It’s All About Prevention.
On behalf of the DuPage County Board of Health and the staff at the DuPage County Health Department, welcome to “Health Matters.” We believe you will find this information both helpful and important.

We are often asked about services provided by the Health Department. We are proud to respond that we help hundreds of people directly on a daily basis. And we also provide other services to nearly every one of the 1 million residents of DuPage County, also on a daily basis.

How is that possible? There are thousands of persons who receive direct daily services at Health Department facilities, such as our mental health clients and families who are assisted with nutrition, immunizations and professional support. From an even broader perspective, we inspect more than 3,700 food and beverage establishments throughout DuPage County to make sure all residents get safe food when dining out or purchasing food. We also monitor communicable diseases, such as West Nile virus, throughout DuPage County. Those are just a sampling of services provided by the Health Department.

Health Matters will give you an idea of the scope of Health Department services. There are many, many more services. For a full list of services, please visit www.dupagehealth.org to learn more about YOUR Health Department.

Linda A. Kurzawa
DuPage County Board of Health President
DuPage County Board Member, District 6

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Adverse Pregnancy Outcome Reporting System (APORS)
Vision and Hearing
Dental Health Program
Woman, Infants and Children (WIC)
Illinois Breast and Cervical Cancer Screening Program (IBCCSP)
Forward (Obesity Initiative)
Families of high risk infants often feel isolated and unsure how to navigate medical and social services. They may feel isolated from family and friends. It can be overwhelming taking care of an infant with special needs. The DuPage County Health Department helps hundreds of these families every year.

Parents may need guidance to help them gain confidence and competency in nurturing and promoting the physical, emotional, cognitive and social health of their infants. Families may decline services when they are contacted. However, it is not unusual for someone to decline services and contact us months later requesting services.

Birth defects are the leading cause of infant mortality and contribute to childhood morbidity and long term disability. The Adverse Pregnancy Outcome Reporting System (APORS) identifies children born with complex medical diagnoses. Medically high-risk infants may require specialized services to correct, prevent and alleviate health problems. Early identification of these infants enables the health department to provide education, resources, and support, thereby reducing the rates of infant morbidity and mortality.

Case Managers for APORS provide a vital lifeline to our most at-risk population.

Local health departments provide the follow-up services for all infants reported into APORS. These services are provided free. In 2008, the DuPage County Health Department served 631 high risk infants. Many of the infants served required multiple interactions. Case management is provided by a registered nurse until services are no longer needed or the infant is 24 months old.
The Vision and Hearing Programs at the DuPage County Health Department identify children who may have problems. In 2009, for example, the health department screened nearly 72,916 youngsters.

Impaired vision or hearing can seriously affect learning; as well as contribute to the development of emotional and behavioral problems. Early detection and proper treatment insures a better chance at successful correction.

Any student who fails a vision or hearing screening is retested. If a student fails both screenings they are referred to a professional eye exam or a medical evaluation.

In 2009, the DuPage County Health Department provided a total of 72,916 Vision and Hearing screenings.

<table>
<thead>
<tr>
<th>#</th>
<th>Vision</th>
<th>Hearing</th>
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<tbody>
<tr>
<td>1</td>
<td>4,344</td>
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<tr>
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</tr>
<tr>
<td>6</td>
<td>3,121</td>
<td>4,712</td>
</tr>
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</table>

A Success Story: A parent wrote to tell us how important the screening program was to her family. She noticed that her son was not hearing well. Doctors and teachers chalked it up to shyness and slow development.

He failed the hearing screening provided at his school by the DuPage County Health Department. Then his doctor performed a hearing test and he failed. An exam by an Ear, Nose and Throat specialist found massive hearing loss due to chronic fluid in his ears. Soon after, tubes were placed in his ears.

On the car ride home from the hospital he was singing and Mom realized this was the first time she heard him sing. Her letter continues,

“You gave me a voice. You helped us get a diagnosis and you changed my life, my sons and everyone around him.”
Tooth decay affects children in the United States more than any other chronic infectious disease. Left untreated, tooth decay causes pain and infections that may lead to difficulty eating, speaking, playing and learning. Children and adults miss sleep, school and work due to untreated dental disease.

Fortunately, tooth decay and oral diseases are preventable.

The Dental Health Program at the DuPage County Health Department provides access to necessary dental care for low income children and adults who do not have dental insurance or qualify for public aid programs. This program also provides professional and general education, assessment and referrals for treatment to the health department’s low cost Dental Referral Program and other low-cost providers; as well as, fluoride services to eligible children.

A vital component of the Dental Health Program is providing oral screenings of children and the application of preventive dental sealants. Dental sealants protect the pits and grooves of the back teeth from the bacteria that may cause cavities. They can only be applied to cavity free surfaces. Therefore, it is important to have sealants applied as soon as possible. Sealants reduce the incidence of dental decay. This helps reduce the single most common chronic disease of childhood, tooth decay.

Sixty-five percent of all procedures on children were sealants. The application of sealants can virtually eradicate dental decay.

The Dental Program also reaches out to the communities of DuPage with The Smile Squad. The Smile Squad is a state-of-the-art mobile dental clinic that provided 138 site visits in 2009. These site visits bring dental services to the community and improve access to dental services.
The Women, Infants and Children Program is a supplemental food program at the DuPage County Health Department that provides nutrition information and free food to help mothers, babies and children get the nutrients they need for proper growth and development. WIC provides nutritional counseling, education and food vouchers to eligible women and children. Eligibility is based on income guidelines, state residency requirements and the determination of “nutritional risk.”

In 2009, WIC served 17,038 income eligible women and children in DuPage County. This included pregnant, breastfeeding and postpartum women; infants and children up to 5 years of age who have a medical or nutritional risk; and caregivers who have medical and financial responsibility for children and are relatives but not legal guardians of the children. WIC enables children to be fed properly during critical periods of growth and development.

WIC serves to safeguard the health of low income women, infants and children up to age five who are nutritionally at risk by providing nutritious foods to supplement diets, information on healthy eating and referrals to healthcare. “Nutritional risk” consists of medical risks such as underweight, overweight, pregnancy complications or poor pregnancy outcomes and dietary risks, including failure to meet dietary guidelines or inappropriate nutritional practices. A health screening is provided free to program applicants.

WIC is an effective program that improves the health of pregnant women, new mothers and their infants. Participation in WIC has been linked to longer gestation periods, higher birth weights and lower infant mortality. The combination of education, nutritious foods and yearly health care visits establishes a strong foundation for long-term family health.

Total number of women, infants and children participating in the WIC program:

- District 1 - 4,123
- District 2 - 2,599
- District 3 - 1,803
- District 4 - 2,286
- District 5 - 1,636
- District 6 - 4,588

Increase in demand for services since 2007:

- 75%
Early detection is the key to survival

Breast cancer affects one in eight women during their lives and kills more women in the United States than any cancer except lung cancer. In DuPage County, 4,125 women were diagnosed with breast or cervical cancer from 2002-2006.

Many deaths from breast and cervical cancers could be avoided if cancer screening rates increased among women. Early detection is the key to survival. Deaths from these diseases occur disproportionately among women who are uninsured or underinsured. Mammography and Pap tests are underused by women who have no source or no regular source of health care, women without health insurance, and women who immigrated to the United States within the past 10 years.

The Illinois Breast and Cervical Cancer Program provides the necessary resources for many women who would otherwise not receive their recommended screenings. The DuPage County Health Department provided 6,118 cancer screenings for women in 2008.

IBCCP provides free clinical breast examination, mammography, pelvic examination and Pap test for women aged 40 and older who are financially eligible.

If breast cancer is detected, treatment is also provided. In addition a case manager is assigned during an IBCCP screening to each client to guide her during the treatment process.

The WISEWOMAN Program seeks to lower the rate of heart disease among women. Women from the breast and cervical program are identified and screened for risk factors of heart disease. They may participate in a 12 week program that provides resources and tools to assist them with problem solving, nutrition, physical activity, goal setting, and stress management. By developing these skills, women learn how to not only improve their own health, but also the health of their families.

The Illinois Breast and Cervical Cancer Screening Program along with WISEWOMAN provide women in DuPage County with the necessary resources to prevent serious illness and the necessary interventions when it seems there is no other place to turn.

DCHD provided

6,118

cancer screenings in 2008

Breast Cancer affects

1 in 8 Women
Obesity has reached epidemic proportions. According to health experts nationwide, rates have more than doubled since the 1970s. FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage) is the new leadership initiative for DuPage County to reverse the trend of increasing rates of childhood and adult obesity.

One of the initial goals is to collect data and conduct research to identify the magnitude of the problem in order to work with the residents and leaders of DuPage County to develop policy, system and environmental changes to support healthy eating and active living.

FORWARD will share and improve access to strategies that have been effective to reverse the trend and assist residents to achieve healthier weight and to develop healthier lifestyles.

FORWARD collected and analyzed existing data to identify the obesity issue locally. A snapshot of local information was compiled in partnership with FORWARD Coalition members and supporting organizations as a place to begin to identify obesity rates and ultimately inform as FORWARD addresses this problem.

THE DATA SNAPSHOOT REVEALED:

- Obesity rates in DuPage County are comparable to state and national averages. In some communities, obesity rates appear to be significantly higher.

- The adult overweight and obesity rate for DuPage County is 56 percent.

- For youths, the overweight and obesity rate is 33 percent.

We now have better clarity regarding predictors for obesity in children. Family history or genetic makeup, socioeconomic status and children living in poverty are all risk factors to obesity and overweight.

OBESITY IS COSTLY:

- The complications and consequences of obesity are widespread. Recent estimates of the medical costs of obesity for the United States are an astounding $147 billion.

- Many expenses are due to chronic health conditions that are a result of the complications of obesity, such as heart disease, stroke, diabetes, high blood pressure, certain cancers, arthritis and others.

FORWARD will tackle the challenge locally in DuPage County to help contribute to the solution nationally. To date, more than 150 community members or organizations have joined the coalition and have committed to developing innovative strategies to make DuPage County the healthiest county in the nation.

FORWARD held a kickoff event that attracted thousands at Whole Foods Market in Wheaton and included an appearance by Jerry and Estella Hayes from Season 7 of NBC’s “Biggest Loser” show, as well the announcement of the first group of Student Health Champions who will help spread the word about FORWARD among their peers and serve as role models for the FORWARD initiative.
Emergency and Disease Control

EDC

Novel H1N1 Flu Virus
Tuberculosis
Sexually Transmitted Disease
The arrival of the novel H1N1 flu virus

The arrival of the novel H1N1 flu virus in the United States in the spring of 2009 caught everyone by surprise. But that didn't last long. The DuPage County Health Department began working on its response within hours of H1N1 arriving in the United States.

Health Department preparations for a potential flu pandemic and staff training in Incident Command Systems began in 2006 and that helped greatly with this rapid response.

Key elements utilized in the response included using an electronic reporting system to track absentee rates in DuPage County schools, hiring temporary employees to assist with vaccine distribution and contracting with a professional call center to make appointments for residents, which greatly helped with efficient management of flu shot clinics:

- The Health Department, with assistance from Dr. Darlene Ruscitti, Regional Superintendent of the DuPage County Regional Office of Education, started working in spring to develop relationships with schools and school leaders to track absences, distribute prevention information and keep schools open. An electronic tracking system was created over summer to make it easier for schools to submit their data on absentee numbers.

- Community education campaign (including advertising, community presentations, news media messages and utilization of new technology such as YouTube, Facebook and Twitter) was organized during summer to emphasize prevention and control messages.

- Contracted with an outside professional call center to take appointments, better serve clients and help manage our limited supply of vaccine. A scalable approach was developed to manage clinics and vaccine distribution. The health department hired temporary medical and non-medical staff to lift the outbreak off of the agency and maintain daily services.

### 2009 total DuPage County flu vaccinations by age group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number</th>
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<tbody>
<tr>
<td>6 - 24 months</td>
<td>6,675</td>
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<tr>
<td>24 - 59 months</td>
<td>10,661</td>
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<tr>
<td>5 - 18 Years</td>
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<tr>
<td>19 - 24 Years</td>
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<td>31,347</td>
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<td>50 - 64 Years</td>
<td>8,102</td>
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<tr>
<td>65+ Years</td>
<td>3,149</td>
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<tr>
<td>No Age Indicated</td>
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</table>

80 clinics were held from Oct. 19, 2009 to Jan. 31, 2010.

159,701 calls taken by the H1N1 appointment line.

More than 100,000 doses of vaccine were distributed.

More than 20,000 hours worked by full-time, part-time and temporary employees in H1N1 clinics.
Did you know that the DuPage County Health Department has a Tuberculosis Clinic that provided nearly 20,000 services in 2008?

TB is still a global, national and local threat. The health department’s TB Clinic provides services, including testing, treatment, prevention, surveillance, contact evaluation, and education.

The health department is the only provider in the region that performs an important service called Directly Observed Therapy (DOT). Due to the limited resources of physician practices to ensure patient treatment compliance, the Health Department is needed to provide this service.

DOT is the preferred core management strategy for all patients with tuberculosis disease. DOT ensures that persons with active TB finish their entire course of medication (usually several drugs for six to twelve months). If the client does not complete drug therapy, TB bacteria have a chance to develop mutations, which results in multi-drug resistant (MDR) or extensive drug resistant (XPR) TB. The resulting drug resistant strains are more deadly, and much more difficult and costly to treat.

According to the CDC, one third of the world’s population is infected with TB and therefore, it remains a significant public health concern.
Produce yourself,
Protect your future

Chlamydia and gonorrhea, with more than 1,800 cases in DuPage County in 2008, continue to be the most common infectious diseases reported in DuPage County and in the nation. Chlamydia and gonorrhea also pose a serious health threat because they often have no symptoms. If left untreated, they lead to long-term health consequences such as infertility.

Chlamydia is known as the “silent STD” (sexually transmitted disease) because more than half of all new infections go undiagnosed, according to the Centers for Disease Control and Prevention. Chlamydia can linger for months or years before being discovered. Especially vulnerable are those adolescents and young adults between the ages of 14-24 with limited or no access to health care.

If left untreated, chlamydia infections can progress to serious reproductive health problems such as infertility, ectopic pregnancy and chronic pelvic pain. According to the CDC, up to 40 percent of untreated chlamydia and gonorrhea infections in women can result in pelvic inflammatory disease (PID), a condition that causes as many as 50,000 women to become infertile each year. Performing chlamydia and gonorrhea screenings is like “infertility prevention.”

Preventing the spread of STDs is critical. Education, screening and early diagnosis are vital to prevent serious health consequences and increased transmission. According to the AIDS Foundation of Chicago, antibiotics for Chlamydia treatment can cost under $2.50 per patient, while PID treatment can cost more than $1,000 per patient.

*Cases shown reflect treatment by the DuPage County Health Department STD Clinics only.
11,861 food facility inspections for your health

3,743 food services were inspected by the Health Department in 2008.

Do you eat in DuPage County food establishments? Did you know that food service safety is monitored by way of unexpected visits and scheduled inspections by the DuPage County Health Department?

In 2008, there were a total of 11,861 inspections of the food service businesses in DuPage County. More specifically, the health department responded to 403 food-related complaints.

Environmental Health Services sets high standards that promote food safety and sanitary environment for establishments, including retail food stores, restaurants, bars, schools, childcare facilities and any other facility serving food and beverages to the public.

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The Health Department tracks West Nile Virus with county-wide surveillance

The surveillance system used at the DuPage County Health Department is the most extensive of any county health department in Illinois. It includes more than 70 mosquito surveillance sites that are strategically placed all across DuPage County to get an accurate picture of West Nile activity each summer. In 2008, West Nile Virus was reported in 50 mosquito samples of the 1,794 samples tested.

The mosquito surveillance sites are checked twice a week during the months May 1 to October 15. In 2008, 62,320 mosquitoes were examined. When mosquitoes test positive, municipalities are quickly alerted so that residents may be informed and can take precautionary steps, such as using repellent and emptying standing water on their property.
COLLECTION OF UNUSED MEDICATIONS IS ENVIRONMENTALLY-SAFE

The RxBOX initiative, launched in 2009, involved collaboration with 11 municipal police departments and the DuPage County Sheriff to safely and securely collect expired or unused medications, which pose a risk to families, the community and our environment.

RxBOX is one solution to the following problems:

- Between 30 percent and 80 percent of patients do not finish commonly prescribed medicines, such as pain medications, antibiotics and beta blockers.
- Unused medications disposed in the trash risk accidental poisoning of children and pets. If flushed down the toilet, they may accumulate in surface and ground water.
- **Accidental poisoning is second only to motor vehicle accidents as a leading cause of accidental death in the United States.** All age groups are impacted by accidental poisoning.
- One in five teens has abused a prescription pain medication. One in 10 teens has abused cough medication.
- Current disposal practices may result in environmental impacts. Low levels of pharmaceuticals were found recently in the drinking water of 24 United States cities.

RxBOX is safe, secure, convenient, cost-effective and environmentally-safe. This responsible disposal system only uses police stations, which legally handle controlled substances and are secure drop-off and storage locations. This helps keeps narcotics off of the streets.

County residents may drop unwanted medications into collection boxes at any participating police station.

RxBOX collected medications in Addison, Bloomingdale, Burr Ridge, Carol Stream, DuPage County Sheriff’s office, Glendale Heights, Lemont, Lisle, Oak Brook, Schaumburg, Wheaton and Wood Dale.

The medications are safely incinerated in cooperation with the Illinois Environmental Protection Agency using state-of-the-art technology.

More than 5,000 pounds of medications, inhalers and thermometers have been collected from 12 RxBOX locations since the program launched in 2009.
Mental Health Services

MHS

By The Numbers
Mental Health Services provides outpatient and residential services to children and adults who experience chronic mental health issues. Many clients are unable to perform daily functions and would be hospitalized without these services.

As the only state-certified provider of mental health services in DuPage County, we are recognized for the high quality of our specialized outpatient treatment to the chronically mentally ill and are accredited by the Joint Commission for our high standards.

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53% increase in demand for services since 2003.

5,255 Clients Served in 2009

58% are female

42% are male

Accredited by The Joint Commission
Our Crisis Intervention Unit receives more than 44,673 calls annually and operates 24/7 - 365 to provide emergency room and community client screenings and provides short-term therapy to clients in need.

Our clients are the chronically mentally ill... on a scale from one to ten we treat the 9's and 10's...