutritional risk factor. A client on WIC can receive an Electronic Benefits Transfer (EBT) card to purchase healthy foods, information about nutrition, information and help about breastfeeding, and help in finding health care and

other services in their area. We also supply Farmer's Market assistance, June through October.

Family Case Management is a statewide program that provides comprehensive service coordination to pregnant women, infants, and high-risk children. Assessments are conducted and care plans are developed to address a wide range of needs, including health care, mental health, educational, vocational, childcare, transportation, psychosocial, nutritional, environmental, developmental, and other services. Referrals are provided to assist the families in need.

If you would like to find out more about our WIC or FCM programs, give us a call at 630-553-9100 or visit our website: www.kendallhealth.org. This institution is an equal opportunity provider.

Mental Health in Children

Mental health concerns impact all ages of people, including children. Did you know that half of all individuals show mental health disorder signs prior to someone turning 14 years old and three-quarters show symptoms prior to 24 years old? At the Kendall County Health Department we engage with children and their families to improve quality of life. When working with a child or adolescent, we use play, art, and modeling of behaviors. We also encourage families to support one another. One suggestion would be to model healthy coping skills – this could be done through taking deep breaths together, making art projects, going on walks, or discussing your feelings “I was feeling really frustrated, so I stopped and took some deep breaths.” Want another suggestion? Take care of your own mental health in general or entering into counseling. Showing that it is beneficial to reach out for help decreases stigma for you and your family. Everyone matters.





Kendall County Health Department
 811 West John St.
 Yorkville, IL 60560
 (630)553-9100
 (630)553-9506 Fax

Have feedback or questions about the newsletter? Please call Arissa Hunt at (630)553-8056 or email her at awhunt@kendallcountyil.gov

BOARD OF HEALTH MEMBERS

Lynn Cullick , President	Jim Jensen	Nanci Reiland
Karin Gustafson, D.O.	Jay DeMarco	Karen Kelly
Gabriella Shanahan	John Gleason, M.D.	Andrea Mann
Brooke Shanley	Julie Conlin, D.D.S.	

Mission

The mission of the Kendall County Health Department is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person-based services and population-based programs.

Vision

Partnering to build a thriving Kendall County where all people have equal opportunity for overall health and well-being.

Values

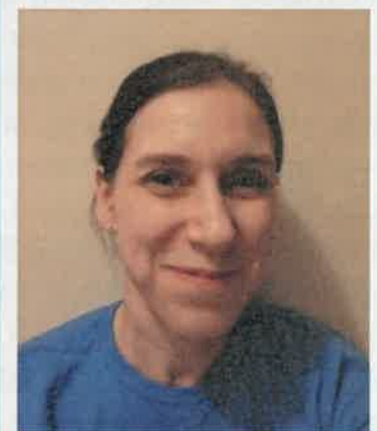
Integrity • Accountability • Commitment to Excellence • Inclusion • Compassion



Looking for something? Click [here](#) to see the Resource Directory.

Behavioral Health Director Appointed CARF Surveyor

Lisa Holch, our Director of Behavioral Health Services, was recently appointed a CARF Surveyor. CARF stands for **Commission on Accreditation of Rehabilitation Facilities**. It is a private, not-for-profit organization that accredits our Health Department. CARF surveyors are the cornerstone of the peer-review survey process. Surveyors, like Lisa, are professionals in their fields with primary employment at CARF-accredited organizations, such as KCHD. The benefits to the Health Department include having in-house expert on CARF standards, complimentary CARF trainings, exposure to current practices and industry trends, professional growth and cultivation of leadership skills for staff, opportunity to exchange ideas and practices with field leaders, and opportunity to contribute to CARF standards development. Having a trained surveyor in our Health Department will be a enormous asset to our staff and those we serve!



Lisa Holch, LCPC, CADC

Annual Report

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KENDALL COUNTY, ILLINOIS



A Caring Place

KENDALL COUNTY

HEALTH DEPARTMENT

FROM THE DESK OF THE EXECUTIVE DIRECTOR

As I reflect on the past year, I am heartened by the remarkable leadership that resides in this department and in our partners throughout Kendall County. Together, we spent countless hours completing surveys, conducting or participating in interviews, and engaging in rigorous dialogue around the needs of our community. As a result, we have compiled strong, meaningful priorities that will take us through the next few years.

In February, we finalized our 2021-2026 Community Health Plan/Community Health Assessment (IPLAN) which was approved by the Department of Public Health in April. We must do the IPLAN every five years to maintain our local health department certification with the State of Illinois.

In May, we were reaccredited by CARF (Commission on Accreditation of Rehabilitation Facilities) with a score exceeding 99%. Out of over 1,500 standards we only had one minor recommendation! CARF signifies the highest level of certification that a treatment facility can receive and sets us within the highest level of therapeutic facilities within the world.

From February through July, we created our Strategic Plan Roadmap for 2027. This plan is our internal and external guidepost that is centered around our values – *integrity, accountability, commitment to excellence, inclusion, and compassion*. Our values reflect principles that our Department displays as we interact with co-workers, agency partners, our community, local businesses, and the public.

During 2022, we too were faced with a workforce shortage. We continue to be intentional about recruiting the right individuals who share our goals of serving the most vulnerable. Today, our public health workforce truly reflects those we serve each day and our employees continue to exude competence.

As you read on, I hope you feel inspired by the Health Department’s transformational work during 2022. Know that we remain resolute and hopeful in our collective vision where all people have equal opportunity for overall health and wellbeing.

Thank you, as always, for accompanying us on this journey. You are a part of our community, and I thank you for the role you play in advancing health outcomes in Kendall County.

All my best,



RaeAnn VanGundy, MPH
Executive Director
Public Health Administrator



Integrity

Accountability

Commitment
to Excellence

Inclusion

Compassion

The **mission** of the Kendall County Health Department

is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person based services and population based programs.



TEN ESSENTIAL SERVICES

Local Health Departments as governmental entities, derive their authority from state law. Accordingly, Local Health Departments exist for the common good and are responsible for demonstrating strong leadership in the promotion of health and wellbeing; including family socioeconomic wellbeing, behavioral health, environmental health, and every aspect of physical health. The programs provided by Local Health Departments to fulfill this responsibility are developed to reflect the diversity of community need. In addition to programs rendered, all Local Health Departments are charged with the following essential services:

- ✓ Monitor health status to identify community health problems.
- ✓ Diagnose and investigate identified health problems and health hazards in the community.
- ✓ Inform, educate, and empower people about health issues.
- ✓ Mobilize community partnerships to identify and solve health problems.
- ✓ Develop policies and plans that support individual and community health efforts.
- ✓ Enforce laws and regulations that protect and ensure safety.
- ✓ Link people to needed health services and ensure the provision of needed health care.
- ✓ Ensure a competent public health and personal health care workforce.
- ✓ Assess effectiveness, accessibility, and quality of personal and population-based services.
- ✓ Research for new insights and innovative solutions to health problems.

BOARD OF HEALTH



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Joseph Gruber, D.D.S.
Vice President



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Secretary



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Board Member



Karen Kelly
Board Member



Gabriella Shanahan
Board Member



John Gleason, M.D.
Board Member



Robyn Vickers
County Board Liaison



Andrea Mann
Board Member



Carlo Colosimo
Treasurer

Kendall County Health Department is led by a volunteer Board of Health who selflessly gives of their time and expertise in providing leadership and direction. The Board of Health represents a high level of dedication and professionalism in the development and advancement of policy, promoting quality services in behavioral health, community health, environmental health, and community action services. The Board of Health commits their time and energy in policymaking, discussion of services, and working with stakeholders in Kendall County.

PROFESSIONAL STAFF

Program Support

RAEANN VANGUNDY, M.P.H., EXECUTIVE DIRECTOR/
PUBLIC HEALTH ADMINISTRATOR

STEVE CURATTI, M.P.A., L.E.H.P., ASSISTANT EXECUTIVE
DIRECTOR

ARISSA HUNT, B.A., EXECUTIVE ASSISTANT

LORENA CORRAL, B.S., HUMAN RESOURCES COORDINATOR

KATY WILLIAMS, M.P.H., B.S., FISCAL DIRECTOR

CRUZ LLAMAS, CPC-A, INSURANCE COORDINATOR

LACEE SPAMPANATO, B.S., B.A., ACCOUNTING CLERK

Community Health Services

TERRI OLSON, B.S.N., R.N., DIRECTOR

SARA KARANTONIS, M.S.N., R.N., ASSISTANT DIRECTOR

MARY MCCARRON-MCGINNISS, R.D., L.D.N., C.L.C.,
WIC COORDINATOR

BRANDY LEHMAN, B.S., R.N., PUBLIC HEALTH NURSE

VIVIAN NDANGO, R.N., M.S.W., D.N.P., P.M.H.N.P.,
PUBLIC HEALTH NURSE

ELIZABETH SMITH, B.S.N., R.N., PUBLIC HEALTH NURSE

CINDY KATHE, L.D.N., NUTRITIONIST

NANCY HELLER, MED, L.D.N.-C.L.C, NUTRITIONIST

JULIA HOLT, M.P.H., EMERGENCY RESPONSE SPECIALIST

ERICA NEVAREZ, ADMINISTRATIVE ASSISTANT

SANDY CORTEZ, A.S., COMMUNITY HEALTH SPECIALIST

MEGAN TROUSDALE, WIC SPECIALIST

NICOLE POWELL, MED, RESOURCE SPECIALIST

Community Action Services

MELISSA CREAMER, M.A., DIRECTOR

RYAN CARRIE, M.S.W., ASSISTANT DIRECTOR

CHUNG SAENZ, INTAKE & REFERRAL SPECIALIST

TERANAE SOUTHALL, B.S., INTAKE & REFERRAL
SPECIALIST

EBONI LANKARD, M.P.A., M.S.W., L.S.W., INTAKE &
REFERRAL SPECIALIST

MAGALY GUTIERREZ, INTAKE & REFERRAL SPECIALIST

VICKY TORGERTSON, B.S., WEATHERIZATION
COORDINATOR

DAVID LUBSHINA, WEATHERIZATION AUDITOR

SANDRA FRANCO, A.S., COMMUNITY RESOURCE
SPECIALIST

Environmental Health Services

AARON RYBSKI, B.S., L.E.H.P., DIRECTOR

CLARENCE BELL, B.S., ASSISTANT DIRECTOR

LAUREN BELLVILLE, B.S., L.E.H.P. WELL/SEPTIC PROGRAM
COORDINATOR

AMY SERBY, B.S., L.E.H.P., SANITARIAN

LAUREN MACK, B.S., SANITARIAN

ALEXIS MASON B.S., SANITARIAN

ASHLYNN CARLSON, B.S., SANITARIAN

DEANA JUSTAK, ADMINISTRATIVE ASSISTANT

Mental Health Services/Support Services

LISA HOLCH, M.A., L.C.P.C., C.A.D.C., DIRECTOR

MICHELLE HAWLEY, M.P.A, C.R.A.D.C., MISA I,
ASSISTANT DIRECTOR

KATHRYN CATENACCI, M.S. L.C.P.C., BEHAVIORAL HEALTH
CLINICIAN

JETZEMANITH CAMPOS, M.S.W., L.C.S.W., BEHAVIORAL
HEALTH CLINICIAN

ERLINDA DE LA TORRE, M.S.W., L.S.W., BEHAVIORAL
HEALTH CLINICIAN

LINDSAY ANTOS, M.S., L.P.C., BEHAVIORAL HEALTH
CLINICIAN

LISA SLEEZER, M.A., L.C.P.C., BEHAVIORAL HEALTH
CLINICIAN

KATHRYN HIGGINS, M.S.W., L.S.W., ADMISSIONS
COUNSELOR

PATRICIA PENFOLD, B.A., TRANSITIONS COORDINATOR

MIGUEL HERNANDEZ, B.S.W., ADMISSIONS COORDINATOR

JESSICA KUBIAK, M.S.W., INFANT/EARLY CHILDHOOD
MENTAL HEALTH CONSULTANT

STEPHANIE BUDZIAK, M.A., INFANT/EARLY CHILDHOOD
MENTAL HEALTH CONSULTANT

ANDREA HIGUERA, ADMINISTRATIVE ASSISTANT

SHELLY BRITT, OFFICE MANAGER

CHRISTINA VILLEGAS, SUPPORT STAFF

SHARON SAMUEL, SUPPORT STAFF

MICHELLE ZEKAS, SUPPORT STAFF

Independent Contractors

MARLIN HARTMAN, B.A., SOLID WASTE COORDINATOR

MICHAEL J. MARTIN, M.D., PSYCHIATRIST

Volunteers

MARY POOLE, RETIRED AND SENIOR VOLUNTEER PROGRAM

Intern Programs in collaboration with the following Universities

NORTHERN ILLINOIS UNIVERSITY

ILLINOIS STATE UNIVERSITY

BENEDICTINE UNIVERSITY

LEWIS UNIVERSITY

UNIVERSITY OF ILLINOIS CHICAGO

ADLER SCHOOL OF PROFESSIONAL PSYCHOLOGY

UNIVERSITY OF ST. FRANCIS

AURORA UNIVERSITY/GEORGE WILLIAMS SCHOOL OF

ROOSEVELT UNIVERSITY NATIONAL LOUIS UNIVERSITY

SOCIAL WORK

ADVISORY BOARD PARTNERS

Community Action Advisory Board

(Tripartite Advisory Board)

JANE SWINNEY, CHAIR
KATHY BRADEN, VICE-CHAIR
JIM HOMA
KIMBURLIE ANN MONTANO
ERIC FISHER

BARB NADEAU
MATT FRITZ
MATT CONRAD
WALTER LYLES
DICK JOYCE

PAUL KUBINSKI
KAYLA DONEGAN
JOSH HARRIS
RHONDA REDGATE-OFFHAUS
JANICE GRANT

Community Health Advisory Board

LARRY STEFANSKI
JENNIE PERRY
SHARON POINTER
OMAYRA GIACHELLO

PATRICIA CANESSA
ALEXANDER POPE
DONNA PALMER
JENNI PIENKOS

MELINDA LASKY
WILLIAM NELSON

Environmental Health Advisory Board

JOHN CHURCH, CHAIR
VALERIE BURD
TED MCCANNON
JACKIE FORBES

DAN LARSEN
EVELYN GIVENS
MIKE SHEPARD
SANDRA DAVIS

MICHAEL WALKER
CLIFF FOX
JAKE COOPER

Mental Health Advisory Board

CATHI MUNDSINGER, CHAIR
CHRIS COOPER
LUANNE PETERS
DINA SCHNABLE

RANDY BOOK
VICTOR ORTIZ
ALYSSA OLIN
ANTHONY JOUTRAS

LATHERESE MEADOWS
PAUL KUBINSKI

FINANCIAL REPORT

December 1, 2021 — November 30, 2022

REVENUE:

Levy & General Revenues

Public Health Property Tax Levy	1,452,119
Interest Income	6,640
Miscellaneous Income	142,377
Public Health - Health Protection	102,413
Total Levy & General Revenues	\$1,703,549

Behavioral Health Services

Behavioral Health Counseling Fees	\$140,174
708 Mental Health	803,885
708 Mental Health ARPA	45,050
Behavioral Health Grants	121,685 (a)
Senior Citizens Fund Transfer	56,934
Area Agency on Aging – Title III Caregivers	13,624
Dept. of Public Health Tobacco	31,549
Total Behavioral Health Services	\$1,212,901

Environmental Health Services

Septic Inspection Fees	\$17,245
Public Health - Restaurant Inspection	204,913
Public Health - Tanning and Body Art	1,125
Kendall Co. Well Permit Fee	16,650
Solid Waste	1,175
Public Health - West Nile Virus	17,820
Public Health Non-Community Well	1,613
IEMA- Radon	10,235
Total Environmental Health Services	\$270,776

Community Health Services

Youth Immunization	\$6,239
Adult/Travel Immunization	12,428
Human Services - Family Case Mgmt.	42,213
Human Services - Women, Infant and Children	166,400
TB Board Contract	19,916
Application Assistance	600
Public Health - Emergency Response	93,042
Health Works	9,202
Public Health - COVID-19 Response	569,173
Total Community Health Services	\$919,213

Community Action Services

Community Action Grants	\$4,927,220 (b)
Total Community Action Services	\$4,927,220

Total Revenues **\$9,033,659**

(a) Includes \$23,159 for Caregiver Connections, \$31,032 for Outpatient Fitness Restoration, \$32,032 Mental Health Awareness Training, and other small grants.

(b) Includes \$4,911,026 for energy assistance, home weatherization, and client assistance and \$16,194 for homeless prevention assistance.

EXPENDITURE:

Personnel

Program Support	\$624,063
Community Action Services	496,283
Behavioral Health Services	520,401
Environmental Health Services	394,642
Community Health Services	784,536
Total Personnel	\$2,819,745

Contractual & Client Assistance

Dues/Subscriptions	\$14,644
Conferences & Training	20,486
Contractual Services	142,429
Printing & Publications	10,170
Telephone	22,700
Advertising	31,244
Direct Client Assistance	3,847,416
Total Contractual & Client Assistance	\$4,089,089

Other

Postage	\$4,699
Mileage	13,348
Non-Medical Supplies	34,849
Medical Supplies	5,904
Vehicle Maintenance	6,721
Refunds	197,209
Rent	145,814
Fringe Benefits	1,007,516
Adult/Travel Vaccine	8,814
Miscellaneous Expense	13,261
Total Other	\$1,438,135

Capital Expenditures

Capital Expenditures	\$68,542
Total Capital Expenditures	\$68,542

Total Expenditures **\$8,415,511**



Funding provided by Illinois Department of Commerce & Economic Opportunity, Illinois Department of Health Care & Family Services, Illinois Department of Human Services, Illinois Department of Public Health, AgeGuide, Chaddock, Substance Abuse and Mental Health Services Administration, 708 Mental Health Board, American Rescue Plan Act, and local property tax levies set by the Kendall County Board.

COMMUNITY ACTION SERVICES

Weatherization Works!



Through the Illinois Weatherization Assistance Program we assist in making low income family's homes more energy efficient. The process begins with an assessment of the home using various diagnostic tools. One of the most exciting tools that we utilize is what's referred to as an Infra-Red Camera. While running a blower door diagnostic on the home, which puts the equivalent of 20 mile-per-hour winds on each side of the house, we are able to pinpoint air infiltration using thermal images. After using thermal imaging, we can facilitate the addition of insulation and air sealing measures to help the home withstand the weather and help save families money in the process. It is truly a wonder to see what technological advancements can do to aid us in helping transform the lives of people in our community. On average, a home that has been weatherized may see lower energy costs of approximately 34% within a year after the work has been completed.

New Water Assistance Program Provided Relief

Through the LIHWAP, the Low Income Household Water Assistance Program, we began assisting Kendall and Grundy county residents in January 2022. Since then, LIHWAP has helped 417 eligible households with paying their water and sewer utilities. Many of these families were affected negatively by the COVID-19 pandemic, and this program prevented the disconnection of their water source. The water assistance program helped prevent disconnects, reconnect service, and helped cover applicable fees. Families who have already been helped by the Low Income Home Energy Assistance Program (LIHEAP), the Community Service Block Grant (CSBG), and Weatherization were eligible for the program.

Domestic Violence Response Team Partnership

In early 2020, we partnered with the Kendall County Sheriff's Office, State's Attorney's Office, and Mutual Ground to establish the Domestic Violence Response Team (DVRT). The purpose of this team is to establish a connection with victims of domestic violence, offer services from all departments, such as order of protections, legal aid services where a team member from Mutual Ground will attend court dates with the victim, and financial aid services from us. The goal of the Domestic Violence Response Team is to provide support and the means for the victim to leave their abuser, follow through with court proceedings, and establish financial and personal independence. In 2022, we assisted 13 victims experiencing domestic violence with financial assistance including housing, lodging, moving costs, utility bills, transportation costs, and food.



See how we served the Community



1994

Households received energy assistance through the LIHEAP program in 2022.



21

Homes received Weatherization. Energy costs may lower 34% within the first year.



43

Rent and mortgage assistance helped families maintain safe and affordable housing and avoid foreclosure.



18

Car related expenses were paid through Drive to Success. Reliable cars aid in maintaining regular employment.

Helping People! — Changing Lives!

COMMUNITY HEALTH SERVICES

Communicable Disease Case Surveillance

COVID-19 has made impact on many Communicable Diseases, but especially on Sexually Transmitted Diseases (STD). Case numbers may have dropped slightly during the Pandemic, when shelter in place was ordered, but continued to rise in 2022. The increase is most likely due to reduced screening, limited resources, as well as the lifting of social distancing measures — which influenced sexual behaviors, limited sexual activity, or reduced access to new sexual partners.

In 2022, our Communicable Disease Program team reported 356 cases of infectious diseases. We provided

STD prevention-focused education via an assertive community outreach campaign that included numerous local school presentations, and through the use of social and mainstream media outlets.



Tuberculosis Case Surveillance

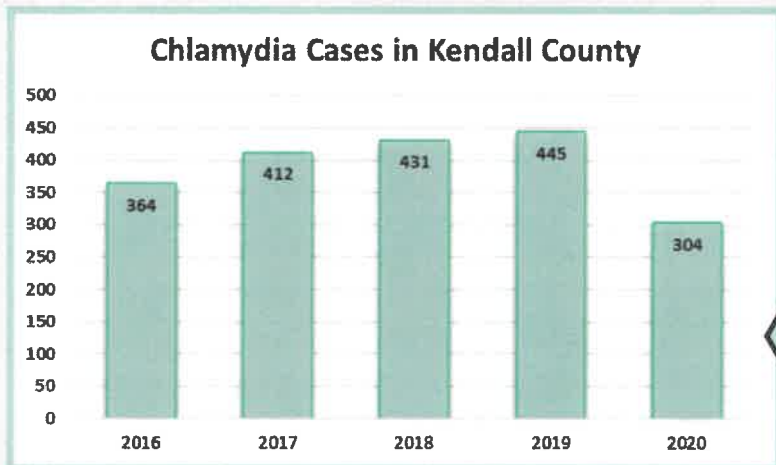
Tuberculosis (TB) is a contagious and potentially life-threatening disease transmitted through the air. Although both preventable and curable, tuberculosis once was the leading cause of death in the United States until COVID19 emerged. In 2022, the TB surveillance team provided direction of care and oversight of treatment to four (4) Active Tuberculosis cases and 75 Latent Tuberculosis cases compared to 2021, reporting only one active case and 55 latent cases. We have partnered closely with our local physicians, and Sunny Hill TB clinic in Will County to provide comprehensive care for our clients. We have provided educational handouts to the public, and TB testing to over 200 clients.

Immunizations



Immunization is one of the most successful public health interventions available. Receiving on-time vaccinations helps provide immunity against potentially life-threatening diseases. At present there are 14 vaccines available to prevent diseases for children birth to 18 years old. Our Immunizations Program team provides the Vaccines for Children Program (VFC) through our Back- to- School clinics each year. This year alone we provided 25 VFC clinics, giving over 340 children's shots. Additionally, we provide adult vaccines, such as the Flu, Hepatitis A/B, D-tap, Rabies – this year administering 1,989 vaccines, including 1,875 COVID shots. With each vaccine administered comes the promise of spreadable infection prevention. We have also embarked on a robust long-term educational campaign to promote vaccine confidence.

Sexually Transmitted Disease

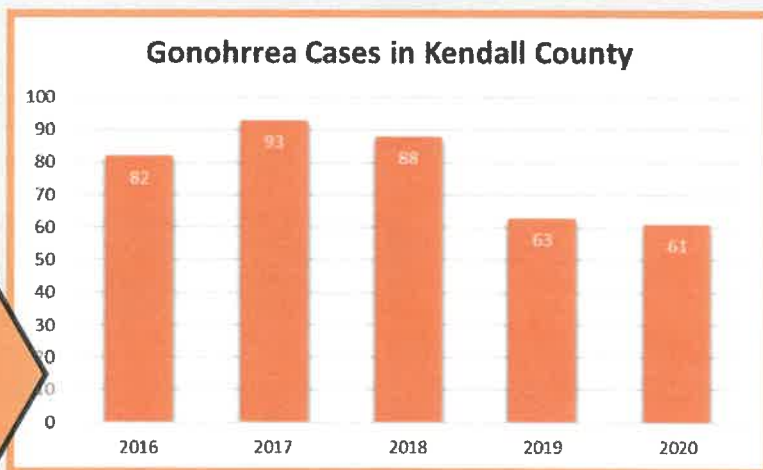


Nearly 2/3 (61%) of Chlamydia cases were persons aged 15-24 years old.

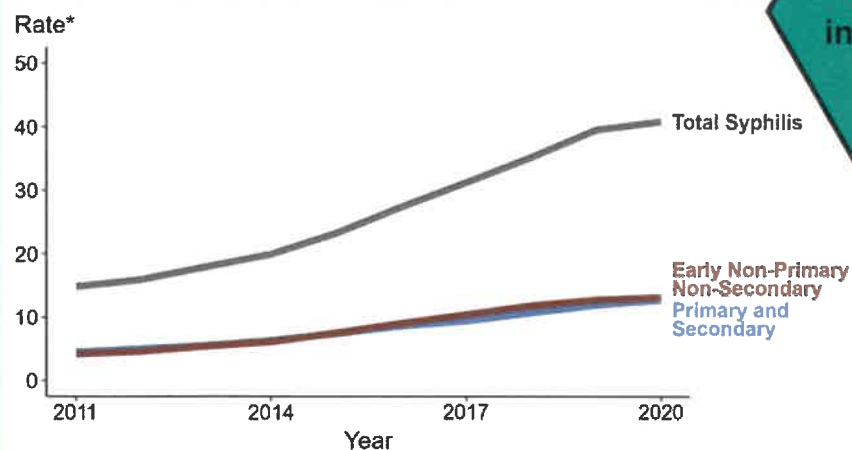
1,579,885 cases of Chlamydia were reported in the US in 2020.

677,769 cases of Gonorrhea were reported in the US in 2020.

There was a 7% increase in Gonorrhea cases in 2020.



Syphilis — Rates of Reported Cases by Stage of Infection, United States, 2011-2020



Kendall County reflected a 10% increase in Syphilis cases in 2020.

133,945 cases of all stages of Syphilis were reported in the US in 2020.

*STD data is delayed annually from IDPH and CDC. Data presented reflects most recent available data.

ENVIRONMENTAL HEALTH SERVICES

Non-Community Wells

Non-community wells are wells that serve small populations, usually churches, restaurants or small businesses, in rural parts of the county. These wells are currently required to be sampled by the supply operator at each facility on a routine schedule, usually once a year, with samples sent to the Illinois Department of Public Health lab in Springfield. This has proven to be extremely difficult in the last few years due to challenges in overnight shipping to the lab and increasing complexities of the state and federal program requirements, especially if samples reveal contamination. Recognizing this, we aimed to find a solution. The team collaborated with decision makers in county governance and held a town hall meeting to gather input from facility operators who were working in this program. This work culminated in the development of a proposed county operated program to help water supply operators. The goal will be to use our staff to take their samples on schedule and transport them to a local lab to have them tested. We are finalizing details and writing draft ordinance language and hope to have the program implemented during 2023.



Food Protection Quality Assurance

This past year, we implemented a quality assurance process in our Food Protection program by utilizing the FDA Voluntary Retail Food Regulatory Program Standard 4: Uniform Inspection Program process. Following this process, a supervisor accompanied each inspector on a number of facility inspections and audited their work. Inspector performance was measured against a 20 point FDA audit form. Results showed that inspectors were over 99% in compliance with these inspection standards. We will perform this audit annually to ensure that a uniform inspection process is maintained.



Vector Borne Disease Education



In 2022, we expanded our West Nile Virus and Tick program education initiatives in local schools. By expanding the program from one to two Oswego middle schools, we effectively doubled our school outreach. These educational sessions allows staff access to well over five hundred middle school students where we provide this important health and safety information.

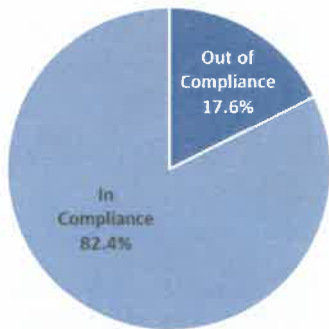
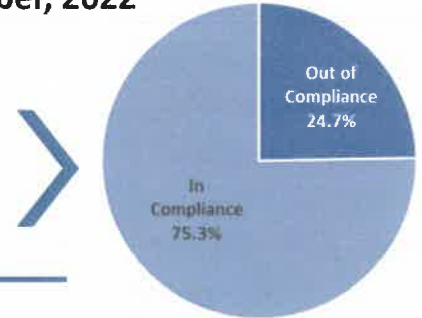
Restaurant Inspection Violation and Mitigation

Between April and October in 2022, Environmental Health collected violation data from 145 restaurant inspections conducted. Facilities defined as restaurants include both fast food and full service facilities and make up the largest category of food facility we permit and inspect. Data was analyzed allowing for insights and corrective actions to be discussed and implemented. Below are the top 5 violation types observed and the percentage by which they were observed across all inspections conducted.

» 145 Total restaurant inspections from April to October, 2022

Violation: Consumers are not properly advised of the risks of consuming raw or undercooked animal foods.

Corrective Action: Facility is to properly post risks of food borne illness in easy to see locations.



Violation: Time alone is improperly used as a public health control.

Corrective Action: Facility is to follow exactly the Health Department approved plan for time alone. Other, safer methods (such as temperature control) should be used much more frequently.

Violation: Foods are not cooled properly.

Corrective Action: Facility is to ensure that foods are cooked such that they pass through the temperature danger zone (135°-40°F) as quickly as possible.



Violation: Refrigerated, ready-to-eat foods are improperly date marked and not discarded within 7 days of preparing or opening.

Corrective Action: Facility is to understand proper procedure in labeling opened and prepared potentially hazardous foods and ensure properly marked foods are discarded after expiration.

Violation: Food is not protected from cross-contamination during storage, preparation, and display.

Corrective Action: Facility is to ensure that foods are protected at all times through the process.



Staff take an educational approach first when inspecting a food facility. We work to establish understanding regarding the rules and emphasize the “whys” when we explain that a correction is needed. Follow ups are performed according to the appropriate schedule to ensure compliance with the rule. Each of these recorded violations was “followed-up” on to ensure eventual compliance and understanding. Importantly, inspections are conducted routinely to ensure that facility staff do not fall back into same habits that can ultimately lead to increases in food borne illnesses.

MENTAL HEALTH SERVICES

Maintaining Balance

Although there have been some changes in COVID numbers, there is so much continued variance in the amount of those impacted and how they are impacted. This has resulted in many individuals having persistent anxiety or depression. We have continued to offer our services both remotely and on-site. We have encouraged those we already get to serve to come in for sessions, on a basis determined between her/his/their clinician and her/him/themselves for many reasons including: addressing avoidance, increasing connectedness, and to provide beneficial face-to-face therapeutic contact. In order to maintain balance between sessions, or while awaiting therapy, here are some grounding techniques to consider. One is 5-4-3-2-1 grounding (senses grounding) – notice the following – 5 things you see; 4 things you feel (outside of body (e.g. how does table feel)); 3 things you hear; 2 things you smell; 1 thing you taste. Another is four (4) corner breathing- Breathe in for four (4) counts; hold for four (4) counts; breathe out for four (4) counts; hold for four (4) counts and continue as needed.

Tobacco Free Illinois



The Illinois Tobacco Free Communities (ITFC) program is a way we contribute to the overall health of Kendall County. Our two staff who work within this program complete smoke-free compliance checks, develop partnerships with agencies to be referrals for the Illinois Tobacco Quit Line, among other responsibilities. We are also a referral partner for Illinois Tobacco Quit Line. Individuals coming into services are also able to address cigarette use while also addressing their mental health and/or substance use. Individuals are given opportunities to work on changing smoking habits.

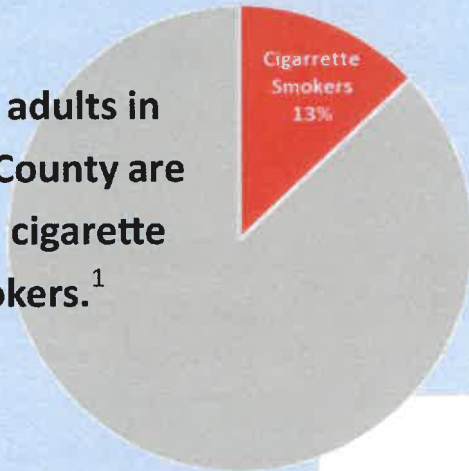
Transition Services

Our community gets older every day - it's just the way it works. We engage those who are older to adjust to transitional changes that come with aging; as well as work with those who provide care to older loved ones. There was a blip of time when we did not have a Transitions Coordinator. We are so grateful to have someone in this position again. Our Transitions Coordinator will be back out in the community aiding those who have more years around the sun to continue to have quality of life. We provide opportunities for social engagement with groups for both older adults and those who care for them.



Tobacco Use in Kendall County

13% of adults in Kendall County are current cigarette smokers.¹



21.4% of US tobacco users reported regular feelings of anxiety; 26.9% reported regular feelings of depression.³



In 2022, Kendall County Health Department completed

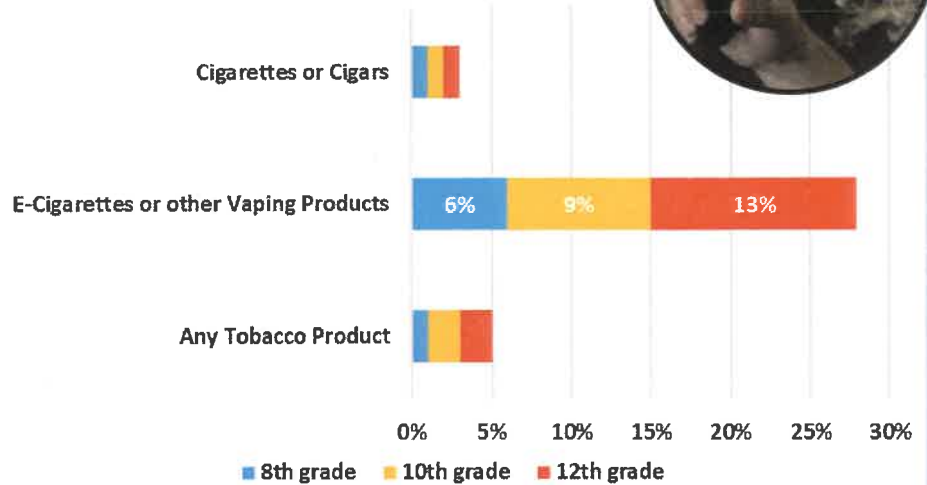
130 random compliance checks

(not including checks done during annual food inspections through Environmental Health).

Across youth in grades 8, 10, and 12 – 3% smoke cigarettes; 28% use e-cigarettes or other vaping products; 5% use any tobacco product (smokeless tobacco, tobacco smoked through cigarettes or cigars, or tobacco used in a hookah).²



Youth Tobacco Use



Illinois Tobacco Quit Line is a free resource available for anyone wishing to quit tobacco use. Partnerships for the Illinois Tobacco Quit Line are constantly being developed.



1 - Per countyhealthrankings.org; 2 - Per 2022 Illinois Youth Survey; 3 - Per CDC (<https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html>)

COMMUNITY HEALTH IMPROVEMENT PLAN



Three new health priorities have been selected to serve as the focus of our 2021-2026 IPLAN.

Chosen through community partner consensus, these three health priorities represent health and well-being initiatives unduplicated by efforts already established in the local public health system.

INCREASE COMMUNITY AWARENESS TO PROTECT AGAINST VECTOR BORNE DISEASE

Increase awareness in residents of Kendall County by utilizing an outreach and education program. This program will include both in-person and social media education and surveys that will demonstrate minimum 50% increase in potential protective behavioral change over 5 years.

- 5 or more sites will be surveyed for mosquitoes and tick drags will be done at 3 or more sites per year.
- Awareness campaign and survey will be done through social media.
- 2 or more community presentations will be delivered to county residents annually.
- Near proximity residents notified and educated for all initial positive West Nile virus mosquitoes pools detected.



PROMOTE OPPORTUNITIES TO REDUCE VACCINATION HESITANCY

By 2026, KCHD will approach 100% of Kendall County physicians and health-care centers to promote engagement in increasing access and knowledge to routinely recommended vaccines.

- Share information with 100% of Kendall County physicians and health-care centers.
- Provide two community educational vaccine programs, annually.
- Create a web-accessible site linking individuals to routine and emerging vaccine education and support.



CONNECT OUR MOST VULNERABLE TO ASSETS THAT REDUCE SOCIO-ECONOMIC DURESS & SUPPORT MENTAL HEALTH

By 2026, outreach to 100% of community residents and partners, with whom we engage, to address the need for greater mental health awareness and support and to decrease socio-economic duress regarding our community's most vulnerable.

- Increase outreach settings to 3 underserved towns to allow people closer access to services.
- Increase educational information access throughout the community with 4 podcasts in both English and Spanish and 3 community presentations.
- Cultivate 1 new or strengthen 1 existing community partnership dedicated to socio-economic and/or mental health support.



STRATEGIC PLAN

Over the course of 2022, the Kendall County Health Department developed the 2022-2027 Strategic Plan involving health department staff, Board of Health members, and external stakeholders. The strategic planning process resulted in a five-year plan for our agency focusing on four strategic priorities that will help guide our efforts to provide high quality services and programs.

Strategic Priority 1:

Financial Sustainability

KCHD will sustain its work in the community by maintaining, expanding and diversifying its funding resources.

Includes goals of maintaining a healthy operational reserve and diversifying funding streams.



Strategic Priority 2:

Public Awareness

KCHD will engage in ongoing communications within our community to further cultivate a culture of trust.

Includes goals of broadening marketing strategies and engaging volunteers as local advocates.



Strategic Priority 3: **Workforce Development**

KCHD will develop a public health workforce that is fluid, responsive, and represents our community.

Includes goals of maintaining a passionate, competent workforce and promoting and supporting a culture of continuous learning.



Strategic Priority 4: **Equitable Access**

KCHD will provide equitable access to public health services, programs, and opportunities to ensure health and well-being for all in Kendall County.

Includes goals of enhancing equitable outreach and programming to underserved geographic areas of Kendall County and enhancing equitable outreach and programming to diverse populations.



The complete 2022-2027 Strategic Plan is available on our website, www.kendallhealth.org.

HIGHLIGHTS OF 2022



Kendall County Health Department new mobile clinic van arrived in November. It was purchased in conjunction with the Kendall County Board through American Rescue Plan Act funding. This vehicle has been designed to offer services off-site as well and conduct outreach. Staff can now meet the community where there are to provide services such as vaccinations, program registrations, blood pressure checks, and many others.



KCHD hosted a Public Health Seminar Day for the Kendall County Law Enforcement Youth Academy in July.

Staff presented about services offered at the Health Department as well as highlighted our partnerships with law enforcement.

Kendall County Public Action to Deliver Shelter (PADS) decided to dissolve after 12 years of providing meals, shelter, and social services to the area's unhoused community.

In May, PADS donated \$108,000 to KCHD to serve the homeless in Kendall County.



Throughout the year, staff presented at Kendall County Board meetings.

In October, Community Health staff presented on Sexually Transmitted Disease rates in the county.



In February, a standing order was issued by IDPH which allowed our office to obtain and distribute free Naloxone (Narcan) to the community, no questions asked.



In October, a bivalent COVID-19 booster dose was approved. KCHD vaccination clinics began offering the bivalent booster to the community.

Throughout the year, KCHD staff participate in outreach events in the community.

In August, one of these events was National Night Out hosted by the Kendall County Sheriff's Office.



In 2022, KCHD joined Yorkville, Plano, and Oswego Chambers of Commerce.



The Kendall County Sheriff's Office offered three active shooter trainings for staff and the community in October.



All Staff Meetings were held in-person once again to provide training, share program updates, and express appreciation for the dedication and hard work staff have given.

A new Spirit Committee was launched in October with the goal of fostering community within staff.



In 2022, four long time staff retired. Between the four, they had **102** years of service combined!





In October, staff participated in a Public Health Career Fair with Indian Valley Vocational Center (IVVC) students. Staff highlighted their profession and the educational pathways to this career.

In May, staff attended a ribbon cutting for a rehabilitated house in the Village of Coal City. KCHD's Weatherization program was one piece of the project's partnership.



In May, KCHD completed a site survey for accreditation by Commission on Accreditation of Rehabilitation Facilities (CARF). Out of more than 1500 standards, KCHD received only one finding for improvement. Highlighted below are some comments made in the 3-year Accreditation Report.

"There is a commitment to providing quality care that is evident by the commitment of leadership and staff members to quality improvement. The organization is designed to benefit the lives of the persons served."

"All of the programs provided are carefully designed to enhance the quality of life and improve the well-being of all persons served. The services offered are also a reflection of the community needs, ensuring a strong collaboration and partnership that only enhances the quality of service."

"The organization places a good deal of pride, energy, and expertise into its work ethic."

"A stakeholder explained that the organization is worthy of press conferences, billboards, and publicity and stated that it should be publicized and broadcasted throughout the county."

"The organization has the resources and the willingness to demonstrate continuous performance improvement."



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**Partnering to build a thriving Kendall County
where all people have equal opportunity
for overall health and well-being.**



Public Health
Prevent. Promote. Protect.



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