



How can I make changes to Create a Healthier Sutter?

Problem	Suggestion
Eating better	<ul style="list-style-type: none"> • choosemyplate.gov/ • cachampionsforchange.cdph.ca.gov/ • Make 1/2 your plate fruits and veggies
Being more active	<ul style="list-style-type: none"> • Local parks, bike path, school track, walk in mall (opens 8 am for walkers) • Find bike routes: bikeyubacity.com • Dance around the living room! • Move 30—60 minutes per day
Stop using tobacco	<ul style="list-style-type: none"> • Free phone coaching at 1-800-No-BUTTS (1-800-662-8887) • E-cigarettes are not approved by the FDA to help quit. Your doctor can help you choose a proven cessation product.
High cost of health insurance	<ul style="list-style-type: none"> • Promote “workplace wellness”: rates may be lower for healthier employees. • Remove vending machines or sell healthier items http://www.acgov.org/wellness/documents/Healthy_Vending_Machine_Options.pdf • Adopt “Healthy Meeting Guidelines”: http://www.ahc.umn.edu/ahc_content/Colleges/SPH/sph_news/Nutrition.pdf
Childrens’ health habits	<ul style="list-style-type: none"> • cdc.gov/HealthyLiving/ • Support local youth activities • Improve your habits! - children do what we do
Youth access to tobacco	<ul style="list-style-type: none"> • Join the Healthy Retail Work Group of the Substance Abuse Steering Coalition 530-822-7215 ext 247 or 530-674-1885 ext 109
Tobacco smoke in housing	<ul style="list-style-type: none"> • Ask your landlord to make some or all units tobacco-free; call Sutter County Tobacco Control for help at 530-822-7215
Outdoor smoke at local restaurants	<ul style="list-style-type: none"> • Ask restaurant to prohibit smoking at outdoor seating—many already do!
Get the DVD, “The Burden of Chronic Disease in Sutter County” to show others	<p>Call Sutter County Tobacco Control at 530-822-7215 or email esummers@co.sutter.ca.us</p>