

CHRONIC DISEASE

Why It Is Important:

Chronic diseases are long lasting or recurrent medical conditions that shorten lives and may limit the ability for people to engage in normal activities of daily living.¹ Roughly, 6 in 10 adults in the United States have a chronic disease, with 4 in 10 adults suffering from two or more chronic diseases.²⁻⁴ Chronic diseases are largely preventable and modifiable through lifestyle choices and behaviors. While lifestyle choices do play a role in the development of chronic diseases, they are also influenced by where we live, learn, work and play and disproportionately impact some groups of the community more than others.

Risk Factors for Chronic Disease:

- Tobacco use and exposure to second-hand smoke
- Poor nutrition, including diets low in fruits and vegetables and high in sodium and fats
- Lack of physical activity
- Excessive alcohol use
- Age
- Genetics

The following chronic diseases discussed in this dashboard:

1. Alzheimer's Disease
2. Cancer - All Types
3. Cancer - Lung Cancer
4. Cerebrovascular Disease
5. Chronic Lower Respiratory Disease
6. Diabetes
7. Heart Disease

What We Are Doing:

The Sutter County Public Health Branch provides chronic disease prevention efforts through a variety of programs. These programs aim at improving the health of Sutter County residents by providing preventative education and disease management tools for those who are living with a chronic condition. Sutter County Public Health Education and Promotion services also work to "Make the Healthy Choice, the Easy Choice" through policies, systems, and environmental changes that improve health outcomes for all Sutter County residents. In addition, these programs provide outreach and education regarding a variety of health and chronic disease related topics.



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ALZHEIMER'S DISEASE

Why It Is Important:

Alzheimer's disease is the fifth leading cause of death in Sutter County.¹ Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks.² In 2020, as many as 5.8 million Americans were living with Alzheimer's disease, with that number projected to nearly triple to 14 million people by 2060.² Alzheimer's disease is not a normal part of aging and warning signs of this disease include memory loss such as getting lost in familiar places, repeating questions, or other disruptions of daily life, trouble paying bills or handling money, mood, personality, or behavior changes, and decreased or poor judgement.²

Where We Are Now:

Alzheimer's disease death rates are higher in Sutter County than California and the United States (Table 1). There was a rise in Alzheimer's disease deaths in 2018, and then a decrease in 2019.¹ From 2018-2022, deaths were the highest in 2021 and slightly decreased in 2022.¹ Regular visits to a healthcare provider and early screenings can result in early and accurate diagnosis of Alzheimer's disease. For Sutter County to reduce the rates of Alzheimer's disease, the continuation of health programs that promote healthy habits such as regular exercise, healthy diet, and blood pressure management is essential.

Table 1: Alzheimer's Disease

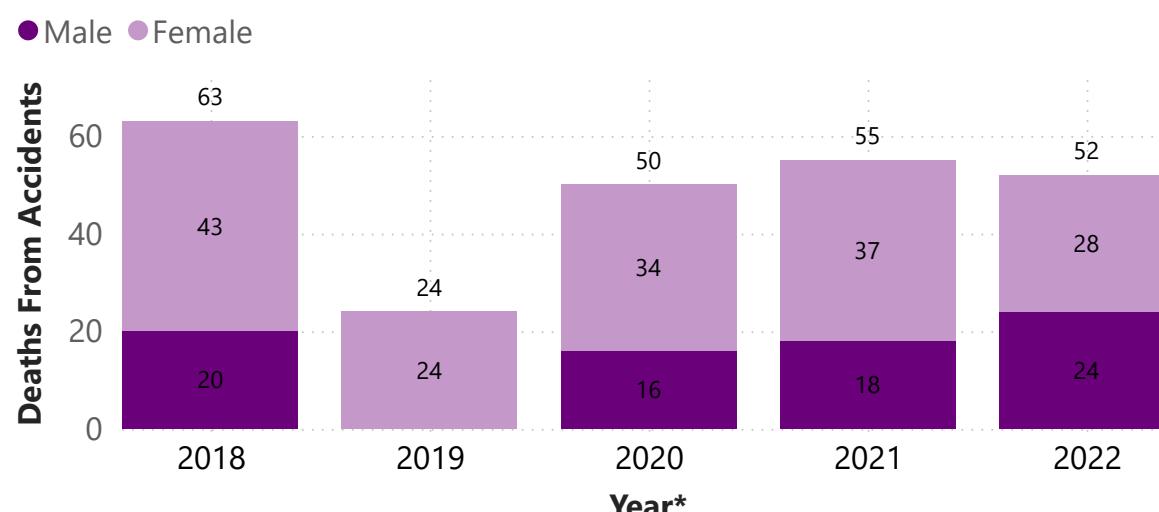
Deaths per 100,000 (2020-2022)³⁻⁵

Location	Deaths per 100k
California	35.5
Sutter County	42.5
United States	30.8

Those Most Affected:

In Sutter County, women are more affected by Alzheimer's disease than men, with this gender discrepancy consistent in the past five years. See Figure 1.¹ Most of the deaths (80%) occurred in individuals over the age of 80.¹ Non-Hispanic Whites followed by Asians and Black residents have the highest death rates from Alzheimer's disease in Sutter County (Figure 2).¹

Figure 1: Alzheimer's Disease Deaths among Sutter County Residents, 2018-2022¹



*2019 data for figure 1 suppressed due to count of less than 11 for males.

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CANCER - ALL TYPES

Why It Is Important:

Cancer is the second leading cause of death in the United States, California, and Sutter County.¹⁻² The term "cancer" refers to a group of diseases in which abnormal cells divide uncontrollably; these cells can then spread throughout the body and invade other tissues.³ There are more than 100 types of cancer, the most common types include breast cancer, lung cancer, prostate cancer, colorectal cancer, and melanoma.³⁻⁴ Cancer has many causes like genetics, modifiable lifestyle factors, and environmental risk factors. Modifiable risk factors include smoking, alcohol drinking, poor diet, physical inactivity and obesity.³⁻⁴

Where We Are Now:

On average, cancer death rates are higher in Sutter County compared to California, but slightly lower than the US (Table 1).^{1,5,6} From 2018 to 2022, Sutter County has seen an overall slight decreasing trend in cancer deaths (Figure 1).⁶ Timely and age-appropriate cancer screenings are important in preventing cancer related deaths. For Sutter County to continue seeing reduced rates of cancer deaths, continuing to provide programs that target risk factors like smoking, drinking alcohol, physical inactivity, and promoting timely age-appropriate cancer screenings is essential.

Table 1: Cancer (All Types) Deaths per 100,000 (2020-2022)^{1,5-6}

Location	Deaths per 100k
California	122.0
Sutter County	138.4
United States	144.3

Those Most Affected:

In Sutter County, more men die due to cancer than women (see Figure 1).² From 2018 to 2022, the average age at death from cancer was 72 years; however, a quarter of those who died from cancer were 64 or younger.² Sutter County also has higher rates of modifiable risk factors for cancer (especially smoking, physical inactivity, and obesity) compared to the state average. Non-Hispanic Whites and Blacks have the highest cancer death rates in Sutter County (Figure 2). Sutter County cancer incidence rates (415.3 cases per 100,000) are higher than the California average (397.4 cases per 100,000).^{1,7} Additionally, the death rate is higher in Sutter County compared to California but lower than the U.S. (Table 1).^{1,5-6}

Figure 1: Cancer Deaths among Sutter County Residents, 2018-2022²

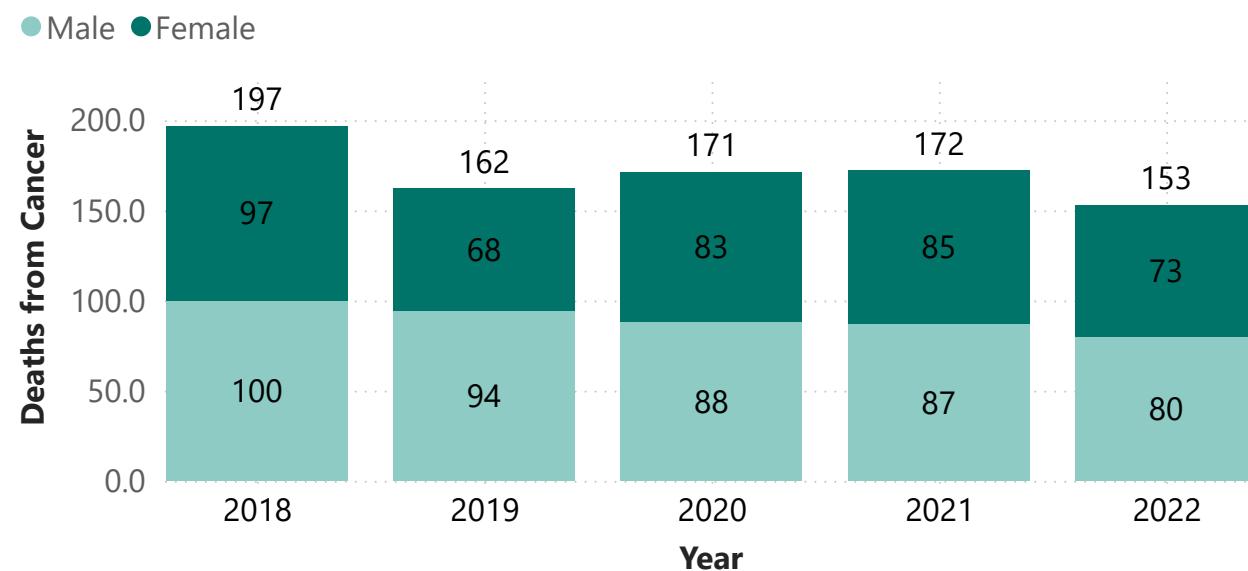
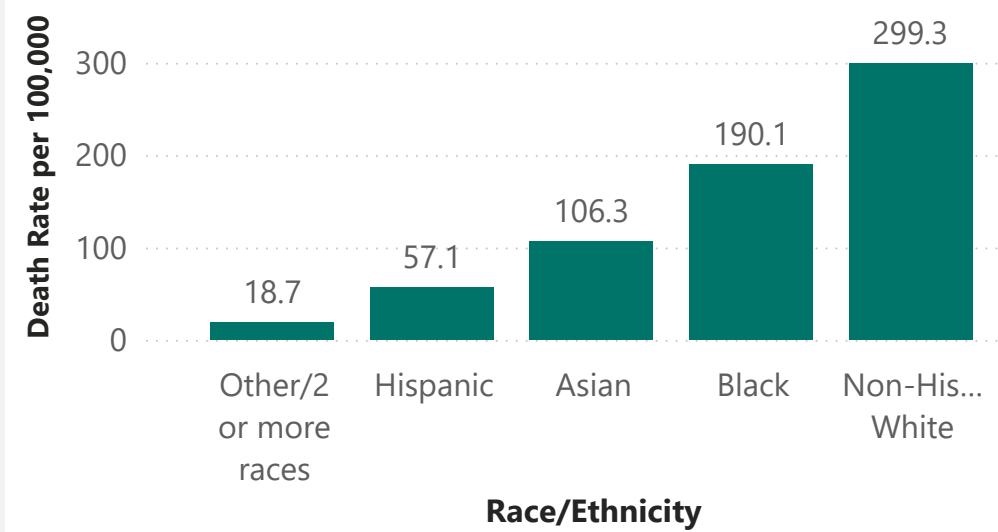


Figure 2: Average Yearly Rates of Cancer (All-Types) by Race/Ethnicity, 2018-2022²



References:

1. Kochanek KD, Murphy SL, Xu JQ, Arias E. Mortality in the United States, 2022. NCHS Data Brief, no 492. Hyattsville, MD: National Center for Health Statistics. 2024. Accessed September 23, 2024 DOI: <https://dx.doi.org/10.15620/cdc:135850>
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LUNG CANCER

Why It Is Important:

Lung cancer is the third most common cancer nationwide.¹ Lung cancer is a cancer that begins in either the lungs or the bronchial tubes, which carry air between the lungs themselves and the throat. It is often diagnosed after it has spread from the lung, which makes it very difficult to treat and leads to low survival rates.² The major risk factor for lung cancer is smoking. Many lung cancer cases are preventable.²

Where We Are Now:

Lung cancer death rates are higher in Sutter County compared to California, but lower than the U.S. (Table 1).^{4,5} On average, from 2018 to 2022, 37 Sutter County residents die from lung cancer each year (Figure 1).³⁻⁵ Since tobacco smoke is the largest risk factor for lung cancer,² reducing lung cancer deaths will require reducing the number of people who smoke and who are exposed to tobacco smoke.

Table 1: Lung Cancer Deaths per 100,000 (2020-2022)^{4,5}

Location	Deaths per 100k
California	20.6
Sutter County	27.2
United States	31.1

Those Most Affected:

In Sutter County, men are more likely to die from lung cancer than women (Figure 1). In addition, the average age at death from lung cancer is 74.6 years; however, a quarter of those who died from lung cancer were 68 or younger.³ Non-Hispanic whites and Black residents have the highest death rates from lung cancer in Sutter County (Figure 2).³ Sutter County also has higher rates of tobacco smoking compared to the state average; this is likely a contributing factor for Sutter County's higher rates of lung cancer deaths (Table 1). In 2021, 14% of Sutter County were adult smokers, compared to California (9%).⁶

Figure 1: Lung Cancer Deaths among Sutter County Residents, 2018-2022³

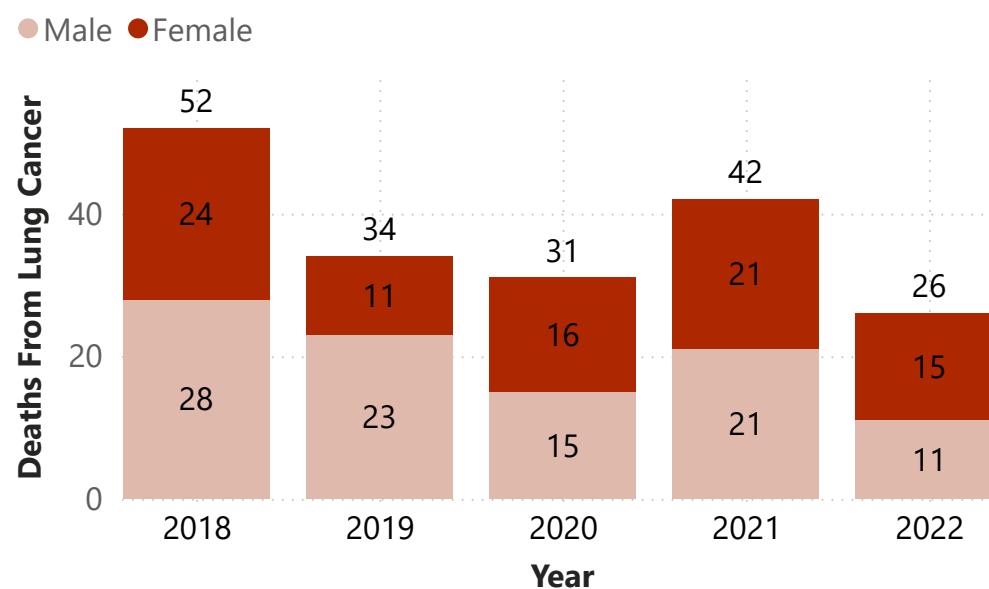
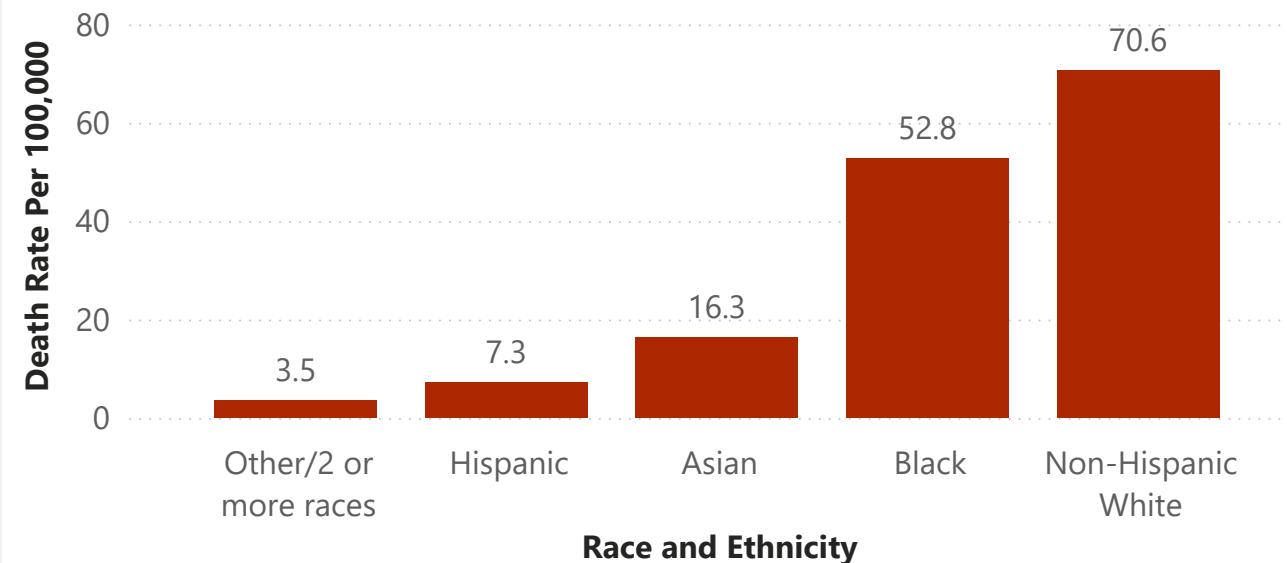


Figure 2: Average Yearly Death Rates of Lung Cancer by Race/Ethnicity, 2018-2022³



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CEREBROVASCULAR DISEASE (STROKE)

Why It Is Important:

Cerebrovascular disease is a condition where normal blood flow is impaired due to problems with a blood vessel in the brain.¹⁻² It develops slowly over decades, and the first warning sign of cerebrovascular disease may be a stroke.¹⁻² Cerebrovascular disease is the fifth leading cause of death in the United States and the third leading cause of death in California and in Sutter County.³⁻⁵ If not fatal, cerebrovascular disease can cause serious and lifelong disability. Several medical conditions and lifestyle choices, including heart disease, high blood pressure, high blood cholesterol, tobacco use, and obesity, increase a person's risk for developing cerebrovascular disease.² Since many of these risk factors are modifiable, cerebrovascular disease (strokes) can be prevented.²

Where We Are Now:

Cerebrovascular disease death rates are substantially higher in Sutter County compared to California and the U.S. (Table 1).³⁻⁶ From 2018 to 2022, Sutter County has seen a slight increasing trend in cerebrovascular disease deaths (Figure 1).⁵ For Sutter County to see reduced rates of cerebrovascular disease deaths, continued implementation of health programs that target modifiable risk factors, such as tobacco use, unhealthy diet, physical inactivity, and obesity is essential.

Table 1: Cerebrovascular Disease Deaths per 100,000 (2020-2022)³⁻⁶

Location	Deaths per 100k
California	37.0
Sutter County	52.9
United States	39.8

Figure 1: Cerebrovascular Disease (Stroke) Deaths among Sutter County Residents, 2018-2022⁵

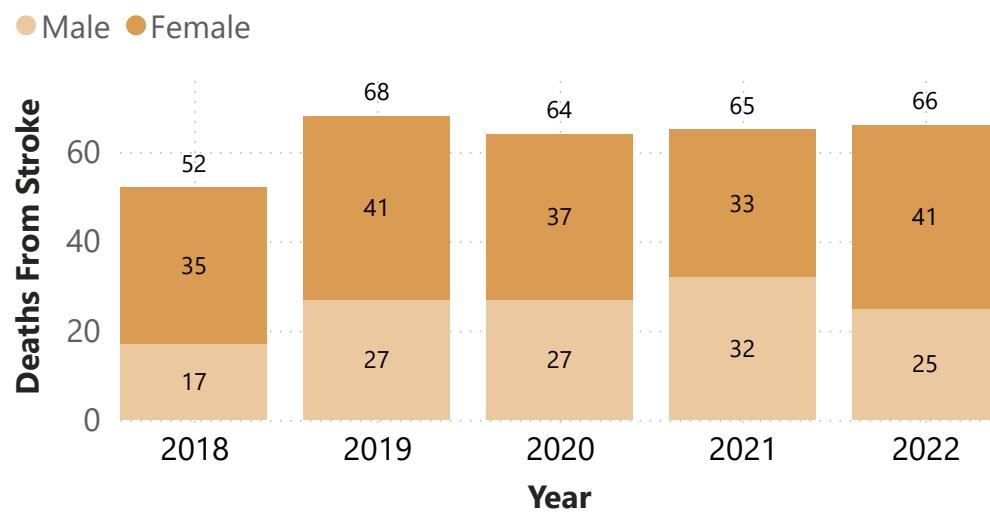
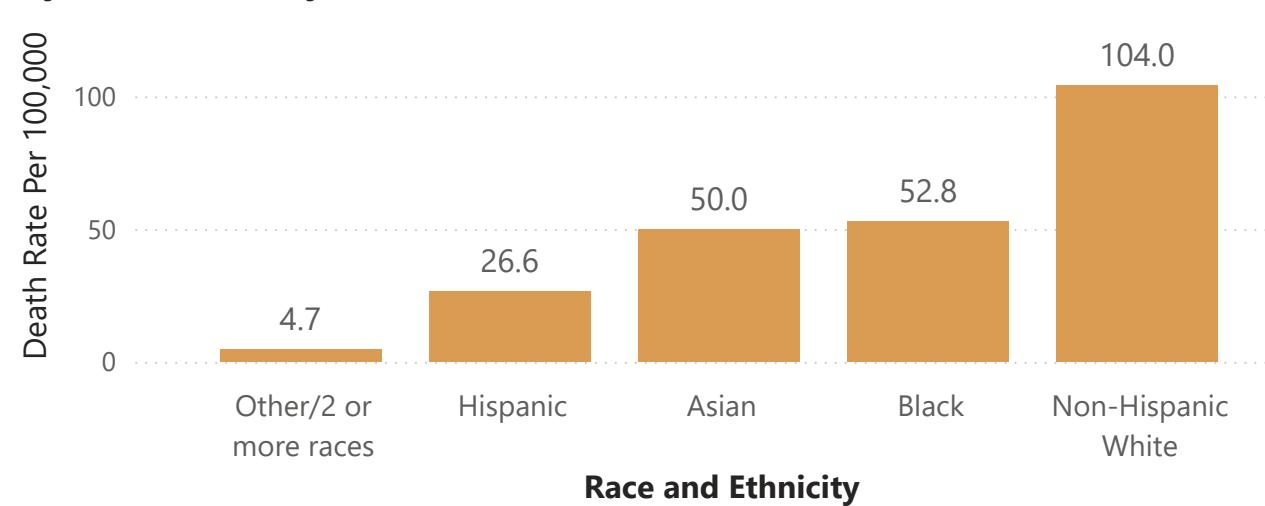


Figure 2: Average Yearly Rates of Accidents/Unintentional Injury Deaths by Race/Ethnicity, 2018-2022⁴



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CHRONIC LOWER RESPIRATORY DISEASE

Why It Is Important:

Chronic lower respiratory disease (CLRD) is the sixth leading cause of death nationwide and in Sutter County, and it is the fifth leading cause of death in California.¹⁻⁴ CLRD encompasses chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, as well as asthma. These conditions are characterized by shortness of breath caused by airway obstruction. In the US, tobacco smoke is the most significant risk factor for CLRD; quitting tobacco smoke is the best way to reduce risk of CLRD and its progression.⁵

Where We Are Now:

CLRD death rates are much higher in Sutter County compared to California and slightly lower than the US on average (Table 1).¹⁻⁴ On average, from 2018 to 2022, 45 Sutter County residents die from CLRD each year (Figure 1). Since tobacco smoke is the largest risk factor for CLRD,⁵ reducing CLRD deaths will require reducing the number of people who smoke and who are exposed to tobacco

Table 1: Chronic Lower Respiratory Disease Deaths per 100,000 (2020-2022)¹⁻⁴

Location	Death Rates Per 100,000
California	24.5
Sutter County	38.8
United States	39.1

Those Most Affected:

In Sutter County, deaths from CLRD occur more frequently in women than men (Figure 1).³ In addition, the average age at death from CLRD is 76.4 years old years. Sutter County also has higher rates of tobacco smoking compared to the state average; this is likely a contributing factor for Sutter County's higher rates of CLRD deaths (Table 1). In 2021, 14% of Sutter County were adult smokers, compared to California (9%).⁶ Non-Hispanic Whites are disproportionately affected by CLRD deaths in Sutter County (Figure 2).³

Figure 1: Chronic Lower Respiratory Disease (CLRD) Deaths among Sutter County Residents, 2018-2022³

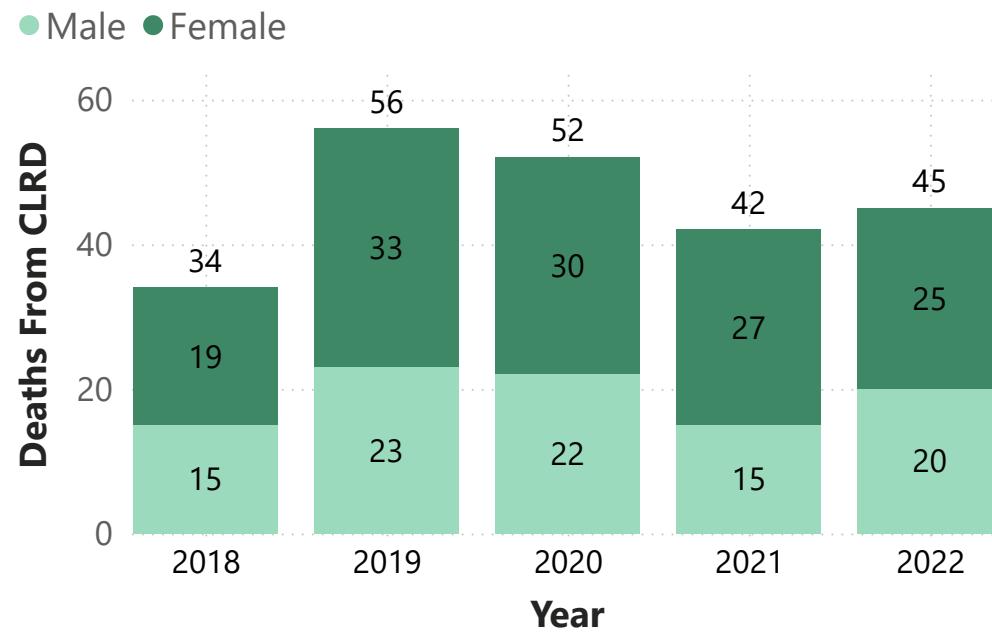
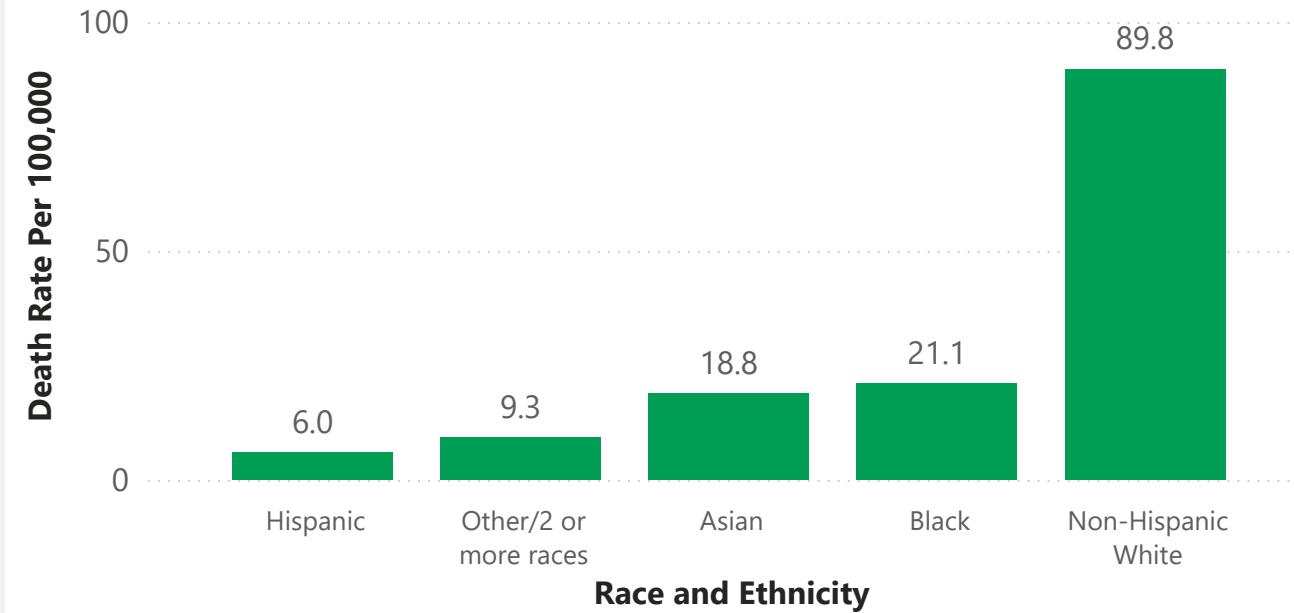


Figure 2: Average Yearly Rates of Accidents/Unintentional Injury Deaths by Race/Ethnicity, 2018-2022⁴



References

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TYPE 2 DIABETES

Why It Is Important:

Diabetes affects roughly 37 million Americans, of which, 90 to 95% of individuals have Type 2 Diabetes.¹ Type 2 Diabetes develops over time and affects the body's ability to produce and regulate insulin. Some of the risk factors include smoking, being overweight, physical inactivity, high blood pressure, and high cholesterol.¹ Serious complications associated with Type 2 Diabetes include health problems such as heart disease, vision loss and chronic kidney disease.¹ People with Type 2 diabetes can take steps to manage their symptoms and lower their risk of

Where We Are Now:

Nationally, childhood obesity, physical inactivity, and Type 2 Diabetes are increasing among youth due in part to the consumption of sugary foods and drinks.¹ National estimated crude prevalence of both diagnosed and undiagnosed diabetes is highest among American Indian or Alaska Native (16%), followed by Non-Hispanic Blacks (12.5%), Hispanics overall (10.3%), Asian American (9.2%), Non-Hispanic Whites (8.5%).² Of the Hispanic/Latino groups in the United States, Mexican Americans (11.1%) are the most affected by Type 2 Diabetes. In disaggregating Asian subgroups, Asian Indians (10.8%) are shown to be the most affected by Type 2 Diabetes.²

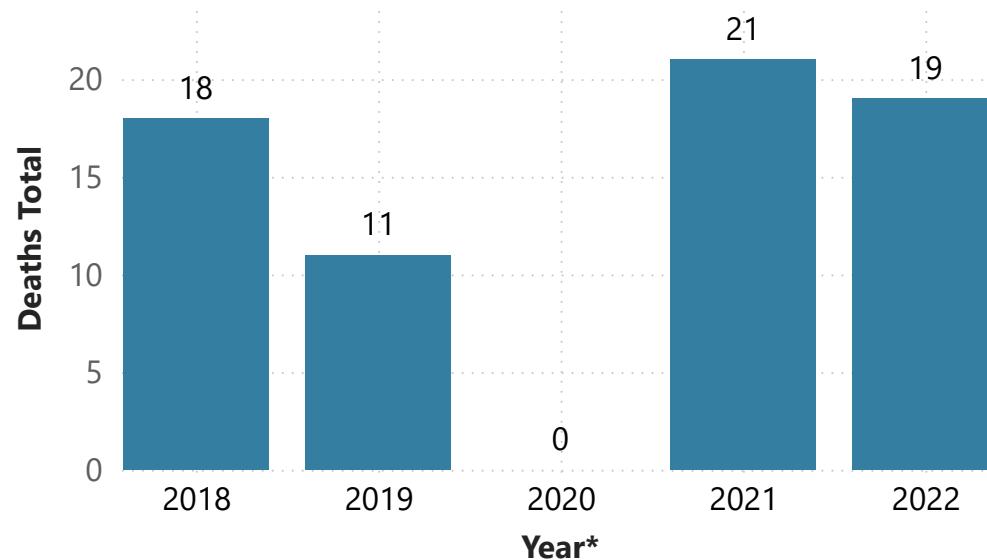
Table 1: Type 2 Diabetes Deaths per 100,000 (2020-2022)³⁻⁵

Location	Deaths per 100k
California	23.60
Sutter County	21.90
United States	24.80

Those Most Affected:

In Sutter County, deaths from Type 2 Diabetes are fairly equal in men and women and total deaths have slightly increased from 2018 to 2022 (See Figure 1). Asians are most affected by Type 2 Diabetes deaths in Sutter County, followed by non-Hispanic White, Black, and other/multiracial (Figure 2). More than half of the Asian population in Sutter County is Punjabi, which is a sub-group of the South Asian population. South Asians have a genetic predisposition that make them more susceptible to Type 2 Diabetes.⁶ In addition, other behavioral risk factors, like diet and exercise, also impact the risk of developing Type 2 Diabetes.

Figure 1: Type 2 Diabetes Deaths among Sutter County Residents, 2018-2022⁵



*For the year 2020, data suppressed due to count of less than 11.

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HEART DISEASE

Why It Is Important:

Heart disease is the leading cause of death in the United States, California, and Sutter County.¹⁻³ "Heart disease" refers to a variety of heart conditions. In the US, the most common type of heart disease is coronary heart disease (CHD), which restricts blood flow to the heart and can lead to heart attacks. Several medical conditions and lifestyle choices, including high blood pressure, high blood cholesterol, smoking, diabetes, and obesity, increase a person's risk for developing heart disease.⁴ Since many of these risk factors are modifiable, heart disease and heart attacks can often be prevented.

Where We Are Now:

On average, heart disease death rates are higher in Sutter County compared to California, but lower than the US (Table 1). From 2018 to 2021, Sutter County has seen a slight decreasing trend in heart disease deaths, but there was an increase in 2022 (Figure 1). For Sutter County to continue to see reduced rates of heart disease deaths, it is essential to continue evidence-based health programs that target the modifiable risk factors associated with heart disease. This includes programs that address tobacco use, unhealthy diet, physical inactivity, obesity and the medical conditions related to these risk factors.

Table 1: Heart Disease Deaths per 100,000 (2020-2022)^{1-2,5}

Location	Deaths per 100k
California	77.20
Sutter County	85.20
United States	169.70

Those Most Affected:

In Sutter County, men are more likely to die from heart disease than women (Figure 1). In addition, the average age at death from heart disease is 76.8 years; however, a quarter of those who died from heart disease were 68 or younger.³ Sutter County also has higher rates of heart disease compared to the state average (Table 1).¹⁻³ Non-Hispanic White residents in Sutter County have the highest death rate from heart disease, followed by Black, Asian, Hispanic, and other/ 2 or more races (Figure 2).

Figure 1: Heart Disease Deaths among Sutter County Residents, 2018-2022³

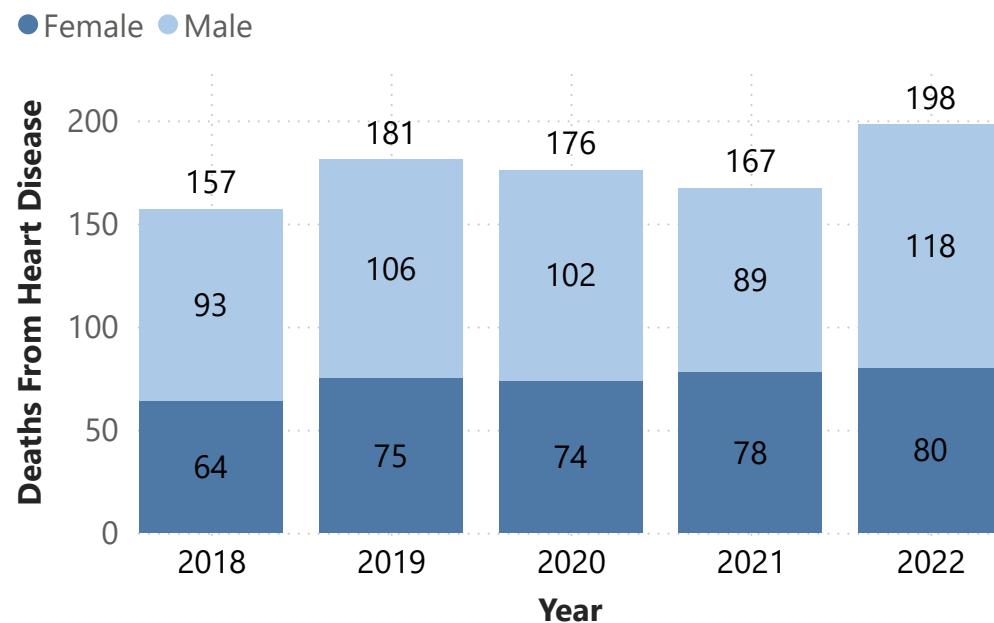
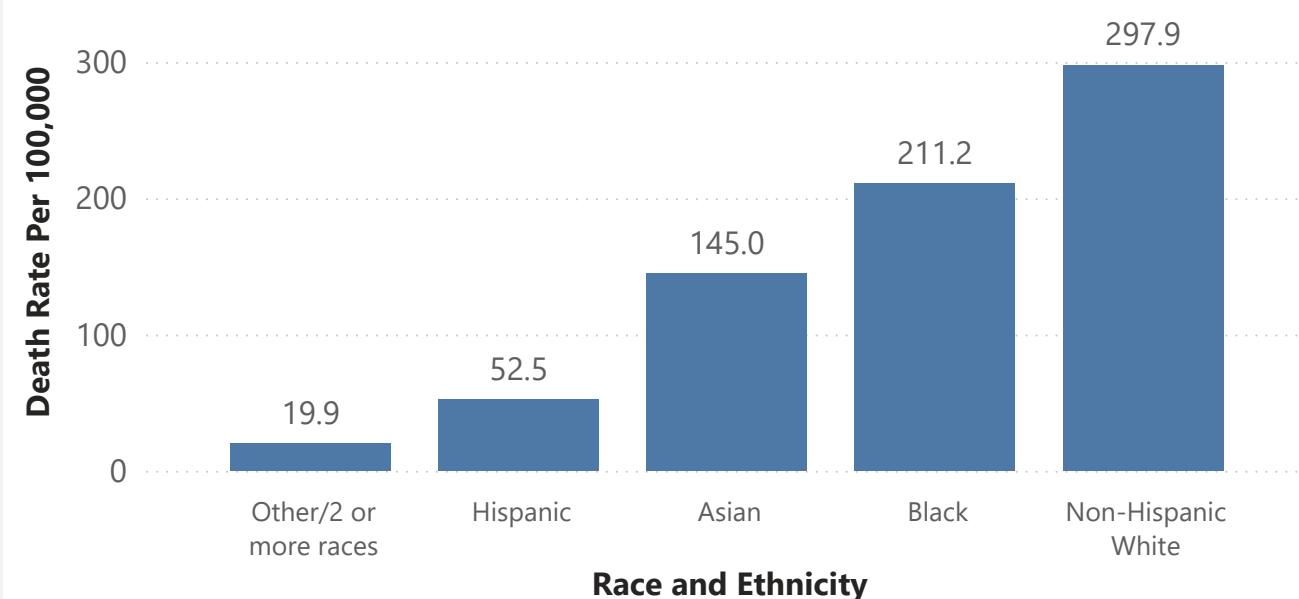


Figure 2: Average Yearly Rates of Heart Disease by Race/Ethnicity, 2018-2022³



References

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