



Boone County
DEPARTMENT OF
PUBLIC HEALTH

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The mission of the BCDPH is to protect and promote health in Boone County.

FOR IMMEDIATE RELEASE
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**HEALTH DEPARTMENT ANNOUNCES NEW CHRONIC DISEASE
PREVENTION PROGRAM**

BOONE COUNTY- Beginning February 10th the Boone County Health Department will launch their new Chronic Disease Prevention Program. This program will offer a variety of laboratory tests, one-on-one nurse consultations that will include a physical assessment, education about chronic disease prevention, and tools to help clients manage their health. Appointments will be available every Tuesday from 7 am to 11 am at the Health Department office located at 1204 Logan Ave., Belvidere, IL.

“Many health problems and diseases leading to premature death or disability are preventable,” said Amanda Mehl, Director of Personal Health Services at the Health Department. “This new program can assess risk, increase awareness of risk, and provide information, coaching, and support of healthier lifestyles that can have a major influence on building a healthier community.”

A basic Chronic Disease Screening will be offered for \$75. This screening will include laboratory testing for blood sugar, liver and kidney function, cholesterol panel, complete blood count and urinalysis. Blood pressure, weight check and a physical assessment will also be provided.

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Many other laboratory services are available on request. Clients may come to the Health Department with an order from their physician, or if they do not have a primary care physician, we will provide resources to help them find one.

Julie Brosnan, the Health Department's Communicable and Chronic Disease Case Manager says "Keeping track of your numbers, such as blood pressure and cholesterol in addition to maintaining healthy eating and exercise habits is a great start to chronic disease prevention. If you follow a healthy lifestyle -- eat a balanced diet, get regular exercise, and avoid smoking -- you can even turn bad numbers around. The Chronic Disease Prevention Program is a great resource to help clients understand what their numbers say about their health and what they can do to be their healthiest."

For more information on the program, or to schedule an appointment, call 815-544-9730.

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