

# HEALTH RISK FACTORS/HEALTH INDICATORS

## Health Risk Factors

Health risk factors are the behaviors, characteristics, or exposures that increase the likelihood of a person developing a disease or health problem. They encompass many factors including a lack of physical activity, tobacco use, poor nutrition, homelessness, and adverse childhood experiences. Some risk factors are controllable while other risk factors are not. Having a risk factor does not always mean that a person will develop a given health problem, however, understanding these risk factors and identifying where they exist within the community is a vital component in health promotion and disease prevention.

## Health Indicators

Health Indicators are measures that help provide a snapshot of the overall health of a population and the performance of the health system. These indicators help compare health outcomes in our community to those in California and to those in the United States. They provide an actionable assessment of community health and help identify which resources and efforts to prioritize to improve the health and well-being for all people in Sutter County. Health indicators may include measures such as life expectancy at birth, deaths from all causes, heart disease death rates, unintentional injuries, cancer death rates, and chronic lower respiratory disease death rates, among others.

## The following health risk factors/health indicators will be discussed in this dashboard:

- 1) Accidents and Unintentional Injuries
- 2) Adverse Childhood Experiences (ACEs)
- 3) Deaths from All Causes
- 4) Mental Health
- 5) Nutrition and Access to Healthy Foods
- 6) Life Expectancy at Birth
- 7) Oral Health
- 8) People Experiencing Homelessness
- 9) Physical Activity
- 10) Tobacco Use



## What We Are Doing:

The Sutter County Public Health branch provides prevention and intervention strategies that target health risk factors through various programs. The Sutter County Health Education and Promotion Unit provides outreach and education to community members to decrease tobacco use and promote physical activity, healthy eating, and increase access to dental care and improve oral health in Sutter County. The Homeless Services Unit provides outreach, case-management, and housing navigation to assist vulnerable individuals who are experiencing homelessness in Sutter County. In addition, Sutter-Yuba Behavioral Health and the Prevention and Early Intervention program aim to address and increase access to care for mental health services, substance use problems, and adverse childhood experiences. Also, the Maternal Child Adolescent Health Unit provides home visiting and outreach to address ACEs. In order to increase the health and well-being of our community it is essential to continue to provide effective health interventions and programs that target the risk factors that contribute to the development of disease and other health problems.

# ACCIDENTS AND UNINTENTIONAL INJURIES

## Why It Is Important:

Unintentional injuries are a major cause of death and disability. In the US, they are the leading cause of death among those younger than 45 years.<sup>1</sup> Unintentional injuries can be caused by a variety of accidents, such as motor vehicle crashes, bicycle and pedestrian traffic incidents, falls, drug overdoses, poisonings, burns, and drownings. Most unintentional injuries are preventable, and interventions should target groups at high risk for certain types of injuries.

## Where We Are Now:

Accidents/unintentional injury rates are higher in Sutter County, compared to California, but lower than the US on average (Table 1).<sup>2-3</sup> From 2018-2022, there is a slight upwards trend in deaths in Sutter County.<sup>4</sup> For Sutter County to address this issue, there needs to be a continuous effort to monitor these deaths and understand trends.

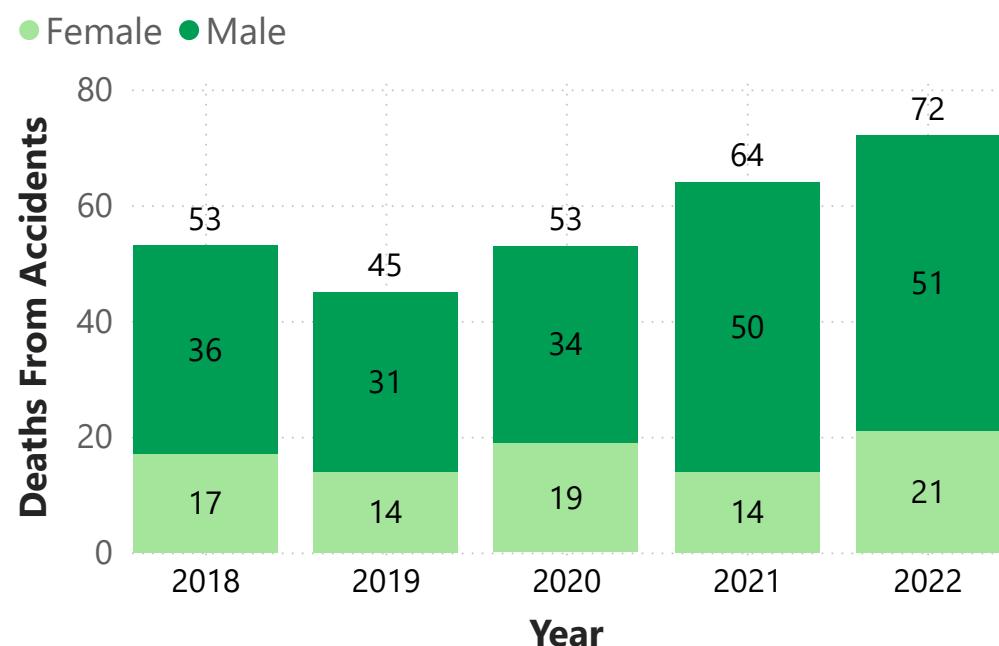
**Table 1: Accidents/Unintentional Injury Death Rates Per 100,000 (2020-2022)<sup>2-3</sup>**

Location	Death Rate Per 100,000
California	47.9
Sutter County	65.1
US	68.1

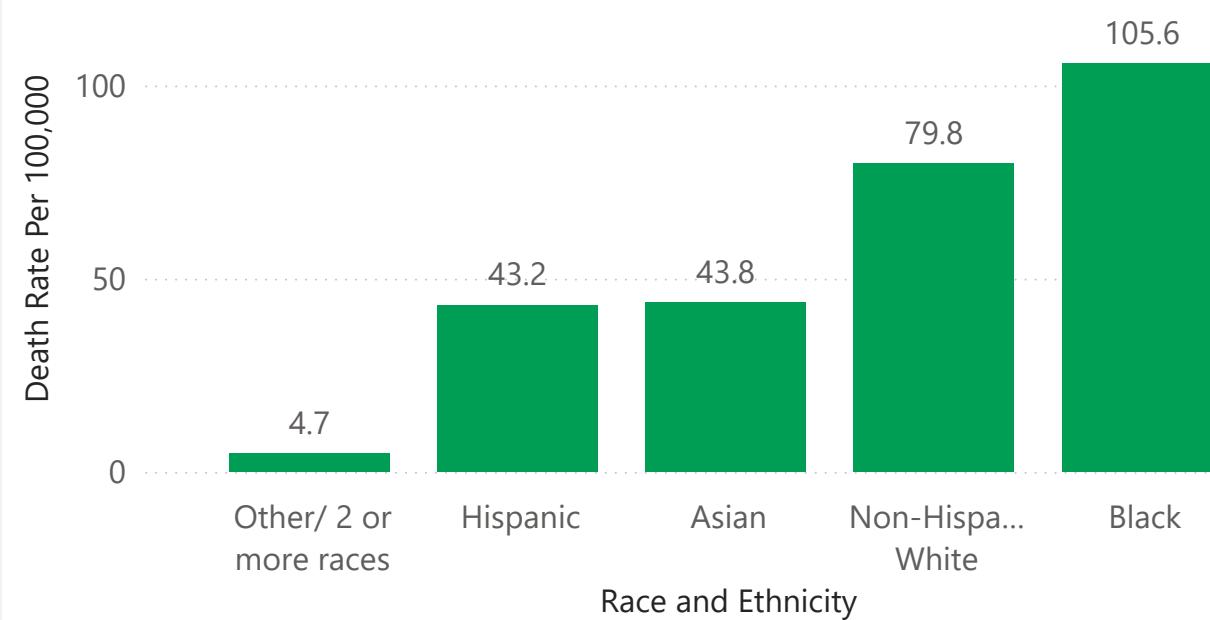
## Those Most Affected:

In Sutter County, men are more likely to die of accidents/unintentional injuries (figure 1). Blacks and Non-Hispanic Whites have the highest death rate from Unintentional Injuries (Figure 2).<sup>4</sup> Unlike other leading causes of death in Sutter County, accidents and unintentional injuries mostly affect younger residents of Sutter County. The average age at death from accidents was 50 years in 2018-2022.<sup>4</sup> Additionally, 25% of Sutter County residents who died from accidents and unintentional injuries were younger than 31, and 10% were younger than 23.<sup>4</sup>

**Figure 1: Accidents/Unintentional Injury Deaths among Sutter County Residents , 2018-2022<sup>4</sup>**



**Figure 2: Average Yearly Rates of Accidents/Unintentional Injury Deaths by Race/Ethnicity, 2018-2022<sup>4</sup>**



## References

1. Injuries and Violence Are Leading Causes of Death | Injury Center | CDC. Accessed August 19, 2022. <https://wisqars.cdc.gov/animated-leading-causes/>
2. Accidents or Unintentional Injuries. National Center for Health Statistics, Centers for Disease Control and Prevention. Accessed September 11, 2024. <https://www.cdc.gov/nchs/fastats/accidental-injury.htm>
3. County Health Status Profiles. CHSP 2024 Tables 1-29. California Department of Public Health, Research and Analytics Branch. Accessed September 12, 2024. <https://www.cdph.ca.gov/Programs/CHSI/pages/county-health-status-profiles.aspx>
4. Sutter County Health and Human Services - Public Health Branch. 2024. California Integrated Vital Records System. Accessed September 2, 2024

# ADVERSE CHILDHOOD EXPERIENCES

## Why It Is Important:

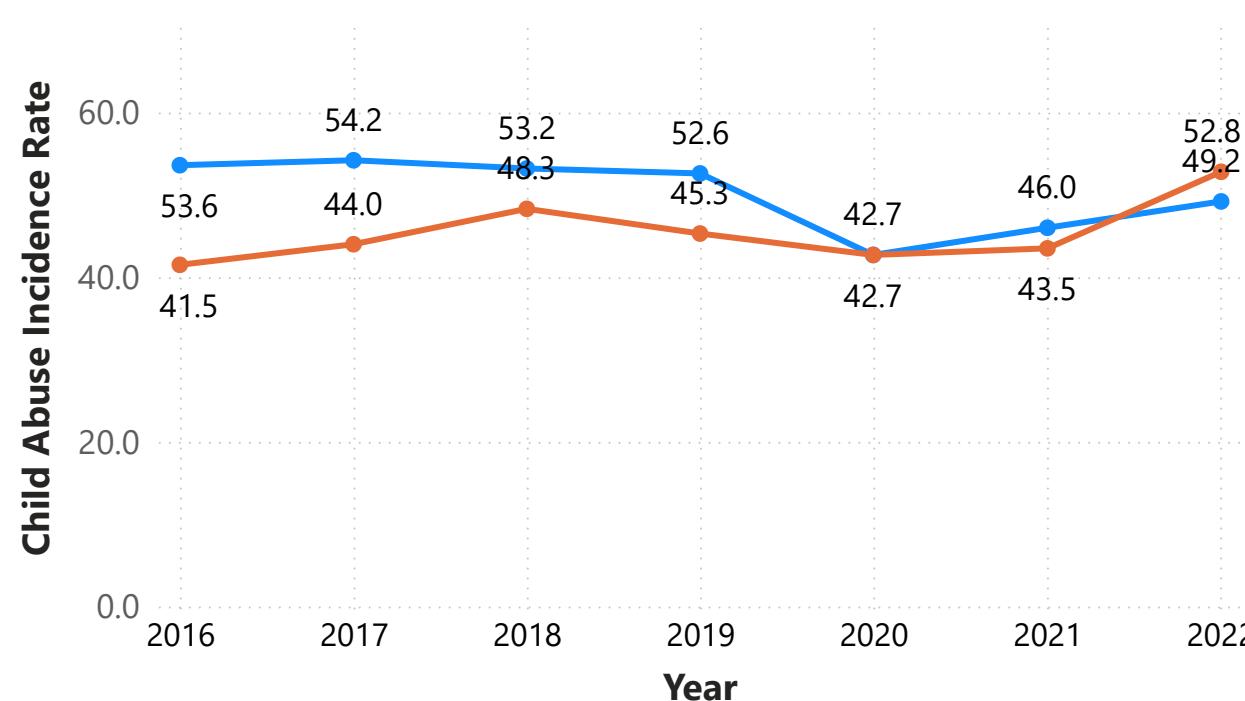
Adverse Childhood Experiences (ACEs) are the exposure to potentially traumatic events such as abuse, neglect, domestic violence, household instability, and parental mental illness or substance misuse during childhood<sup>1</sup>. The toxic stress from ACEs can affect brain development, it can change children's hormonal and immune systems and can lead to behavioral problems, learning difficulties and physical health issues<sup>2</sup>. Exposure to ACEs are also linked to mental health issues, substance use problems and increase the risk of developing 9 out of 10 leading causes of death in the U.S<sup>3</sup>. ACEs are preventable- creating and sustaining safe, stable, nurturing relationships and environments for all children helps to prevent ACEs and ensure children can reach their full health and life potential<sup>4</sup>.

## Where We Are Now:

Complex family stressors including poverty, unemployment, divorce and untreated mental health and substance use disorders are contributing factors. Nationally, White children are less likely to have ACEs than Hispanic or Black children. Nationally, ACEs are more prevalent among children in low-income families with 25.8% of children with family incomes under 200% of the federal poverty level having one ACE and 24.8% having 2 or more ACEs.<sup>6</sup> Figure 1 summarizes that incidence of child abuse and neglect (per 1,000) increased in Sutter County from 2021 to 2023, and was higher than California's incidence rate.

## Figure 1: Child Abuse and Neglect Incidence (per 1,000 children) in Sutter County and California (2016-2023)<sup>5</sup>

● California Child Maltreatment ● Sutter Child Maltreatment



## Table 1: Prevalence of Adverse Childhood Experiences (ACEs), 2013-2019 (Adult Retrospective)

ACEs	California	Sutter
1-3 ACEs	49.0%	45.0%
4+ ACEs	18.0%	15.0%

## References

1. Adverse Childhood Experiences. Center for Disease Control and Prevention. Accessed August 28, 2024. <https://www.cdc.gov/aces/about/>
2. The Science of ACEs & Toxic Stress. Aces Aware. Accessed August 28, 2024. <https://www.acesaware.org/ace-fundamentals/the-science-of-aces-toxic-stress/>
3. Prevalence of Adverse Childhood Experiences Among U.S. Adults. Accessed August 28, 2024. <https://www.cdc.gov/mmwr/volumes/72/wr/pdfs/mm7226a2-H.pdf>
4. Preventing Adverse Childhood Experiences. Centers for Disease Control and Prevention. Accessed October 21, 2024. <https://www.cdc.gov/aces/prevention/index.html>
5. Child Maltreatment Allegation Rates Report (Data Table). California Child Welfare Indicators Project, University of California At Berkeley. Accessed August 28, 2024. <https://ccwip.berkeley.edu/childwelfare/reports/AllegationRates/MTSG/rts/s>
6. Percent of Children with Adverse Childhood Experiences (ACEs). 2021-2022. State Health Compare. <https://statehealthcompare.shadac.org/table/247/percent-of-children-with-adverse-childhood-experiences-aces-by-poverty-level#1,6/173,172,171,181,182,183,184/77/288>

# DEATH FROM ALL CAUSES

## Why It Is Important:

Deaths from all causes is the total number of deaths per year. It is another method to sum the many factors that influence health and wellness into one number. The lower the number of deaths per year, the healthier the population. Nationwide, deaths from all causes declined from 2021 (879.7 deaths per 100,000) to 2022 (798.8 deaths per 100,000).<sup>1</sup> Note, there was an increase in total deaths in 2021 compared to 2020 (80,502 more deaths in 2021 than 2020).<sup>2</sup> COVID-19 was largely responsible for the substantial increase in deaths.<sup>2</sup> Large increases in deaths also occurred for several leading causes in 2022, such as for unintentional injuries, heart disease, Chronic Lower Respiratory Disease (CLRD), and stroke.<sup>1</sup>

## Where We Are Now:

Sutter County has a higher rate of deaths from all causes than California but lower than the U.S. (Table 1).<sup>1-2,4</sup> Many of the same factors that reduce life expectancy at birth in Sutter County also increase the death rate. These include lower access to quality medical care, higher rates of tobacco use, lack of physical activity, and unhealthy diet. From 2018 to 2022, an average of 903 Sutter County residents died each year (Figure 1).<sup>3</sup> There was a 15.2% increase in total deaths in 2021 compared to 2019 (pre-pandemic).<sup>3</sup> Then, there was a notable 6.17% drop in total deaths in Sutter County in 2022 compared to 2021, still 9.7% higher compared to 2019.<sup>3</sup>

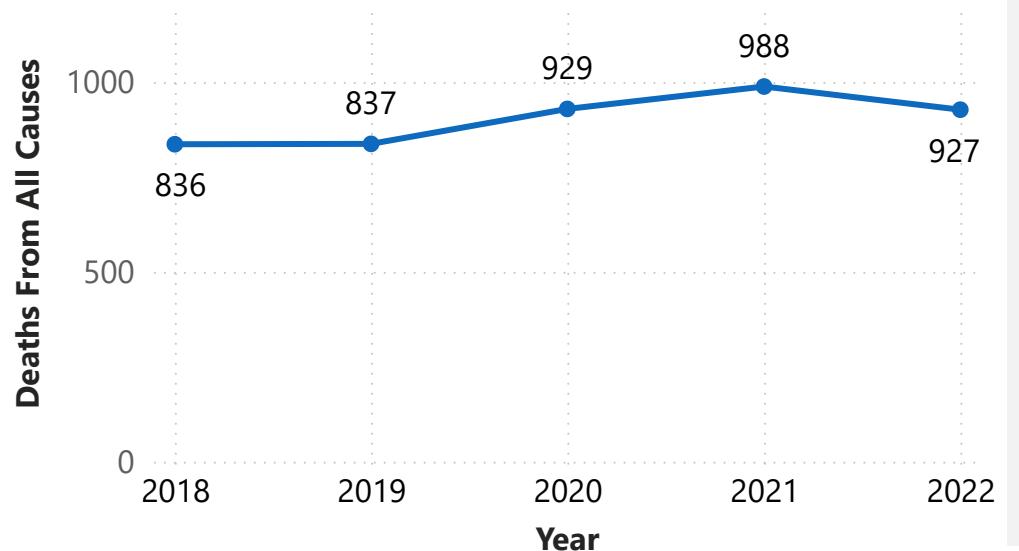
**Table 1: All Cause Death Rates Per 100,000 (2020-2022)<sup>1-2,4</sup>**

Location	AC Rate
California	670
Sutter County	817.1
US	838

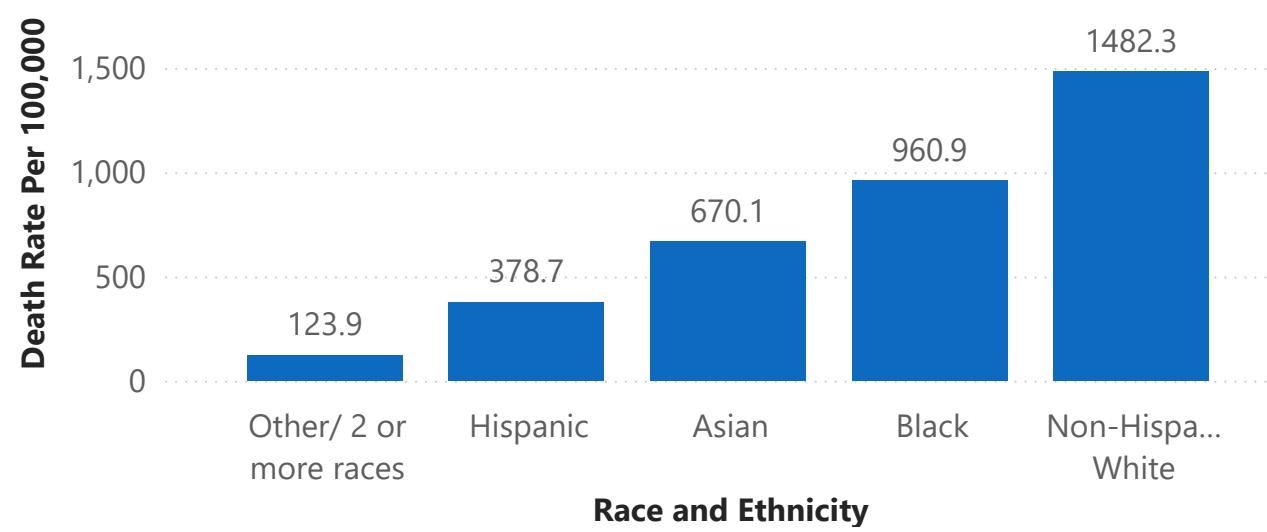
## Those Most Affected:

The average age at death for Sutter County residents from 2018 to 2022 was 77.5 years.<sup>3</sup> The top 5 causes of death in Sutter County (listed from highest to lowest) are heart disease, all cancers, stroke, unintentional injuries/accidents, Alzheimer's disease.<sup>4</sup> Figure 2 shows the average death rates from 2018-2022. Non-Hispanic Whites have the highest death rate.<sup>3</sup> Other/2 or more races and Hispanic residents have the lowest death rate.<sup>3</sup>

**Figure 1: Deaths from All Causes Among Sutter County Residents, 2018-2022<sup>3</sup>**



**Figure 2: Average Yearly Rates of Deaths by Race/Ethnicity, 2018-2022<sup>3</sup>**



## References

- National Center for Health Statistics. Data Brief 492. Mortality in the United States, 2022. Accessed September 11, 2024. <https://www.cdc.gov/nchs/data/databriefs/db492-tables.pdf#4>
- National Center for Health Statistics. Data Brief 456. Mortality in the United States, 2021. Accessed September 11, 2024. <https://www.cdc.gov/nchs/products/databriefs/db456.htm#:~:text=In%202021%2C%20a%20total%20of,2020%20to%20416%2C893%20in%202021>
- Sutter County Health and Human Services - Public Health Branch. 2024. California Integrated Vital Records System. Accessed September 2, 2024
- County Health Status Profiles. CHSP 2024 Tables 1-29. California Department of Public Health, Research and Analytics Branch. Accessed September 12, 2024. <https://www.cdph.ca.gov/Programs/CHSI/pages/county-health-status-profiles.aspx>

# MENTAL HEALTH

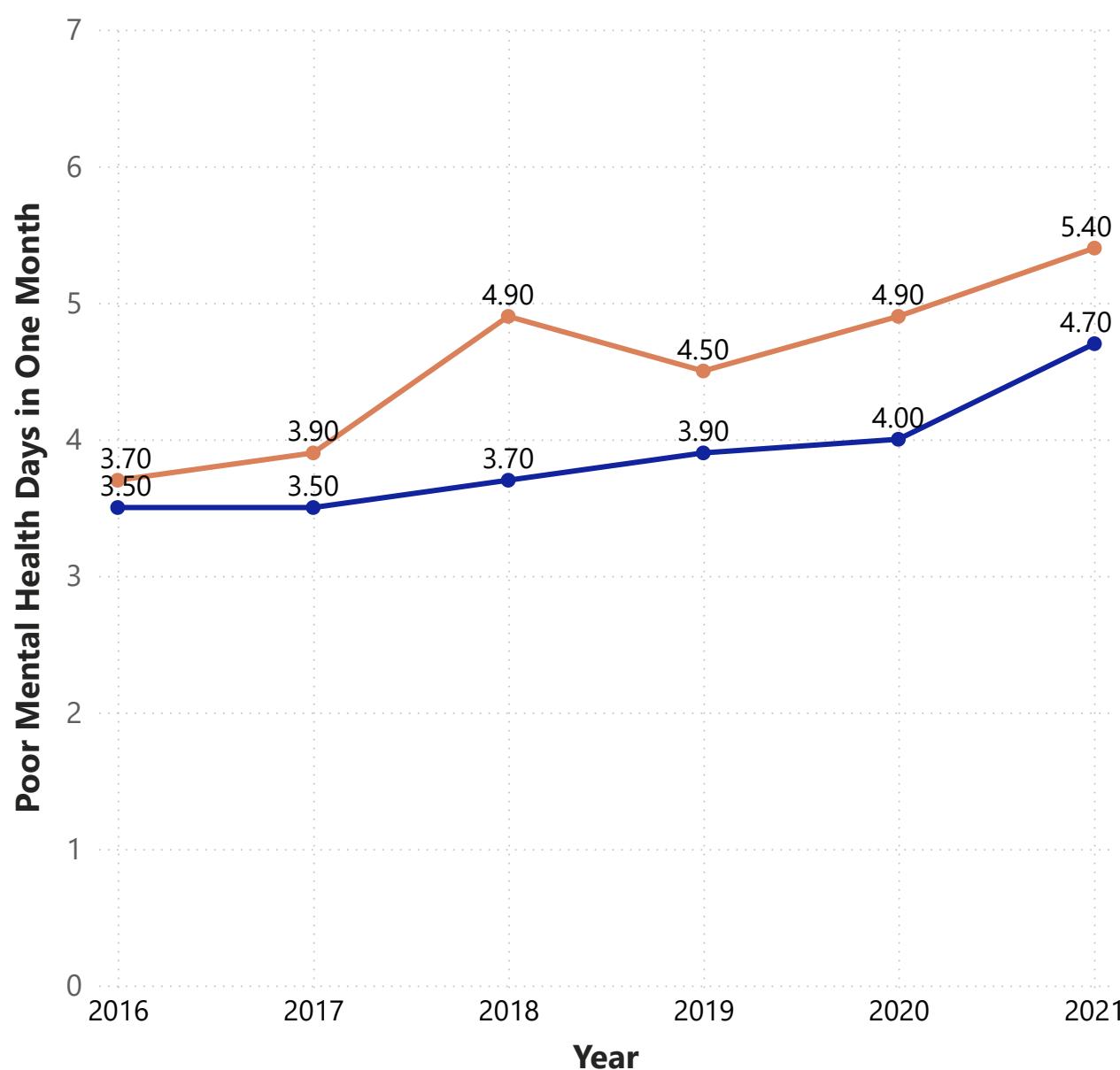
## Why It Is Important:

Mental health encompasses our total social, emotional, and psychological well-being and is a critical part, along with physical health, in achieving and maintaining optimal wellness<sup>1</sup>. Persons living with mental illness are at greater risk for substance use disorders, cardiovascular disease, and other chronic diseases. Furthermore, 20% of people experiencing homelessness and 70% of youth in the juvenile justice system live with a mental health condition. Globally, lost productivity due to depression and anxiety alone costs \$1 trillion every year.<sup>2</sup>

## Figure 1: Poor Mental Health Days in One Month

(2016-2021)<sup>4</sup>

● California ● Sutter



## Where We Are Now:

Each year, 1 in 5 Americans experience a mental health condition, and 17% of youth ages 6 to 17 live with a mental health disorder<sup>2</sup>. Per the CA Department of Public Health, Sutter County's suicide rate is higher than that of California overall (with Sutter County at 11.7 cases per 100,000 residents and California's rate at 10.4 per 100,000 in 2022<sup>3</sup>). In 2021, Sutter County residents reported experiencing overall more poor mental health days in the past 30 days (5.4) compared to California (4.7)<sup>4</sup>. Poor mental health days is measured by taking an average of mentally unhealthy days among residents in the past 30 days.

## Those Most Affected:

16% of Sutter County residents reported experiencing more frequent mental distress, chronic and likely severe mental health issues, compared to California (11%)<sup>4</sup>. Receiving services and treatment is an important component to recovery for those experiencing the signs and symptoms of mental illness, however Sutter County was designated as a mental health professional shortage area, making access to services difficult<sup>5</sup>. In 2023, Sutter County's mental health provider ratio was 270 patients to 1 mental health provider, which is worse than the California average (240 patients to 1 provider)<sup>4</sup>.

## References

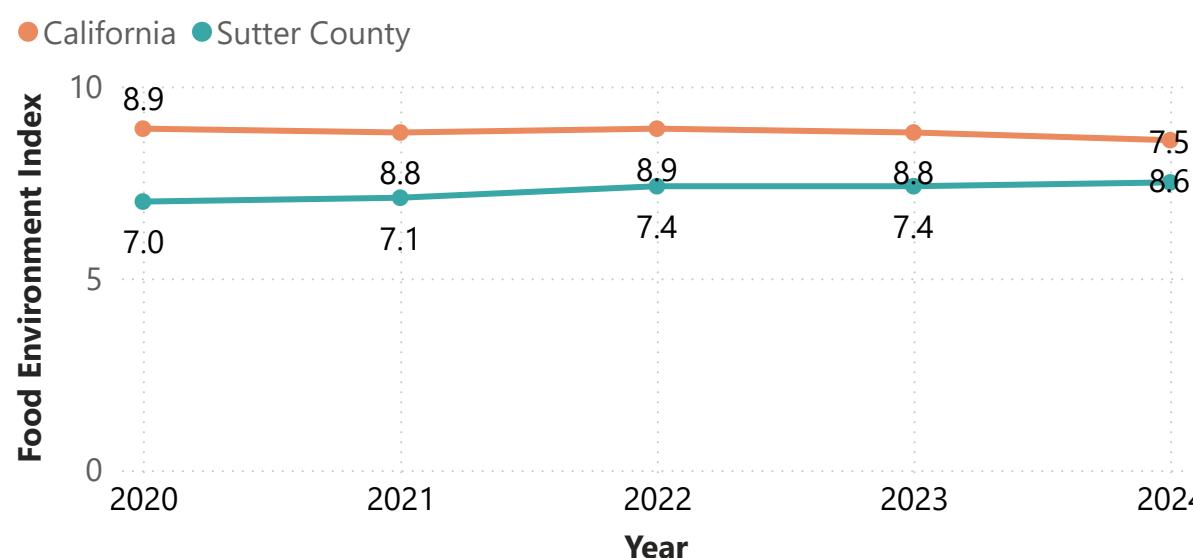
1. Mental Health. Centers for Disease Control and Prevention. Accessed September 11, 2024. [https://www.cdc.gov/mental-health/about/CDC\\_Aref\\_Val=https://www.cdc.gov/mentalhealth/learn/index.htm](https://www.cdc.gov/mental-health/about/CDC_Aref_Val=https://www.cdc.gov/mentalhealth/learn/index.htm)
2. Facts and Statistics California. National Alliance on Mental Illness. September 11, 2024. <https://namica.org/what-is-mental-illness/facts-statistics/>
3. Trends in Age-Adjusted Death Rates for Suicide, California Community Burden of Disease Engine 2022. California Department of Public Health. Accessed October 21, 2024. <https://skylab.cdph.ca.gov/communityBurden/>
4. California. County Health Rankings and Roadmaps. Accessed September 11, 2024. <https://www.countyhealthrankings.org/health-data/california/sutter?year=2024>
5. Health Professional Shortage Areas: Mental Health, by county, 2022. Rural Health Information Hub. Accessed September 11, 2024. <https://www.ruralhealthinfo.org/charts/7?state=CA>

# NUTRITION AND ACCESS TO HEALTHY FOODS

## Why It Is Important:

Good nutrition is essential in maintaining health and well-being across the lifespan. People with healthy nutrition and eating patterns live longer and are at a lower risk of developing serious health problems. Healthy nutrition is not just an individual problem, it is largely influenced by where we live and having access to sufficient and affordable food for a healthy life. Research has shown that communities with low access to healthy affordable foods and high concentrations of fast-food outlets and relatively high-priced convenience stores have higher rates of obesity, diabetes, and other health problems.<sup>1</sup>

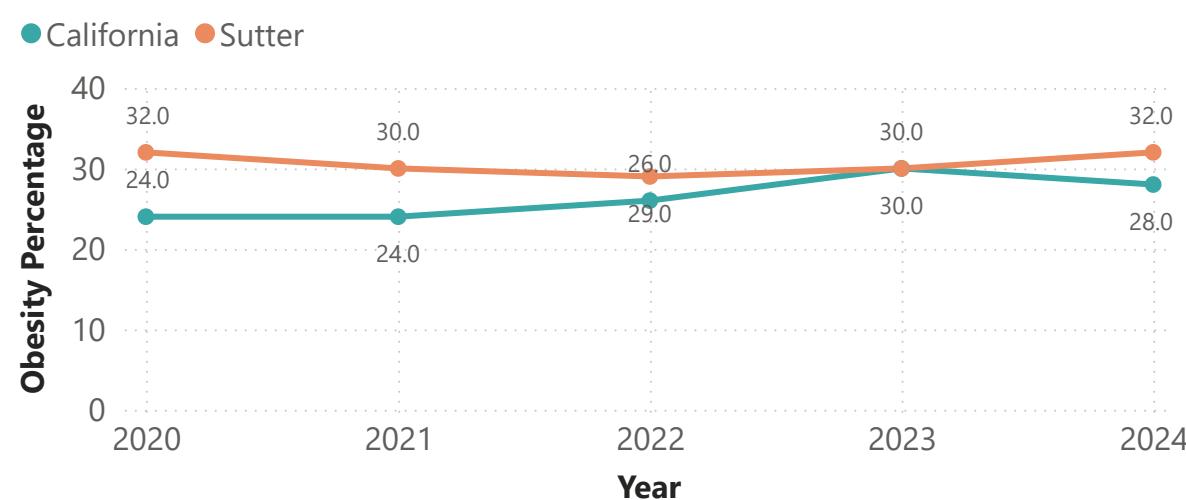
## Figure 1: Food Environment Index for Sutter County and California (2020-2024)<sup>3\*</sup>



## Where We Are Now:

The Food Environment Index measures food access by assessing residents proximity to healthy foods and income levels within a defined area. Figure 1 shows that Sutter County has a Food Environment Index score of 7.5, which is lower than California (8.68) and the U.S. (7.7)<sup>3</sup>, indicating that residents in Sutter County have less opportunities and face barriers in making healthy food choices compared to the state and nationwide. Low access to healthy foods may be a contributing factor in higher obesity rates in Sutter County (32%) than the state average (28%), as well as high chronic disease rates in our community (figure 2).<sup>3</sup>

## Figure 2: Obesity Prevalence of Sutter County and California (2020-2024)<sup>3\*</sup>



## Those Most Affected:

In 2022, 14.3% of Sutter County residents experienced food insecurity, or the lack of access, at times, to enough food for an active and healthy life, compared to both California (12.6%) and the US (13.5).<sup>4</sup> Residents living in low-income, rural, and minority communities are more likely to experience poor food access to the healthy foods.<sup>5</sup> The California CalFresh Healthy Living Program builds partnerships with various community organizations to provide outreach, nutrition education classes, and works to improve upon the policies, systems, and environmental conditions that impact the health and well-being of Sutter County residents.

\*Note: Year is based on "reported-year" from the County Health Rankings and Roadmaps website.

## References

1. About Nutrition. Center for Disease Control and Prevention. Accessed August 26, 2024. [https://www.cdc.gov/nutrition/php/about/?CDC\\_AArefVal=https://www.cdc.gov/nutrition/about-nutrition/index.html](https://www.cdc.gov/nutrition/php/about/?CDC_AArefVal=https://www.cdc.gov/nutrition/about-nutrition/index.html)
2. Healthy Food Environments. Center for Disease Control and Prevention. Accessed August 26, 2024. <https://www.cdc.gov/nutrition/healthy-food-environments/index.html>
3. California. County Health Rankings and Roadmaps. Accessed August 26, 2024. <https://www.countyhealthrankings.org/health-data/california/sutter?year=2024>
4. Food Insecurity in California. Feeding America. Accessed August 26, 2024. <https://map.feedingamerica.org/county/2022/overall/california/county/sutter>
5. State-level Estimates of Low Income and Low Access Populations. USDA. September 30, 2019. Accessed March 28, 2022. <https://www.ers.usda.gov/data-products/food-access-research-atlas/state-level-estimates-of-low-income-and-low-access-populations>

# LIFE EXPECTANCY AT BIRTH

## Why It Is Important:

Life expectancy at birth is roughly how long a group of infants would live based on their shared experiences<sup>1</sup>. It's a method to sum the many factors that influence health and wellness into one number. The higher the average life expectancy at birth, the healthier the population. Life expectancy can be affected by several factors, such as living standards, education, lifestyle, and healthcare services<sup>2</sup>.

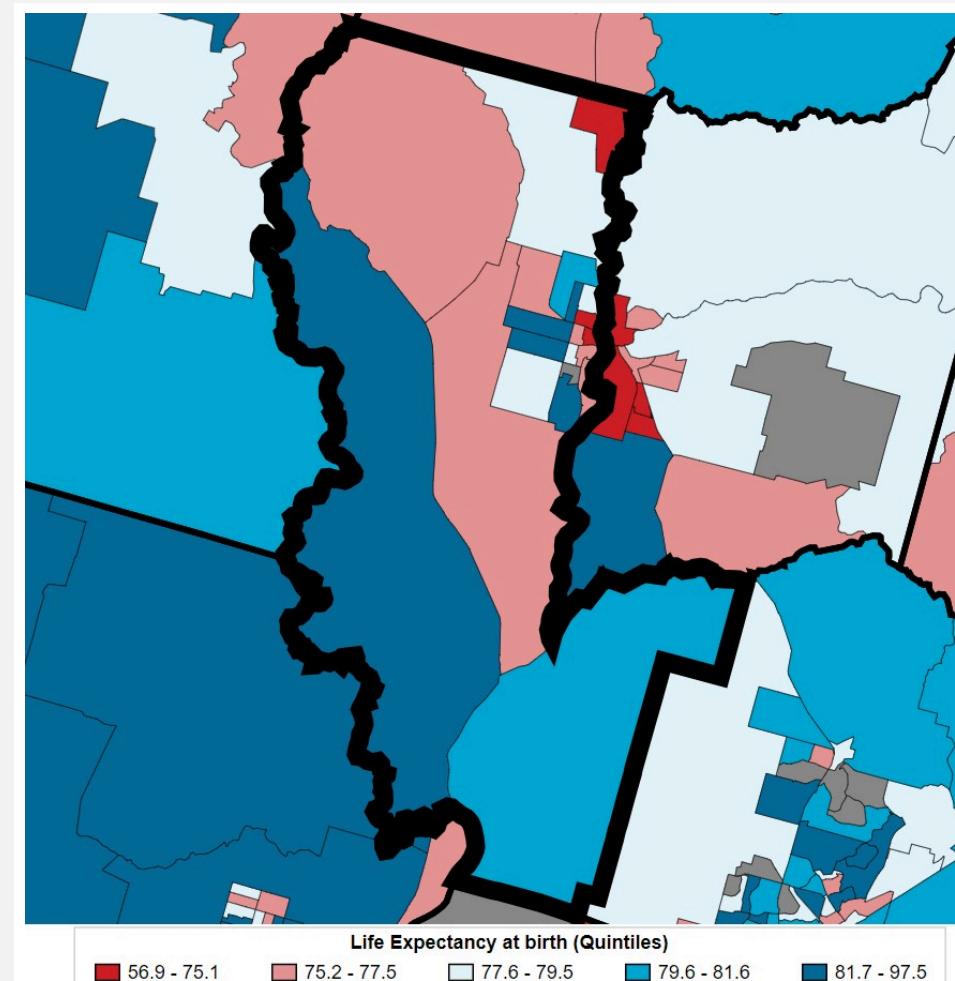
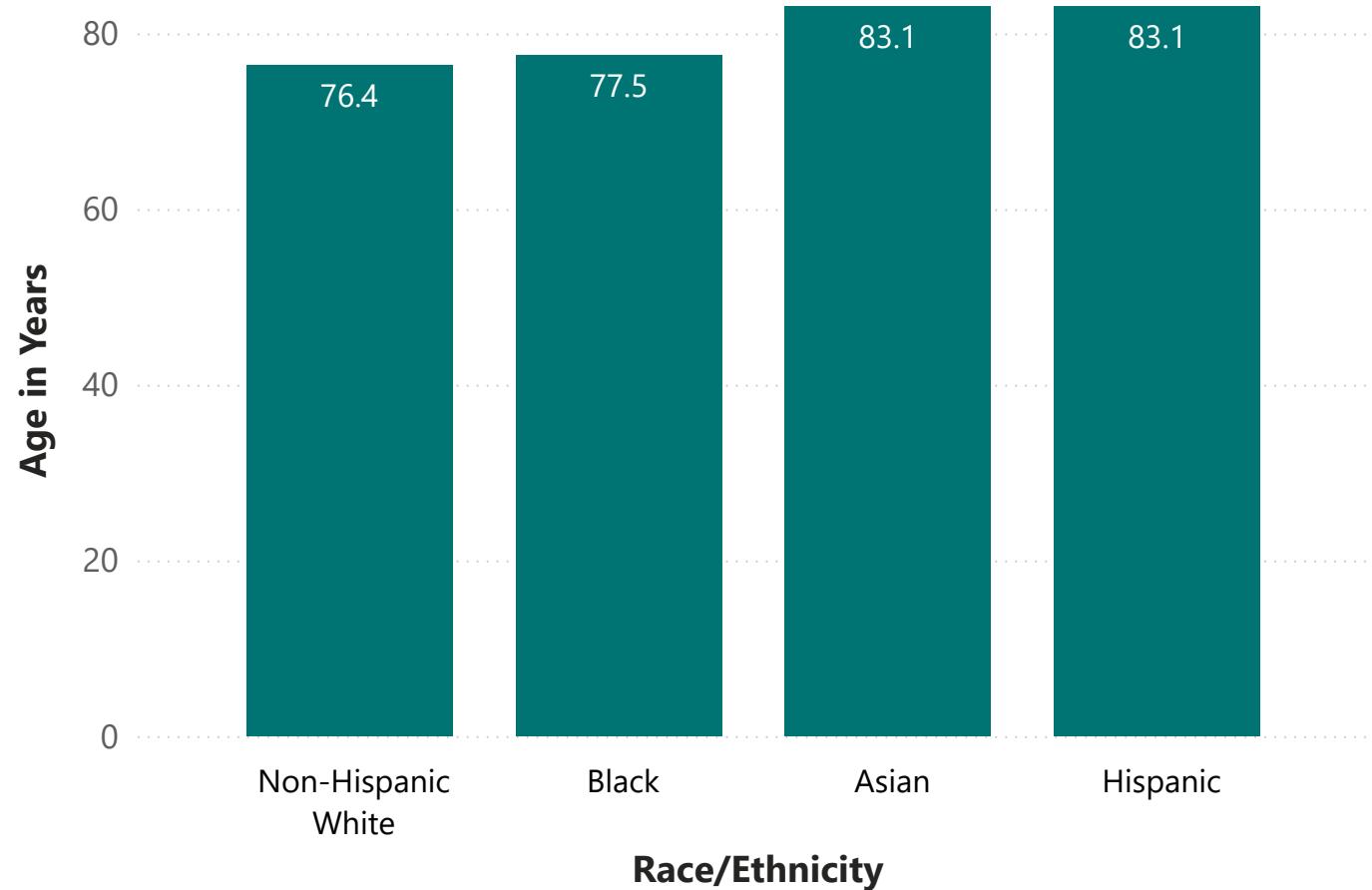
## Where We Are Now:

The average life expectancy at birth in Sutter County is 78.6 years. This is comparable to the national average of 79.1 years but is lower than California at 81.4 years.<sup>3</sup> In 2021, the average life expectancy differed greatly based on where a person lives in Sutter County, with the lowest life expectancy rates (72.9 years) for babies born in Yuba City in the area bounded by CA-20, CA-99, Queens Avenue and Market

## Those Most Affected:

In Sutter County, on average, Hispanic and Asian residents have the highest life expectancy at 83.1 years, followed by Black residents (77.5 years), and White residents (76.4 years). Overall, women lived longer than men in Sutter County, California, and the United States (Female: 81.2 years, Male: 76.1 years).<sup>3,4</sup>

**Figure 1: Sutter County Life Expectancy by Race/Ethnicity (2021)<sup>3</sup>**



## References

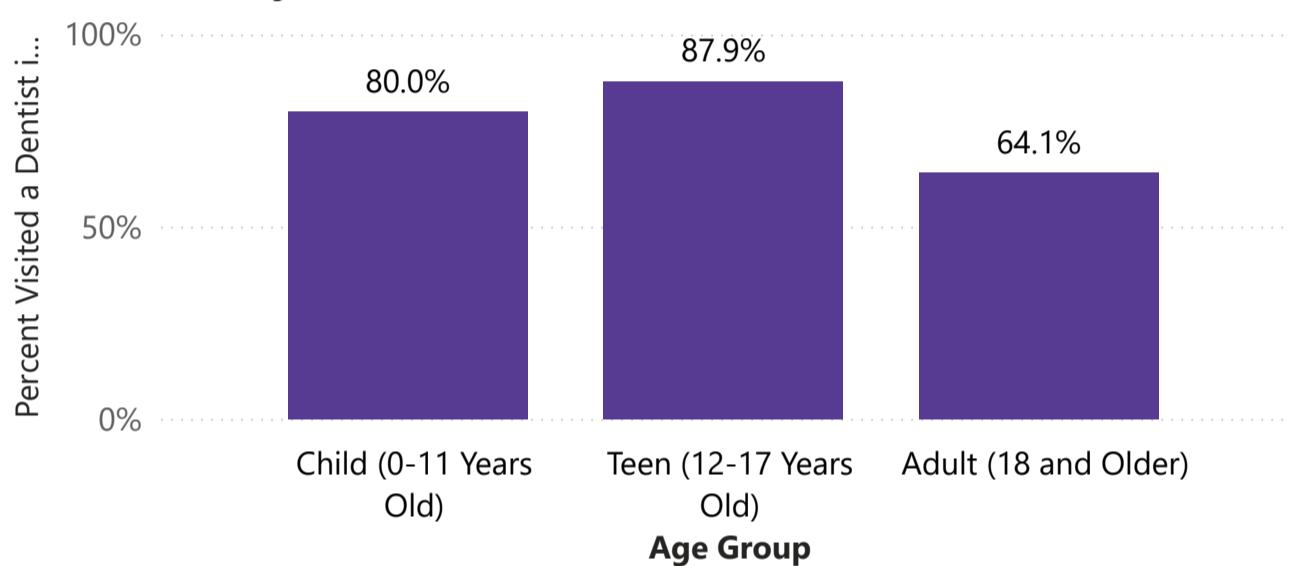
1. National Center for Health Statistics - NCHS Fact Sheet. Accessed September 11, 2024. [https://www.cdc.gov/nchs/data/factsheets/factsheet\\_nvss.pdf](https://www.cdc.gov/nchs/data/factsheets/factsheet_nvss.pdf)
2. VizHub US Health Map. Accessed September 11, 2024. <https://vizhub.healthdata.org/subnational/usa>
3. Life expectancy in California. County Health Rankings & Roadmaps. Accessed September 11, 2024. [https://www.countyhealthrankings.org/health-data/california?year=2021&measure=Life+Expectancy\\*](https://www.countyhealthrankings.org/health-data/california?year=2021&measure=Life+Expectancy*)
4. Life Expectancy Data Viz. Accessed September 11, 2024. <https://www.cdc.gov/nchs/data-visualization/life-expectancy/index.html>

# ORAL HEALTH

## Why It Is Important:

Oral health is an essential component of general health and well-being for all ages and can affect the ability to eat, smile, show emotions, and communicate effectively.<sup>1-2</sup> Oral health is much more than healthy teeth, it encompasses the health of the entire mouth including the throat, tongue, lips, salivary glands, and jaw.<sup>2</sup> The most common diseases and conditions that most affect overall oral health and quality of life are cavities and severe gum disease, oral cancers, and tooth loss.<sup>2</sup> Factors that contribute to poor oral health and gum disease include tobacco use, sugar consumption, alcohol and substance use, and poor oral hygiene. Poor oral health is also associated with other chronic diseases such as diabetes and heart disease.<sup>2</sup>

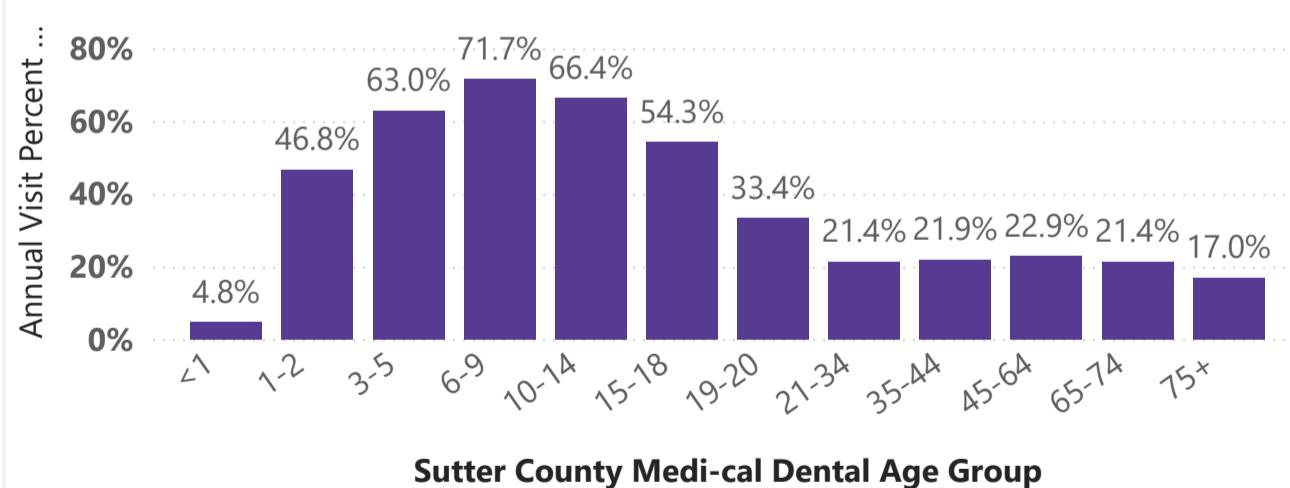
**Figure 1: Visited the Dentist in the Last Year By Age Group, Sutter County 2019-2023<sup>4</sup>**



## Where We Are Now:

In the United States 1 in 4 adults aged 20 to 64 have at least one untreated cavity.<sup>1</sup> Data from 2022 shows that 65.2% of individuals in the United States visited a dentist or dental clinic within the past year, compared to 66.2% in California.<sup>3</sup> From 2019-2023, data from the UCLA California Health Interview Survey (CHIS) shows that in Sutter County, 80.0% of children (ages 0-11), 87.9% of teens (ages 12-17), and 64.1% of adults (18 and older) that were interviewed visited a dentist within the last year.<sup>4</sup> Additionally, 16.2% of teens and 26.1% of adults that were interviewed had Fair/Poor teeth condition in 2022.<sup>4</sup>

**Figure 2. Sutter County Medi-Cal Dental Utilization For Annual Dental Visits By Age Group, 2022<sup>5</sup>**



## Those Most Affected:

Children from low-income families are twice as likely to have cavities as children from higher-income families.<sup>1</sup> Among Medi-Cal recipients in Sutter County, children 6 to 9 years old utilized annual dental visit benefits the most (71.7%) among all age groups (see Figure 2).<sup>5</sup> For reporting year 2024, Sutter County had a dental provider to patient ratio of one dentist for 1,170 patients.<sup>6</sup> Sutter County overall fares slightly worse when compared to CA average of one dentist for 1,080 patients but slightly better than the U.S. average of one dentist for 1,360 patients.<sup>6</sup>

## References

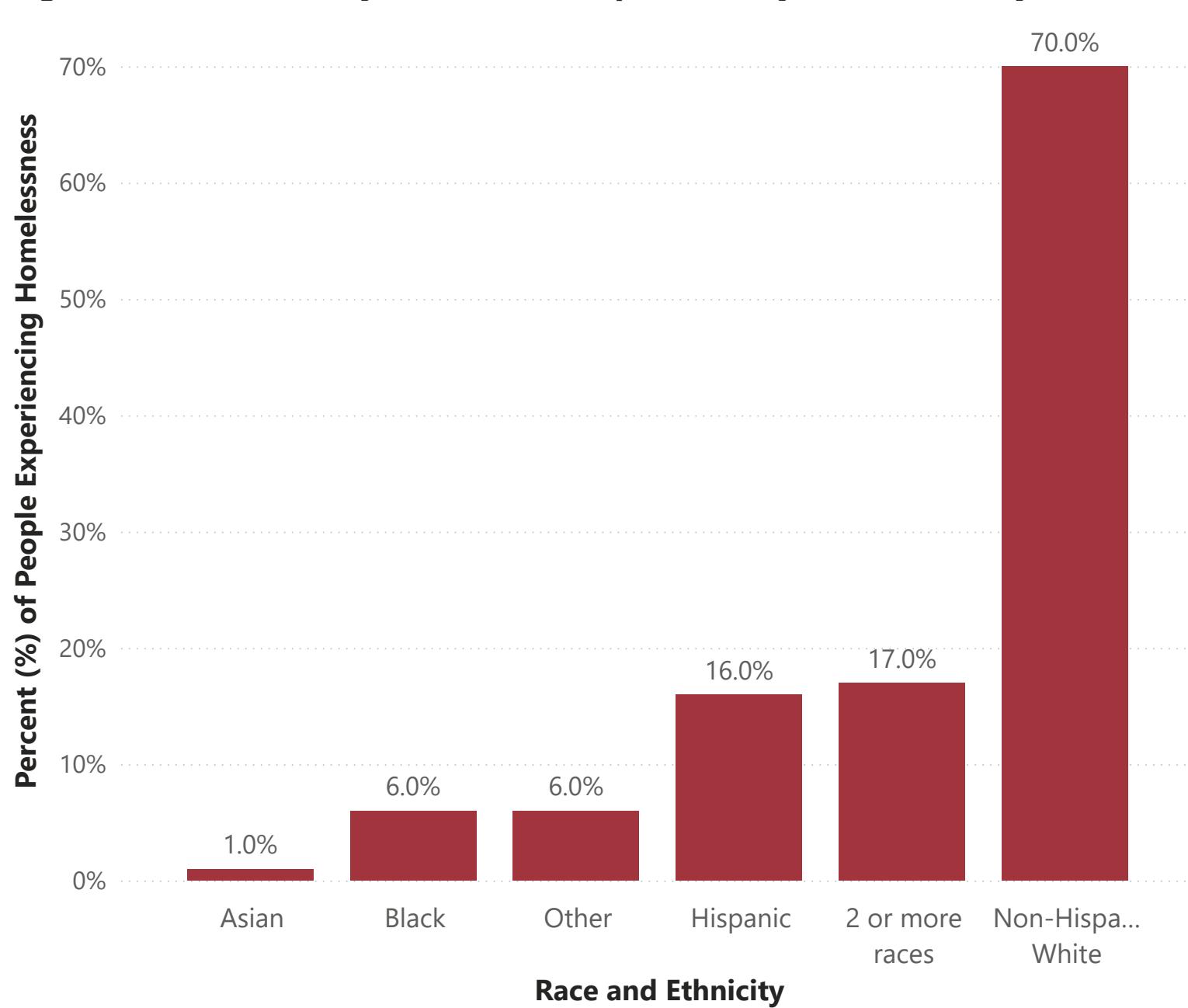
- Oral Health Fast Facts. Centers for Disease Control and Prevention. Accessed September 24, 2024. <https://www.cdc.gov/oral-health/data-research/facts-stats/index.html>
- About Oral Health. Centers for Disease Control and Prevention. Accessed September 24, 2024. <https://www.cdc.gov/oral-health/about/index.html>
- BRFSS prevalence & Trends Data, Behavioral Risk Factor Surveillance System. Centers for Disease Control and Prevention. Accessed September 24, 2024. <https://www.cdc.gov/brfss/brfssprevalence/index.html>
- AskCHIS Dashboard, Time Since Last Dental Visit. Pooling 2019-2024 and Condition of Teeth (Teen and Adults in 2022). California Health Interview Survey. UCLA Center for Health Policy Research. Accessed December 2, 2025. <https://healthpolicy.ucla.edu/user/login?destination=/our-work/askchis/askchis-dashboard>
- Dental Utilization Measures and Sealant Data by County and Age Calendar Year 2013 to 2023. California Health and Human Services Open Data Portal. Accessed December 2, 2025. [https://data.chhs.ca.gov/dataset/test-dhcs-utilization-measures-and-sealant-data-by-county-calendar-year-2013-to-2021/resource/cbcd262-5877-422e-8d2a-bd1459a90950?filters=County%3ASutter](https://data.chhs.ca.gov/dataset/test-dhcs-utilization-measures-and-sealant-data-by-county-calendar-year-2013-to-2021/resource/cbcd262-5877-422e-8d2a-bd1459a90950?filters=County%3ASutter%7CCalendar%20Year%3ACY%202023)
- Dentist, Sutter County, California. County Health Rankings & Roadmaps. Accessed September 24, 2024. <https://data.chhs.ca.gov/dataset/test-dhcs-utilization-measures-and-sealant-data-by-county-calendar-year-2013-to-2021/resource/cbcd262-5877-422e-8d2a-bd1459a90950?filters=County%3ASutter>

# PEOPLE EXPERIENCING HOMELESSNESS

## Why It Is Important:

Homelessness is defined as not having a regular nighttime residence and staying in a public or private place not meant for human habitation; or a publicly or privately operated shelter.<sup>1</sup> Individuals experiencing homelessness are at a significantly higher risk of developing chronic illnesses, communicable diseases, substance use disorders and becoming victims of violence. People experiencing homelessness are also more likely to be hospitalized and stay longer in the hospital.<sup>2</sup>

**Figure 1: Sutter County's Homeless Population By Race/Ethnicity (2023)<sup>4</sup>**



## Where We Are Now:

In 2023, 418 people were homeless in Sutter County based on the Sutter-Yuba Homeless Consortium Point In Time Count (PIT), a count of all unsheltered and sheltered people experiencing homelessness in Sutter County<sup>3</sup>.

## Those Most Affected:

People experiencing homelessness in Sutter County are more likely to have behavioral health conditions, physical disabilities, or chronic medical conditions than Sutter County residents who are housed. Non-Hispanic White residents in Sutter County are more likely to be homeless than people from any other race or ethnic group (Figure 1)<sup>4</sup>. The Sutter County Homeless Services program provides outreach, case management, advocacy, and housing navigation to those experiencing homelessness in Sutter County to address health problems and barriers to housing.

## References

1. US Department of Housing and Urban Development. 2023. Accessed September 11, 2024. <https://www.hudexchange.info/homelessness-assistance/ahar/#2023-reports>
2. Homelessness Makes You Sick. Health Care for the Homeless. Accessed September 11, 2024. <https://www.hchmd.org/homelessness-makes-you-sick>
3. Sutter-Yuba Homeless Consortium. Accessed September 19, 2024. [https://www.syhomelessconsortium.org/\\_files/ugd/c7b18b\\_d0dc03fb737d41eeae888f9a1a185e0f.pdf](https://www.syhomelessconsortium.org/_files/ugd/c7b18b_d0dc03fb737d41eeae888f9a1a185e0f.pdf)
4. 2007-2023 Point-in-Time Estimates by CoC (XLSB). 2023 AHAR: Part 1 - PIT Estimates of Homelessness in the U.S.. Annual Homeless Assessment Report, Office of Policy Development and Research (PD&R). Accessed September 11, 2024. <https://www.huduser.gov/portal/datasets/ahar/2023-ahar-part-1-pit-estimates-of-homelessness-in-the-us.html>

# PHYSICAL ACTIVITY

## Why It Is Important:

Physical activity is important in building and maintaining health. Active people generally live longer and are at less of a risk of developing health problems such as heart disease, type 2 diabetes, obesity, and some cancers. People who are insufficiently active have a 20-30% increased risk of death compared to those who are sufficiently active<sup>1</sup>. Only 1 in 4 US adults meet the physical activity recommendations to help prevent chronic illnesses, which contributes to the \$117 billion in annual health care costs associated with inadequate physical activity<sup>2</sup>. Increasing physical activity is a larger societal issue, not just an individual problem; therefore, creating more opportunities for people to access programs and places for physical activity and safe routes to walk, run, bike or move is essential.

## Where We Are Now:

The Center for Disease Control and Prevention recommends children and adolescents age 6-17 years participate in 60 minutes or more of physical activity per day and adults participate in either 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week.<sup>2</sup> In 2021, more Sutter County adults (24%) reported physical inactivity compared to California (20%) and the United States (23%).<sup>3</sup>

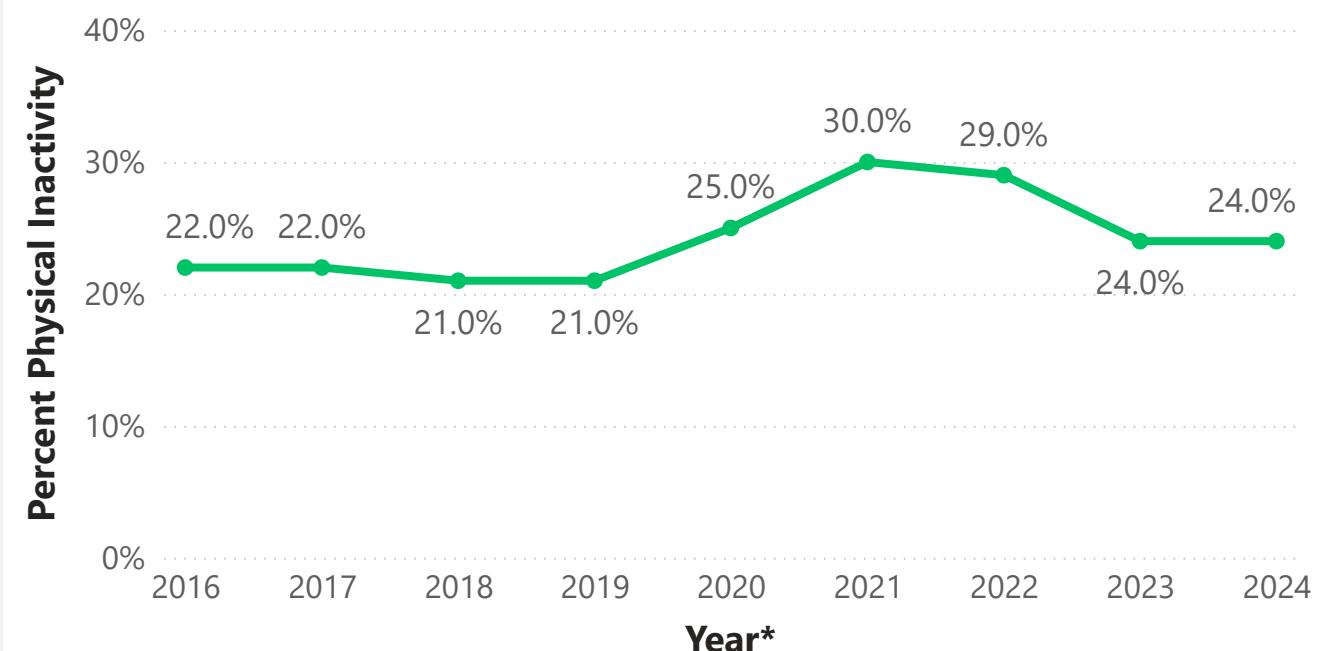
## Benefits to regular and adequate physical activity include<sup>1,2</sup>:

- Reduces the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, depression and the risk of falls;
- Improves bone and functional health; and
- Critical in achieving and maintaining a healthy weight.

## Those Most Affected:

Low-income communities are the most affected by the lack of access to physical activity and exercise opportunities due to the lack of no-cost or low-cost sporting activities/fitness classes and lack of public transportation, insufficient sidewalks, bike lanes and paved shoulders to access these activities. To address physical inactivity in Sutter County the California CalFresh Healthy Living Program provides physical activity education throughout the community by promoting opportunities to sit less and move more through games and interactive learning activities, distributing physical activity promotion marketing materials, and attending key community events to spread the word on the benefits of regular physical activity and strategies to get moving.

**Figure 1: Percent Physical Inactivity Sutter County (2016-2024)<sup>3</sup>**



\*Note: Year is based on "reported-year" from the County Health Rankings and Roadmaps website.

## References

1. Global Strategy on Diet, Physical Activity, and Health. World Health Organization. Accessed September 19, 2024. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
2. Physical Activity. Center for Disease Control and Prevention. Accessed September 19, 2024. <https://www.cdc.gov/physical-activity/php/about/>
3. County Health Rankings and Roadmaps. Accessed September 23, 2024. <https://www.countyhealthrankings.org/health-data/california/sutter?year=2024>

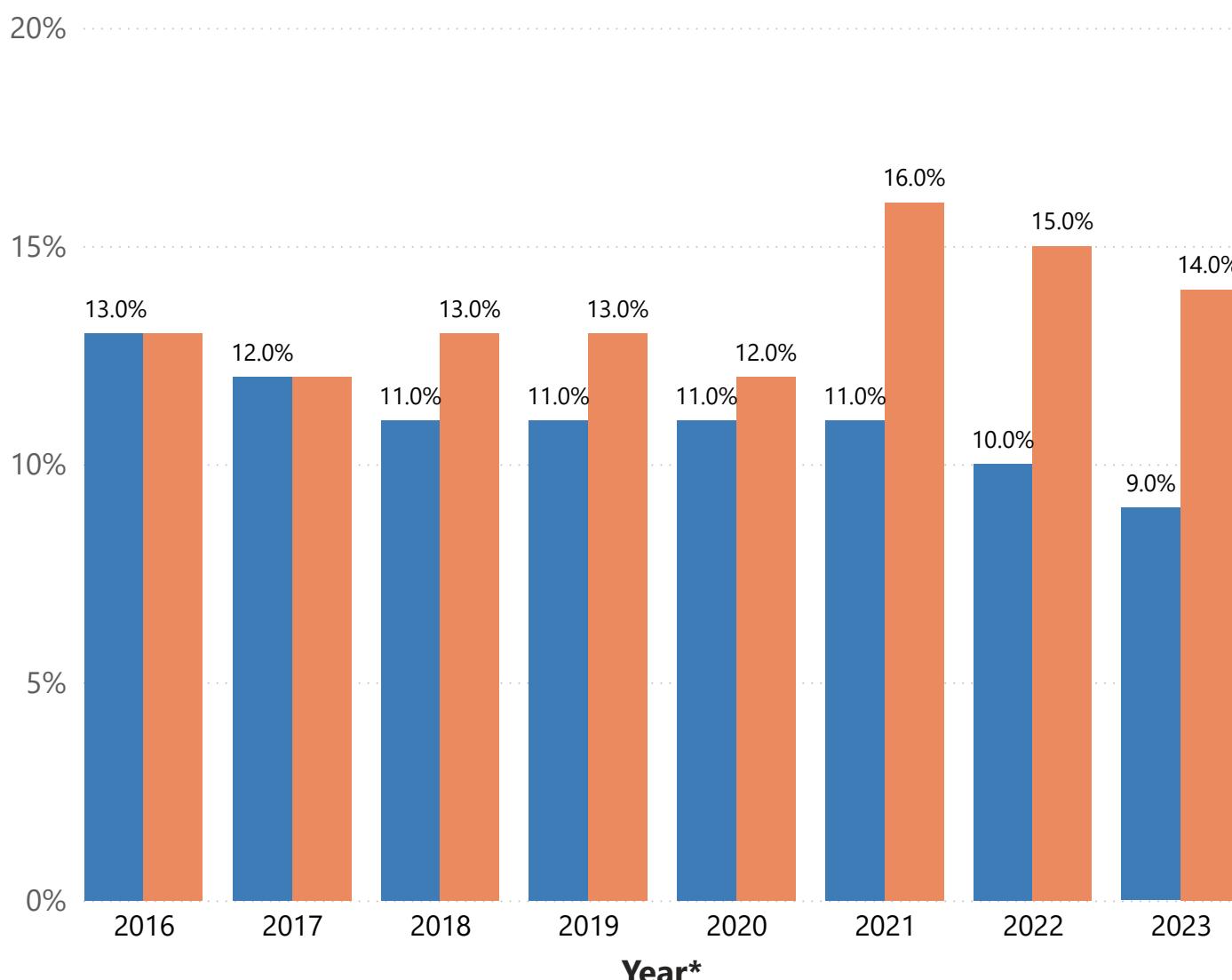
# TOBACCO USE

## Why It Is Important:

Tobacco use includes cigarettes, cigars, cigarillos, pipes, hookahs, smokeless tobacco and electronic devices or vaping. Tobacco use is a major risk factor for multiple chronic diseases, including cancer, heart disease, stroke, diabetes and chronic lower respiratory disease<sup>1</sup>. Cigarette smoking is the leading preventable cause of disease, death, and disability in the United States<sup>1</sup>. More than 16 million Americans are living with a disease caused by smoking and more than 480,000 Americans die every year from tobacco related diseases<sup>1</sup>. It is estimated that 90% of adult smokers first tried smoking by age 18<sup>2</sup>. Young people are more vulnerable to the consistent presence of tobacco products in their environment, including offers from peers, exposure to secondhand tobacco smoke, e-cigarette vapor, and predatory marketing by the tobacco industry. Tobacco companies target youth by flavoring, packaging, and pricing it similar to candy. In 2021 80% of high school students who reported using tobacco products in the last 30 days also reported using a flavored tobacco product, compared to 2023 where 90% of high school students also reported using a flavored tobacco product<sup>2</sup>.

**Figure 1: Smoking Rates in Sutter County and California (2016-2023)<sup>3</sup>**

● California ● Sutter



## Where We Are Now:

Overall, adult tobacco use is decreasing in California<sup>3</sup>. Figure 1 shows a decline in smoking rate from 2016 (13% adult tobacco use) to 2023 (9%)<sup>3</sup>. Sutter County had an increase in smoking rate in 2021 (16%), which is trending downwards in 2022 (15%) and 2023 (14%)<sup>3</sup>. The Annual National Youth Tobacco Survey for 2024 showed that there was a significant drop in the number of U.S. middle and high school students who reported current (past 30 days) e-cigarette use – a decrease from 2.13 million (7.7%) youth in 2023 to 1.63 million (5.9%) youth in 2024<sup>4</sup>.

## Those Most Affected:

On average Sutter County has higher adult smoking rates than California (Figure 1). The Sutter County Tobacco Control Program aims at reducing smoking rates, increasing awareness of the health risks of tobacco use, and addressing the policy, systems, and environmental changes necessary to decrease tobacco use and exposure in Sutter County.

\*Note: Year is based on "reported-year" from the County Health Rankings and Roadmaps website.

## References

1. Centers for Disease Control and Prevention. Smoking and Tobacco Use. Accessed September 23, 2024. <https://www.cdc.gov/tobacco/about/index.html>
2. Centers for Disease Control and Prevention. Youth and Tobacco Use. Accessed September 23, 2024. <https://www.cdc.gov/tobacco/php/data-statistics/youth-data-tobacco/index.html>
3. County Health Rankings. Accessed September 23, 2024. <https://www.countyhealthrankings.org/health-data/california/sutter?year=2024>
4. Results from the Annual National Youth Tobacco Survey. Accessed September 23, 2024. <https://www.lung.org/getmedia/408b21d0-8205-487f-b032-35ebd27415d4/2024-SOTC-California-Local-Grades.pdf>