



## INSIDE THIS ISSUE:

A Look at Chronic Disease,	2
Tobacco Use	3
Healthy Recipe of the Month	4
Kids – Let's Get Physical!	5
Chronic Disease Fact Sheet	6
Brain Exercise	7
Upcoming Wellness Events	7

“If I had my way I’d  
make health catching  
instead of disease.”

~ Robert Ingersoll

## A Look at Chronic Disease

Deborah Page, Public Health Nurse

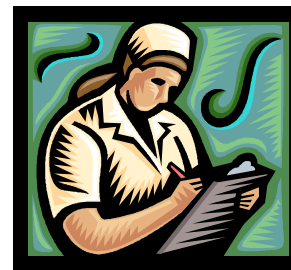
Why me.....???

Many persons diagnosed with a chronic illness often feel this way. Having a chronic illness can greatly impact a person’s lifestyle and life choices in a myriad of ways. With chronic disease your symptoms may get in the way of doing your normal daily activities. You may have trouble bathing yourself, getting dressed, feeding yourself, and/or running errands.

Individuals often confuse the difference between an acute disease and a chronic disease. They believe an acute disease is always severe. The term acute does not indicate the severity of the disease. Instead, it indicates how long the disease lasts and how quickly it develops.

In contrast, a chronic disease produces symptoms for quite some time, lasting for three months or more, and may recur. A chronic disease is persistent and can be mild, severe, or fatal. Unlike an acute disease, a chronic disease is likely to develop over time instead of having a sudden onset.

While some acute diseases may resolve by themselves, without requiring significant medical attention or treatment, chronic diseases often require the care of a medical professional and the use of prescription medications. Sometimes, hospitalization is required as well. For an example, an individual with diabetes may need to see a doctor on a regular basis



and take prescribed medications. An individual with kidney disease may require professional medical care, medication, and dialysis. Medical intervention may make an individual with a chronic disease more comfortable, but usually chronic diseases cannot be cured.

In the United States alone, there are more than 130 million individuals struggling with chronic diseases according to the Centers for Disease Control and Prevention. Around the world, the numbers are even more staggering. The most common chronic diseases include heart disease, cancer, chronic obstructive pulmonary disease, and diabetes. An alarming trend is the dramatic rise in childhood obesity. All of these diseases are potentially life threatening.

The increasing incidence of chronic disease has emerged as one of the most important health issues in the 21st century. As the cost of providing health care in America has risen sharply, so does the burden of disease. Studies show that physical inactivity, obesity, unhealthy eating and smoking are common risk factors that contribute to the development of certain chronic

**FAST FACTS:**

- Chronic disease – such as heart disease, cancer, diabetes, stroke and arthritis – are among the most common, costly, and preventable of all health problems in the U.S. and are the leading causes of death and disability.
- Chronic diseases account for 70% of all deaths in the U.S., which number 1.7 million each year. These diseases also cause major limitations in daily living for almost 1 out of 10 Americans (or about 25 million people).
- Four modifiable health risk behaviors---***lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption***---are responsible for much of the illness, suffering, and early death related to chronic diseases.
- What to see how Sutter County compares to California in chronic disease rates? Take a look at the “*Chronic Disease in Sutter County*” Fact Sheet on page 6.

illnesses. These risk factors are a concern for many Sutter County residents.

It is suspected that many Americans today are not physically active enough to achieve any noticeable health benefits. It is further suspected that overall dietary habits are often worse than indicated in self-reported surveys. By participating in health promotion and illness prevention, we can all help improve health and wellness, reduce and prevent chronic illness, and relieve financial pressures on America’s health care system.

If you already have a chronic disease, it is important that you learn self-care measures. Self-care measures are steps you can take to help cope with symptoms of a disease. You and your doctor can work together to develop a plan for taking care of yourself. With self-care measures, you may help yourself feel better by changing the way you do things. You may also stop doing certain things that make you feel worse. Self-care measures may include regularly checking your blood sugar if you are diabetic, increasing your physical activity, losing weight, and/or smoking cessation. Self-care measures can help improve the quality of your life.

Another example of a self-care measure is to become an “expert” patient. Keep a written list of the medicines you take, the amounts, and when and why you take them. Bring the list of your medicines or the pill bottles when you see your doctor. Learn why you take each medicine. Ask your doctor for information about your medicine. Always take your medicine as directed by your doctor.

Call your doctor if you think your medicines are not helping or if you feel

you are having side effects. Do not quit taking your medicines until you discuss it with your doctor. If you are taking medicine that makes you drowsy, do not drive or use heavy equipment.

Ask your doctor when to return for a follow-up visit. Keep all of your appointments. Write down any questions you may have. This way you will remember to ask these questions during your next visit.

In summary, remember the age-old adage, “treat your body like a temple”. If that goal seems unobtainable, at least strive to **do better**. Make a commitment to take better care of yourself. Start slowly, adding one new healthy habit per month. Health care practitioners recognize that not everyone has the resolve to treat their body like a temple, but that doesn’t mean you have to treat it like a hovel.

So back to “why me”.....??? For those of you fortunate to not already be living with a chronic disease, consider this your “head’s up” moment. **Anyone** can develop a chronic disease. Environmental and genetic factors can be just as debilitating as poor lifestyle choices. By practicing good self-care measures, avoiding harmful lifestyle choices and becoming an “expert” patient, you can reduce the effects of a chronic disease.

Instead of “why me”.....???

Strive for..... “why it’s ***not going*** to be me”!

\*\*\*\*\*

Visit these websites to learn more about chronic disease and how to prevent them:

**American Heart Association**  
[www.americanheart.org](http://www.americanheart.org)

**KidsHealth**  
[www.kidshealth.org](http://www.kidshealth.org)

**National Cancer Institutes**  
[www.cancer.gov](http://www.cancer.gov)

## Tobacco Use – Need Another Reason to Quit?

Poonam Bajwa, Health Education Intern

Did you know that chronic diseases such as heart disease, cancer, and diabetes account for 70% of all deaths in the United States? Yes, this amounts to 1.7 million deaths a year. Studies have shown that physical inactivity, unhealthy eating, and smoking are common risk factors that contribute to the development of chronic illnesses. Out of the three factors, tobacco use is the leading preventable cause of premature death in the United States. Tobacco causes more than 400,000 deaths in the United States annually.

Tobacco use is considered the leading causes of death for chronic diseases, such as heart disease, cancer, stroke, chronic lower respiratory disease, and diabetes. Here are the facts from the Centers for Disease Control and Prevention: compared with non-smokers, smoking increases the chances of:

- Stroke by 2 to 4 times
- Men developing lung cancer by 23 times
- Women developing lung cancer by 13 times
- Dying from chronic obstructive lung diseases by 12 to 13 times

Other reasons to become a non-smoker:

- Smoking causes **coronary heart disease**, the leading cause of death in the United States.
- Cigarette smoking causes **reduced circulation** by narrowing the blood vessels (arteries) and puts smokers at risk for developing peripheral vascular diseases.
- Smoking causes **abdominal aortic aneurysm**.

Most smokers don't realize how much they can gain from quitting, rather they tend to focus on how difficult it might be to quit. Choosing to be tobacco free could be one of the most important choices you ever make. Quitting smoking will help you live a longer, healthier life. Giving up smoking can be difficult, but a tobacco-free lifestyle offers many benefits, which will last a lifetime. According to American Cancer Society:

- **Within 20 minutes of smoking last cigarette**- blood pressure returns to normal, pulse rate returns to normal, improved circulation
- **Within 12 hours**- Carbon Monoxide levels drop to normal
- **Within 24 hours**- Chance of heart attack decreases
- **Within 48 hours**- Smell and taste improves, nerve endings start to re-grow, bad breath improves
- **1 to 9 months**- Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection
- **1 year** - The excess risk of coronary heart disease is half that of a smoker's
- **5 years**- Your risk of stroke is reduced to that of a nonsmoker's
- **10 years**- The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases
- **15 years**- The risk of coronary heart disease is that of a nonsmoker's

Quitting smoking requires desire, commitment, and determination. The key to success is to be realistic about your goals of quitting. Decrease your tobacco intake gradually, one step at a time. Instead of smoking a pack a day, smoke half a pack, then a few a day until you're down to none a day. Don't give up if you relapse, keep your goals in mind and keep going. This is when your family and friends play a role in your success; they can give you that extra push. Don't be another statistic, your health means more than a number.

***Remember, it's never too late to quit!***



**Interested in quitting or know someone who wants to quit? There's help close by:**

Sutter County Tobacco Control Program  
1445 Veterans Memorial Circle  
(530) 822-7215

No-cost Quit Kits for anyone

California Smoker's Helpline

1-800-NO-BUTTS

*Sutter Wellness*  
Step Into Wellness – Employee Tobacco Cessation Program

Contact Tara Crim for more details

## Healthy Recipe of the Month

### Peas, please!

Peas have been used in the dry form since ancient times, and archaeologists found them in Egyptian tombs. It was not until the sixteenth century that more tender varieties were developed and eaten fresh. Today only about 5% of all peas grown are sold fresh. More than half of all peas sold are canned and most of the rest are frozen. Snow peas should be shiny and flat, with very small peas that are barely visible through the pod. Smaller pods are the sweetest and the most tender. Sugar snap peas should be bright green, plump, and firm.

### Easy Asian Stir Fry

#### Ingredients:

1 lb extra lean ground beef  
 ½ tbsp garlic salt  
 ¾ cup celery, sliced  
 1 cup bean sprouts  
 ½ cup green onions, chopped  
 2 cups snow peas, cut into 1-inch pieces  
 2 cups green beans, cut into 1-inch pieces  
 3 tbsp reduced sodium soy sauce

#### Directions:

In a skillet over high heat, cook ground beef with garlic salt until beef is browned. Drain excess fat. Add all vegetables and cool until crisp tender. Stir in soy sauce. Serve over brown rice.

**Nutritional Information:** Servings per recipe, 8

Per serving: Calories - 91	Total Fat - 2.3 grams
Protein - 12.5 grams	Carbs - 5 grams
Fiber - 2 grams	



## WELLNESS... YOU BE THE EXAMPLE!!

Do you know someone who lives by this motto, or who is working hard to take charge of their health and well-being??

Then, nominate them for the “**Wellness Superstar Award**”.

Each month Sutter Wellness will recognize one employee for their outstanding dedication to wellness.

To nominate a fellow employee, simply email Tara at [terim@co.sutter.ca.us](mailto:terim@co.sutter.ca.us), and in 150 words or less, explain why you think that employee is a “Wellness Superstar”.

All nominations must be received no later than the 15th of each month.

# Kids.... Let's Get Physical!!

Ben LiaBraaten and Miguel Cruz, YCUSD PE Specialists

Perhaps the most progressive and preventative action in Sutter County toward youth wellness and chronic disease prevention is Sutter North Medical Foundation generously donating to Yuba City Unified School District (YCUSD) to pay for a Physical Education (PE) Specialist to service the elementary schools. YCUSD also contributes one PE Specialist to make a team of two serving teachers and ultimately students at this foundational level.

Three years ago, YCUSD purchased a K-6 Physical Education curriculum, GameDay at the School, in an effort to combat childhood obesity, diabetes, and heart disease. This program came complete with high quality equipment and user-friendly teacher materials. The PE Specialists help the teachers implement the program by setting up the fields/courts for activities/games, demonstrating lessons, monitoring activity levels, and maintaining safety. In all, this enables students to acquire the Education Code mandated 200 minutes of physical activity in a 10-day period.

Each spring, 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders participate in Physical Fitness Testing. This is a measure of Aerobic Capacity, Abdominal Strength, Trunk Extension, Upper Body Strength, Flexibility, and Body Composition. The training process is beneficial to students because they become more aware of the various fitness components and how each one relates to their bodies. They take their age and find the benchmarks in the Healthy Fitness Zones and set goals. They also monitor progress in their personal fitness over time.

At the elementary level, another natural area of emphasis is recess. Students need enough space, equipment, skills, and basic rules to be more active during recess. Children do not play outside enough and too often do not come to school with adequate play skills. The PE Specialists fund-raise, order, organize, and maintain equipment as much as possible. They also teach many lessons in an ongoing effort to increase activity in students' lives and get them closer to the goal of 60 minutes of physical activity per day. Hopefully, some of these life skills transfer to the home life and the remaining minutes are accomplished.

YCUSD aligns resources and partners with community members and agencies through the Wellness Committee. On the school district side, this committee is comprised of a School Board Member, District Office Personnel, School Administrators, the Director of Student Nutrition, School Nurses, a School Readiness Administrator, and Physical Education Teachers. On the community side there is Sutter North Medical Foundation, Shady Creek Outdoor Education Foundation, Tri-County Schools Insurance Group (TCSIG), Sutter County Health Department, and the Dairy Council of California. This is a very active committee working on many efforts: student nutrition, student wellness, community wellness, Sutter County Tobacco Education and Prevention Program, and Shady Creek Outdoor Education and the Fit Quest project.

You, too, can support youth wellness and chronic disease prevention. Do your part and get involved in one of the events the Wellness Committee is promoting: the 5K Turkey Trot, Family Fun Fitness Night, the Bok Kai Fun Run, Run Drugs Out of Town, Girls on the Run, Hawk Flight, Walk-to-School Events, National Public Health Week, and many others.

Help prevent chronic disease. Be a positive role model to children. **We** can only lead by **example!**

.....

Interested in finding out more information about what our schools are doing to promote health and wellness, and chronic disease prevention? Feel free to contact Ben or Miguel:

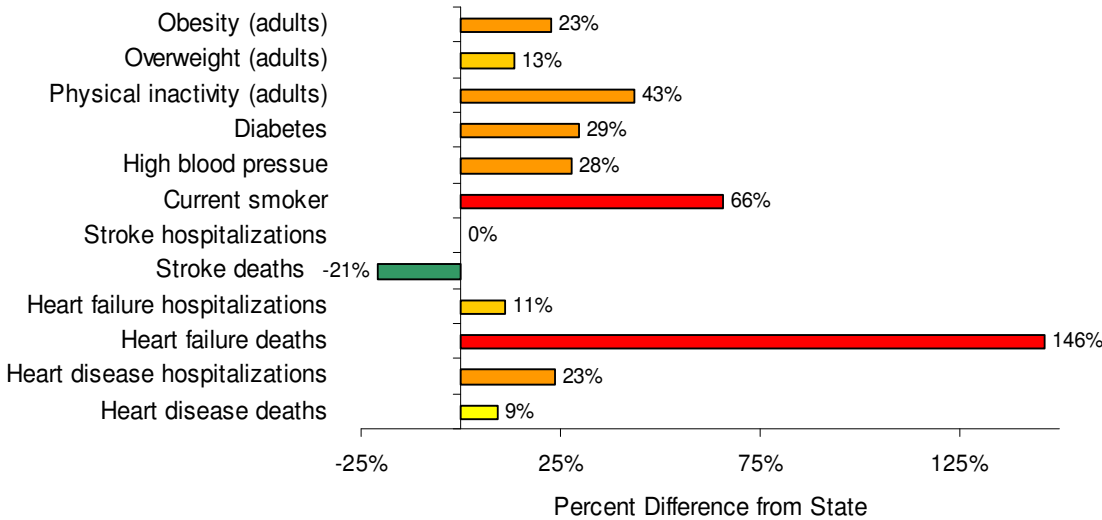
Ben LiaBraaten: [bliabraaten@ycusd.k12.ca.us](mailto:bliabraaten@ycusd.k12.ca.us)  
Miguel Cruz: [mgcruz@ycusd.k12.ca.us](mailto:mgcruz@ycusd.k12.ca.us)

YCUSD Office: (530) 822-5200

# Chronic Diseases in Sutter County

*Where We Are Now....Where Do We Want to Be?*

## Chronic Diseases in Sutter County Compared to California Rates



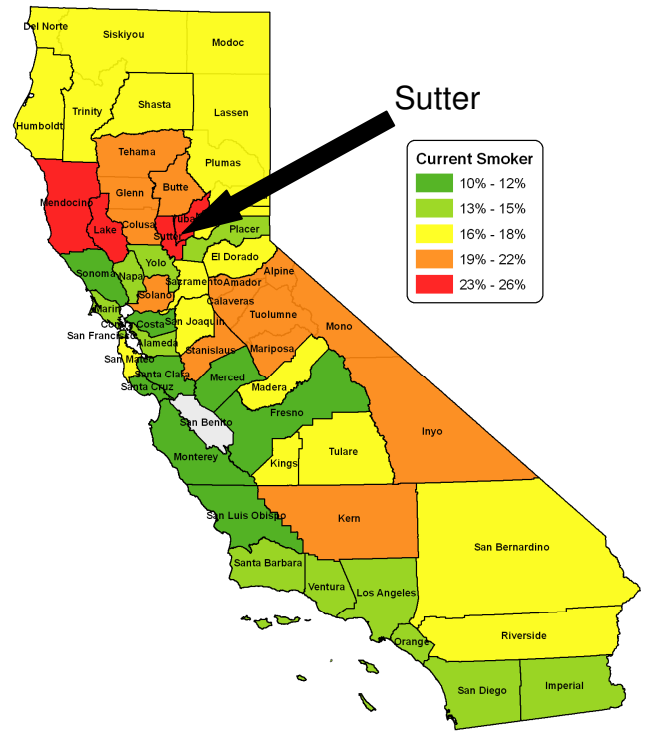
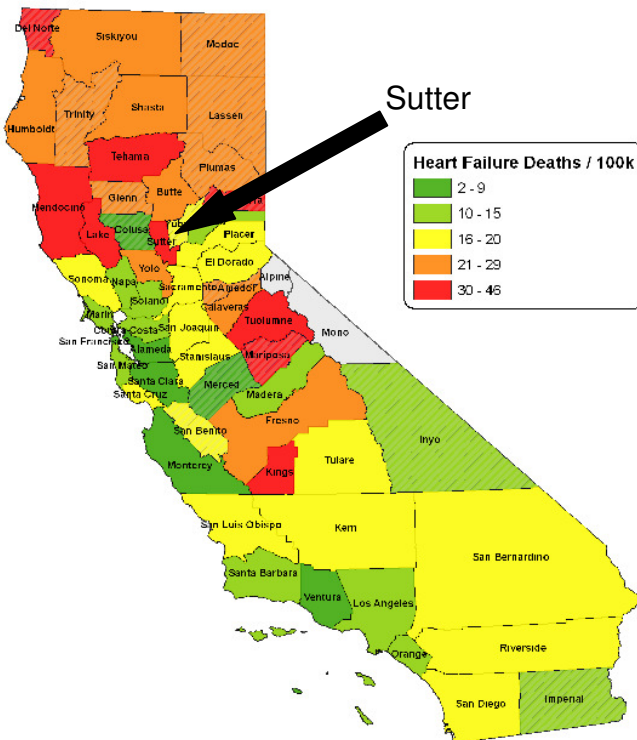
Chronic diseases are persistent or recurring conditions that generally result from factors such as **poor diet** and living conditions, using **tobacco**, or other harmful substances, or a **sedentary lifestyle**.

Lifestyle changes can make a significant difference:

- Eat more fruits & vegetables
- Walk more
- Quit using tobacco:

Call 1-800-NO-BUTTS for free help

The graph above shows how Sutter County chronic disease rates differ from the overall California rates. For example, Sutter County's stroke death rate is **21% less** than the state rate but heart failure deaths are **146% above** the state rate.



Sources: California Health Interview Survey (2007), California Patient Discharge Files (2006), California Death Statistical Master File (2006)



## BRAIN EXERCISE!!!

***Can you figure this one out???***

**What King can you make if you take:  
The head of a Lamb  
The middle of a Pig  
The hind of a Buffalo  
And the Tail of a Dragon**

**(Thank you to Amber Williams – Employment Services)  
for submitting this brain exercise.)**

**Email your guesses to [tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us).  
Please put "Brain Exercise-April"  
in the subject line.**

***GOOD LUCK!!!***

### March Brain Exercise:

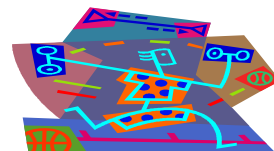
**What word has 1 syllable,  
but when you add 1 letter to the end,  
It becomes 3 syllables?**

**Answer:**

***are (are-a = area)***

.....  
**Congrats to Teri Driscoll from  
Elections for being the first  
to guess correctly!**

## **UPCOMING SUTTER WELLNESS EVENTS:**



- **SUTTER WELLNESS TEAM CAPTAIN MEETING**  
**TUESDAY, APRIL 13<sup>TH</sup>: 11-12 PM – HEALTH DEPARTMENT AUDITORIUM**  
**ALL TEAM CAPTAINS WILL MEET TO DISCUSS FUTURE ACTIVITIES AND EVENTS IN SUTTER WELLNESS**
- **BIKE AROUND THE BUTTES**  
**SATURDAY, APRIL 17<sup>TH</sup>:**  
**3 COURSES TO CHOOSE FROM: 17.5 MILE, 40 MILE AND 100 MILE RIDES.**  
**THE 100-MILE RIDE HAS A START TIME BETWEEN 7 – 7:55 AM, ALL OTHER COURSES HAVE AN OPEN START TIME OF 8 – 11 AM.**  
  
**FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT TARA AT 822-5910.**
- **RUN DRUGS OUT OF TOWN 5K RUN/WALK**  
**SATURDAY, APRIL 24<sup>TH</sup>:** RUN BEGINS AT 9 AM/ REGISTRATION BEGINS AT 7 AM  
**ALL SUTTER WELLNESS PARTICIPANTS MUST CHECK-IN AT THE SUTTER WELLNESS TABLE BETWEEN 8 – 8:30 AM. THERE WILL BE A GROUP PICTURE TAKEN AT 8:40 AM.**  
  
**PLEASE WEAR YOUR SUTTER WELLNESS T-SHIRT TO THIS EVENT!**  
  
**FOR MORE INFORMATION OR QUESTIONS, PLEASE CONTACT TARA AT 822-7215.**
- **HIKING CLUB ACTIVITY – TABLE MOUNTAIN HIKE, BUTTE COUNTY**  
**SATURDAY, MAY 15<sup>TH</sup>, 10:30 AM - TABLE MOUNTAIN ECOLOGICAL RESERVE**  
**THIS HIDDEN BEAUTY OF BUTTE COUNTY JUTS OUT INTO THE SACRAMENTO VALLEY ALONG THE WESTERN EDGE OF THE SIERRA NEVADA FOOTHILLS. THERE WILL BE A 15-ORIENTAION GIVEN BY THE DEPARTMENT OF FISH AND GAME, AND THEN WE WILL GO EXPLORE! DIRECTIONS AND DETAILS WILL DISTRIBUTED THROUGH TEAM CAPTAINS AND SUTTERNET.**

**FOR MORE INFORMATION PLEASE CONTACT TARA CRIM @ 822-5910**