

INTRO	1. Alzheimer's Disease	2. Cancer (All Types)	3. Lung Cancer	4. Cerebrovascular Disease	5. Chronic Lower Respiratory Disease	6. Diabetes	7. Heart Disease
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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, three in four adults in the United States have a chronic disease and over half suffering from two or more chronic diseases.^{2,3} Chronic diseases are largely preventable and modifiable through lifestyle choices and behaviors.³ 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 community groups more than others.

Chronic Disease Risk Factors:

- 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

Chronic Diseases Discussed In This Dashboard:

1. Alzheimer's Disease
2. Cancer - All Types
3. Cancer - Lung Cancer
4. Cerebrovascular Disease (Stroke)
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 to improve the health of Sutter County residents by providing preventative education and disease management tools for those living with a chronic condition. The health education programs at Sutter County Public Health 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, and 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 6.9 million Americans were living with Alzheimer’s disease, with that number projected to double to nearly 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). In 2020-2022, there was a doubling of Alzheimer's confirmed deaths annually when compared to 2019.¹ In 2023, the death rate decreased, but it is too soon to know if this is a decreasing trend.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.

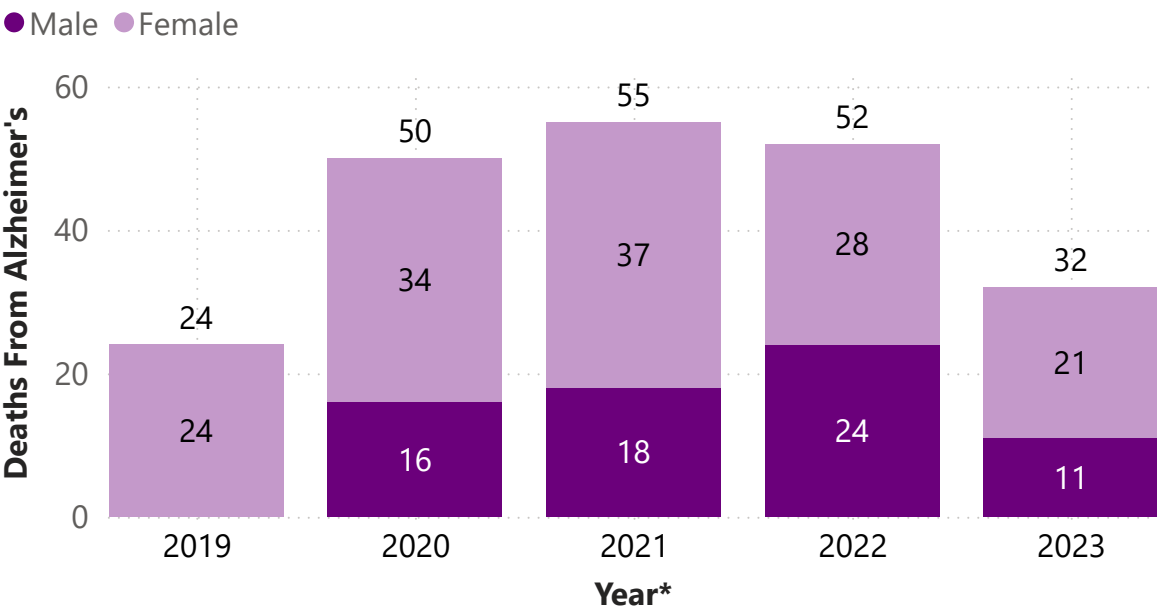
Table 1: Alzheimer's Disease Deaths per 100,000 (2021-2023)³⁻⁵

Location	Deaths per 100k
California	32.3
Sutter County	36.0
United States	29.2

Those Most Affected:

In Sutter County, women are more affected by Alzheimer's disease than men, with this gender gap 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 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, 2019-2023¹



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

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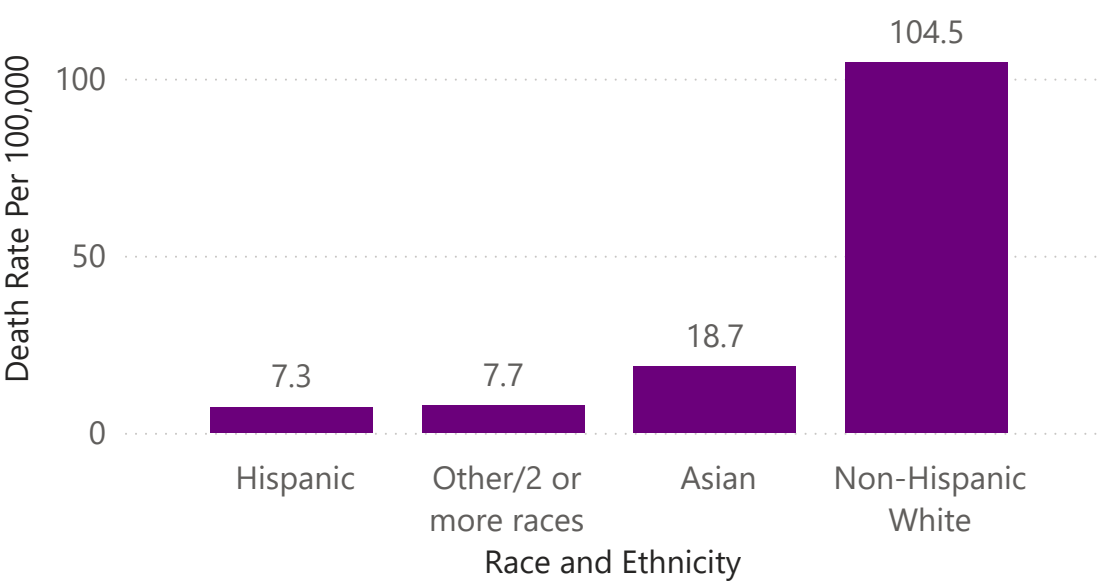
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Figure 2: Average Yearly Death Rates of Alzheimer's Disease (All-Types) by Race/Ethnicity, 2019-2023¹



CANCER - ALL TYPES

Why It Is Important:

Cancer is the second leading cause of death in the United States, California, and Sutter County.¹⁻³ 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.⁴ There are more than 100 types of cancer; the most common types include breast cancer, lung and bronchus cancer, prostate cancer, colorectal cancer, and melanoma.⁵ 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.⁴⁻⁵

Where We Are Now:

On average, from 2019-2023, cancer death rates were higher in Sutter County compared to California, but lower than the US (Table 1).⁶ From 2019 to 2021, Sutter County has seen an overall slight increasing trend in cancer deaths with a decline in 2022 (Figure 1).⁶ In 2023, there was an increase back to about 2021 levels. 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 (2019-2023)⁶

Location	Deaths Per 100K
California	131.4
Sutter County	138.1
United States	141.5

Those Most Affected:

In Sutter County, more men die due to cancer than women (see Figure 1).² From 2019 to 2023, the average age at death from cancer was 73.1 years; however, a quarter of those who died from cancer were 65 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 White and Black individuals 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).⁷

Figure 1: Cancer Deaths among Sutter County Residents, 2019-2023²

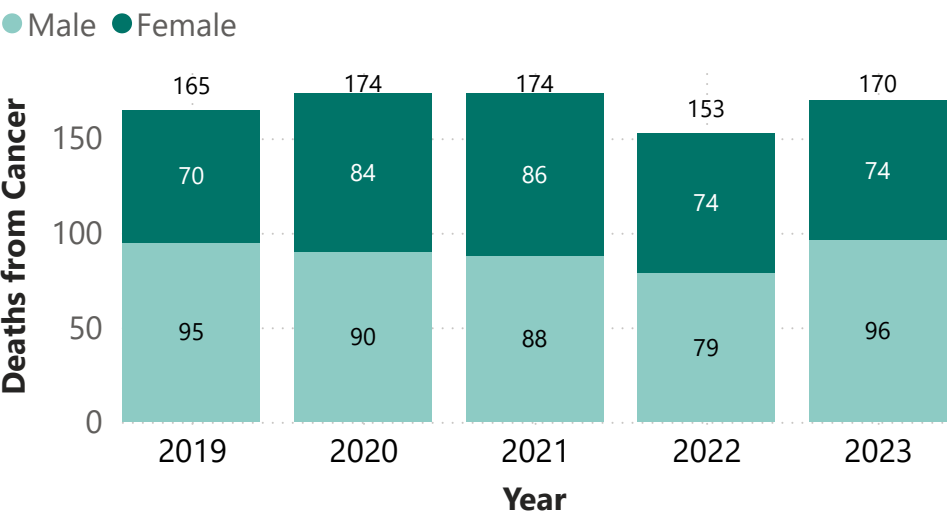
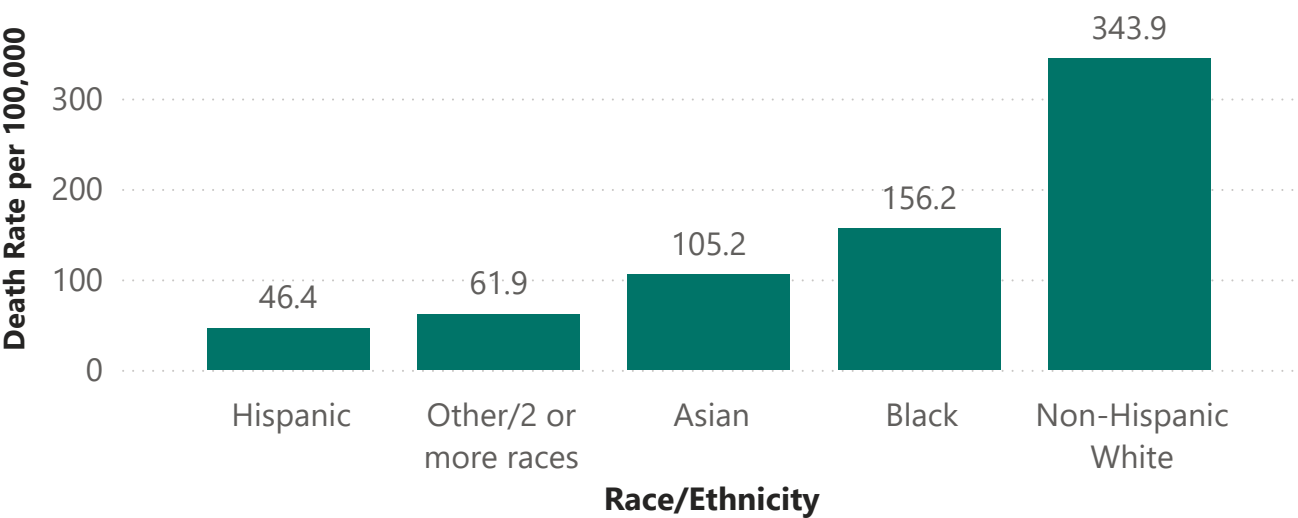


Figure 2: Average Yearly Rates of Cancer (All-Types) by Race/Ethnicity, 2019-2023²



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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).³ On average, from 2019 to 2023, 35 Sutter County residents die from lung cancer each year (Figure 1).⁴ 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 (2019-2023)³

Location	Death Rates Per 100K
California	22.4
Sutter County	28.7
United States	29.3

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 75.6 years; however, a quarter of those who died from lung cancer were 69 or younger.⁴ Non-Hispanic White and Black residents have the highest death rates from lung cancer in Sutter County (Figure 2).⁴ 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).³ In 2022, 16% of Sutter County adults were current smokers, compared to California (10%).⁵

Figure 1: Lung Cancer Deaths among Sutter County Residents, 2019-2023⁴

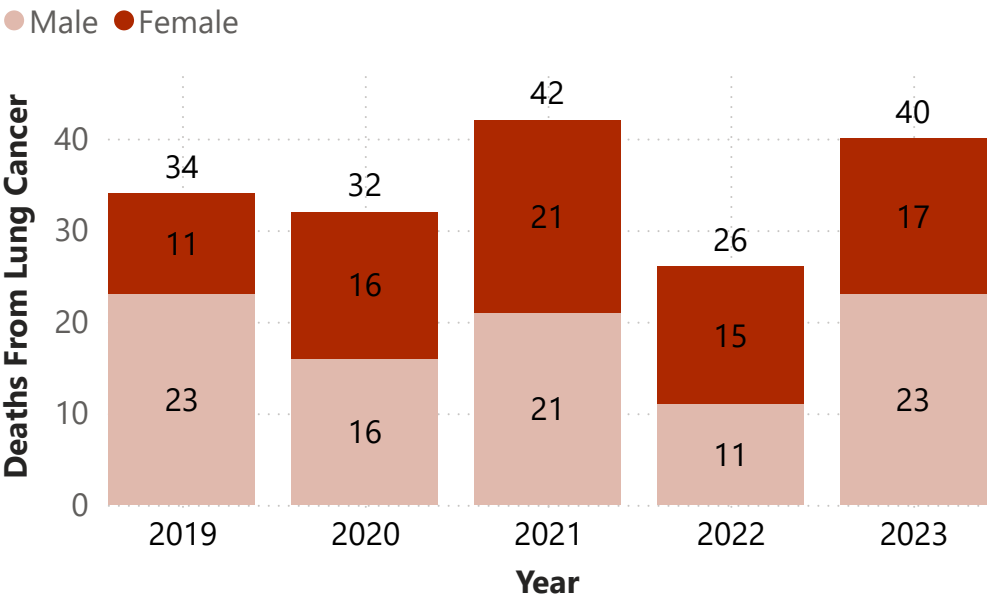
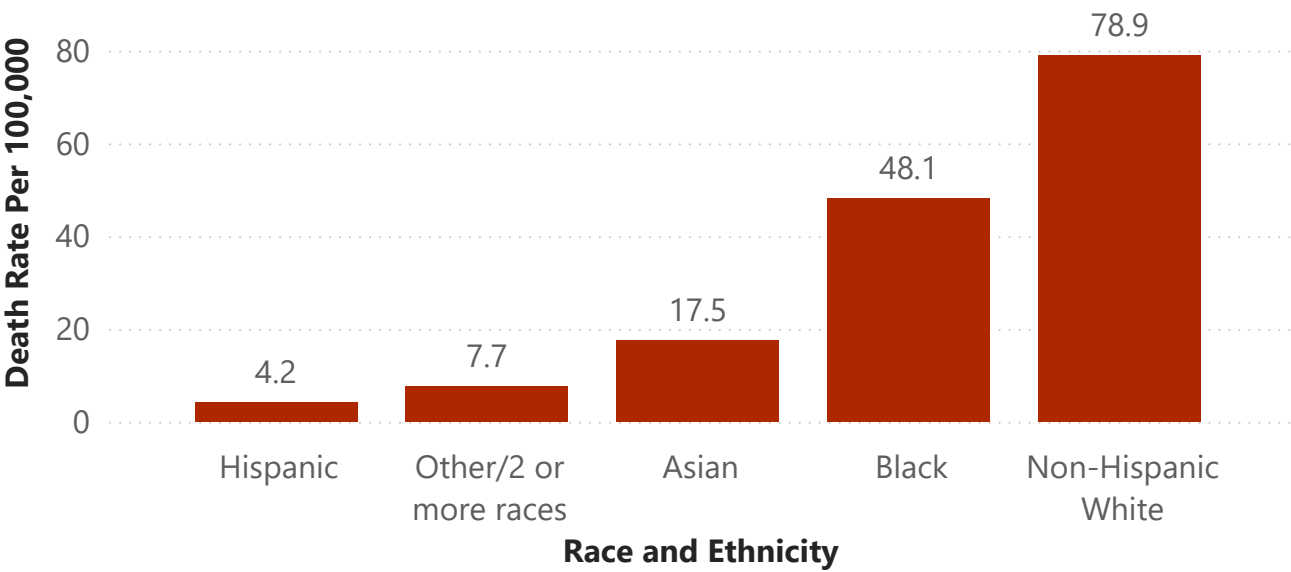


Figure 2: Average Yearly Death Rates of Lung Cancer by Race/Ethnicity, 2019-2023⁴



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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).^{3-5,6} From 2019 to 2023, Sutter County has seen an 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 (2021-2023)^{3-4, 6}

Location	Deaths per 100k
California	35.7
Sutter County	55.5
United States	39.9

Those Most Affected:

In Sutter County, deaths from cerebrovascular disease occur more frequently in women than men (Figure 1).⁵ In addition, the average age at death from cerebrovascular disease was 82.6 years from 2019 to 2023.⁵ A quarter of Sutter County residents who died from cerebrovascular disease were younger than 76, and 10% were younger than 65.⁵ Non-Hispanic White and Black individuals have the highest death rates from cerebrovascular disease in Sutter County (Figure 2).⁵

Figure 1: Cerebrovascular Disease (Stroke) Deaths among Sutter County Residents, 2019-2023⁵

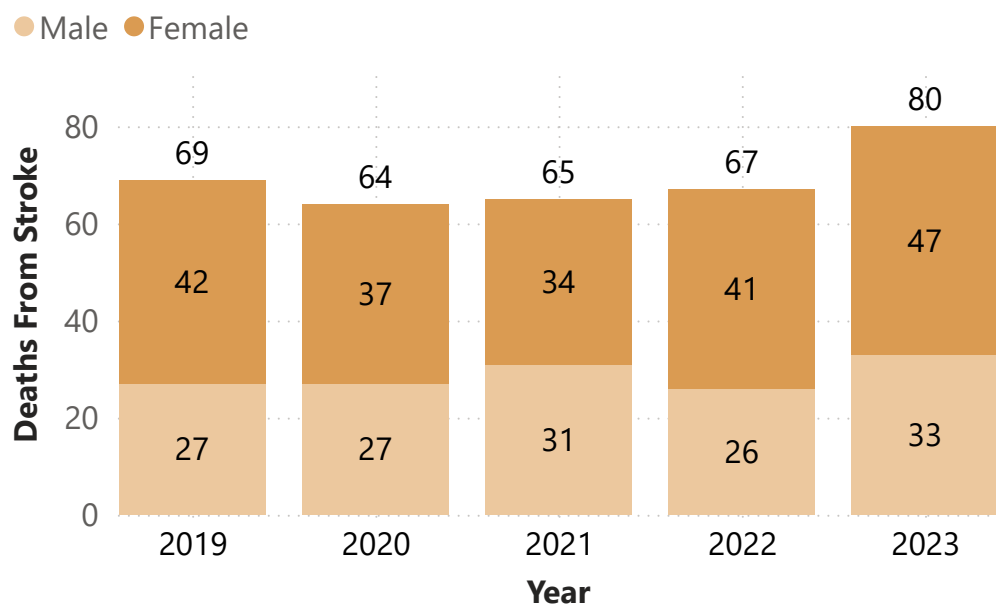
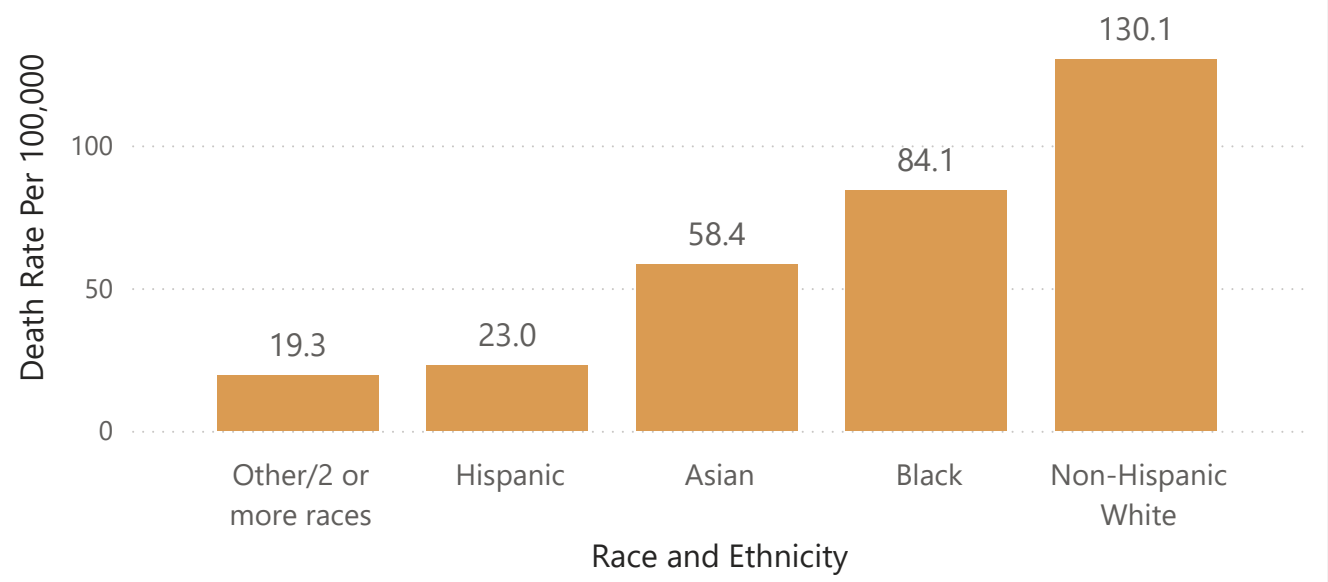


Figure 2: Average Yearly Rates of Cerebrovascular Disease (Stroke) Deaths by Race/Ethnicity, 2019-2023⁵



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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).¹⁻³ On average, from 2019 to 2023, 49 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 smoke

Table 1: Chronic Lower Respiratory Disease Deaths per 100,000 (2021-2023)¹⁻³

Location	Death Rates Per 100,000
California	23
Sutter County	36.4
United States	34.1

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 75.8 years old. 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 2022, 16% of Sutter County were adult smokers, compared to California (10%).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, 2019-2023³

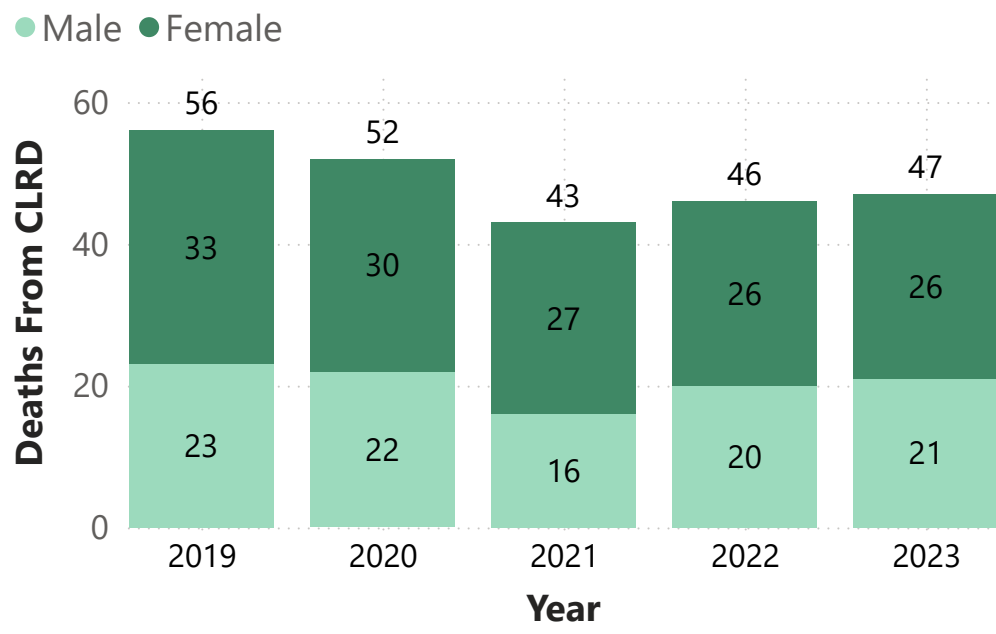
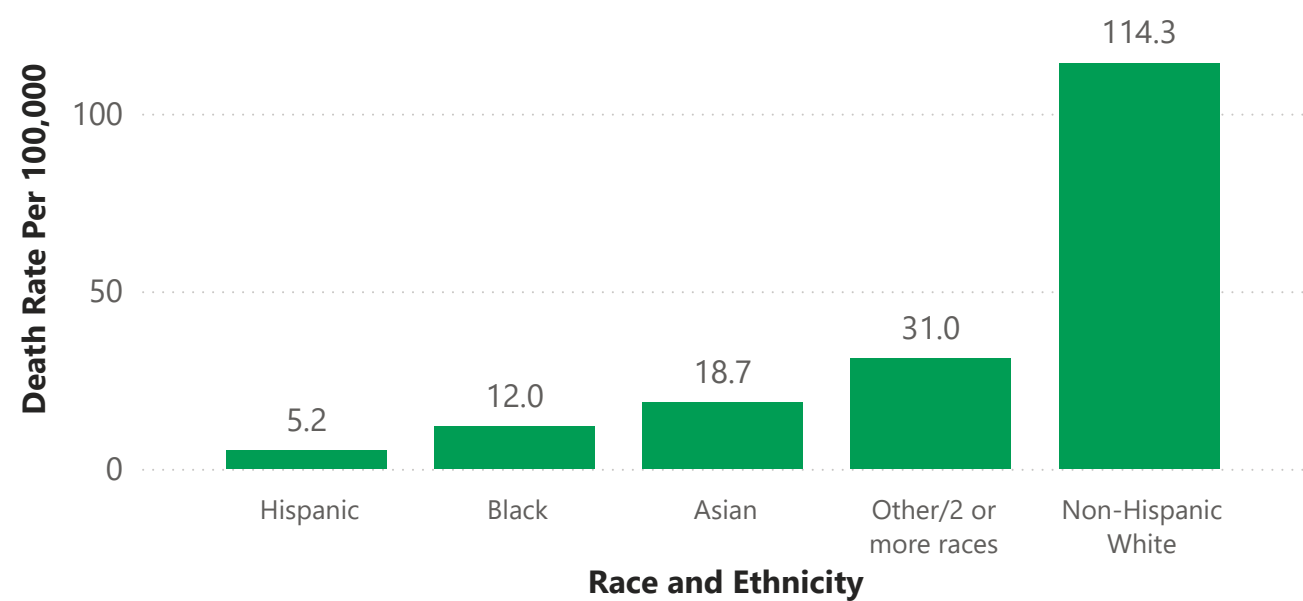


Figure 2: Average Yearly Rates of CLRD Deaths by Race/Ethnicity, 2019-2023³



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 complications.

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 diagnosed 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

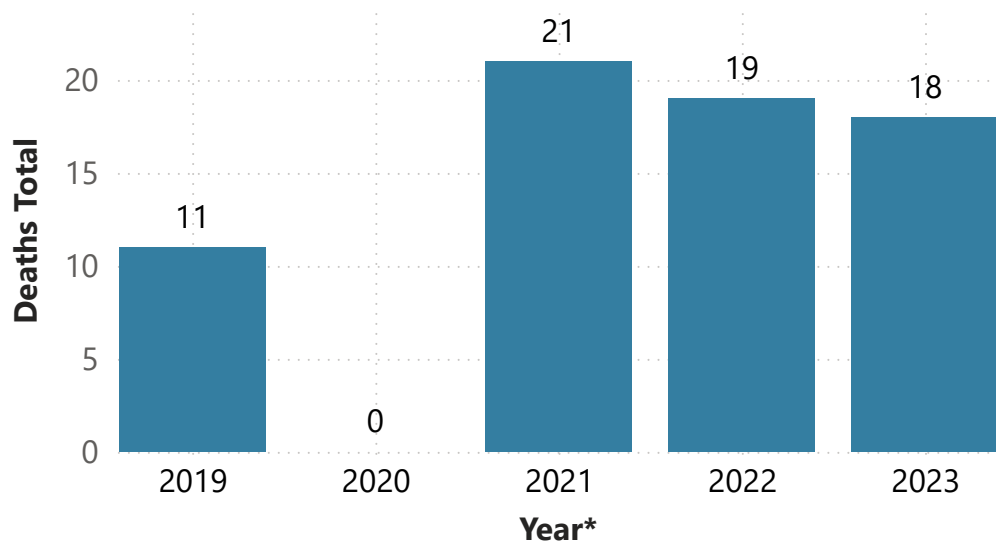
Table 1: Type 2 Diabetes Deaths per 100,000 (2021-2023)³⁻⁵

Location	Deaths per 100k
▲	
California	22.70
Sutter County	24.30
United States	24.00

Those Most Affected:

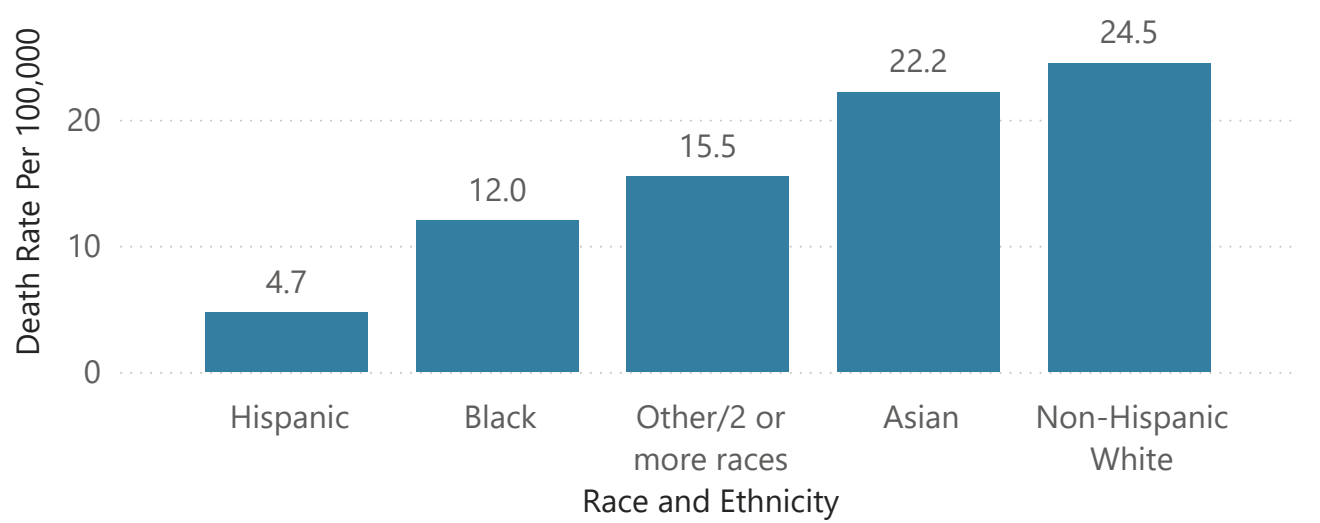
In Sutter County, deaths from type 2 diabetes are fairly equal in men and women and total deaths have slightly increased from 2019 to 2023 (See Figure 1). Non-Hispanic White individuals are most affected by type 2 diabetes deaths in Sutter County, followed by Asian, other/multiracial, and Black (Figure 2). More than half of the Asian population in Sutter County is Punjabi, which is a sub-group of the South Asian population.⁷ South Asians have a genetic predisposition that make them more susceptible to type 2 diabetes. 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, 2019-2023⁶



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

Figure 2: Average Yearly Death Rates of Type 2 Diabetes by Race/Ethnicity, 2019-2023⁶



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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). Between 2019 and 2021, heart disease deaths in Sutter County declined. In 2022, the number of deaths went up (by 18.5%) but slightly declined (by 8.5%) in 2023 (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 (2021-2023)^{1-2, 5}

Location	Deaths Per 100K
Sutter County	78.3
California	72.2
United States	167.7

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, 2019-2023³

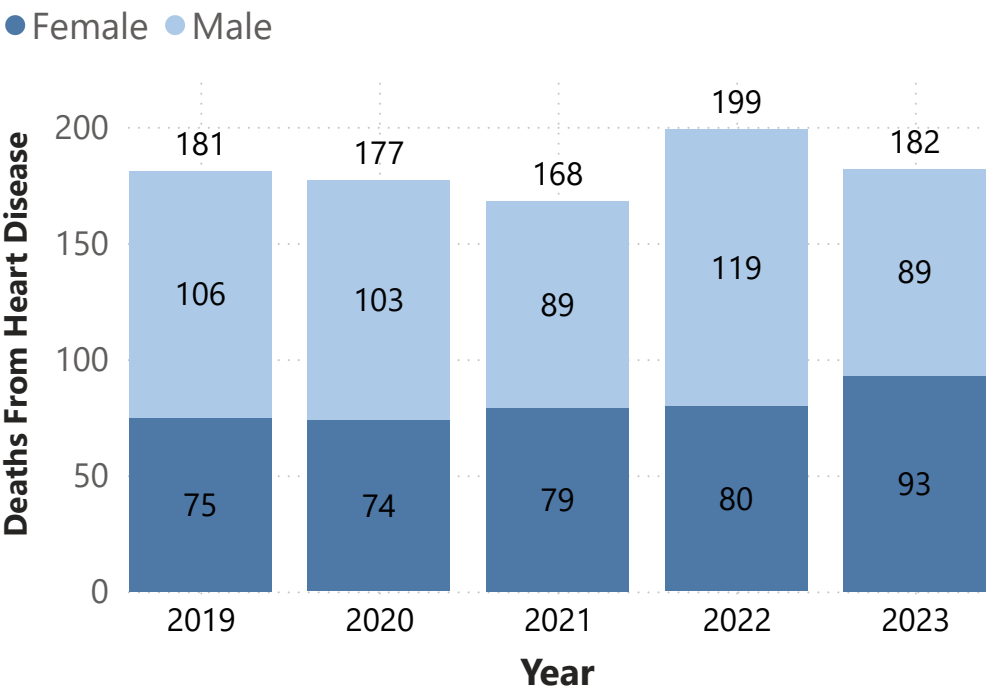
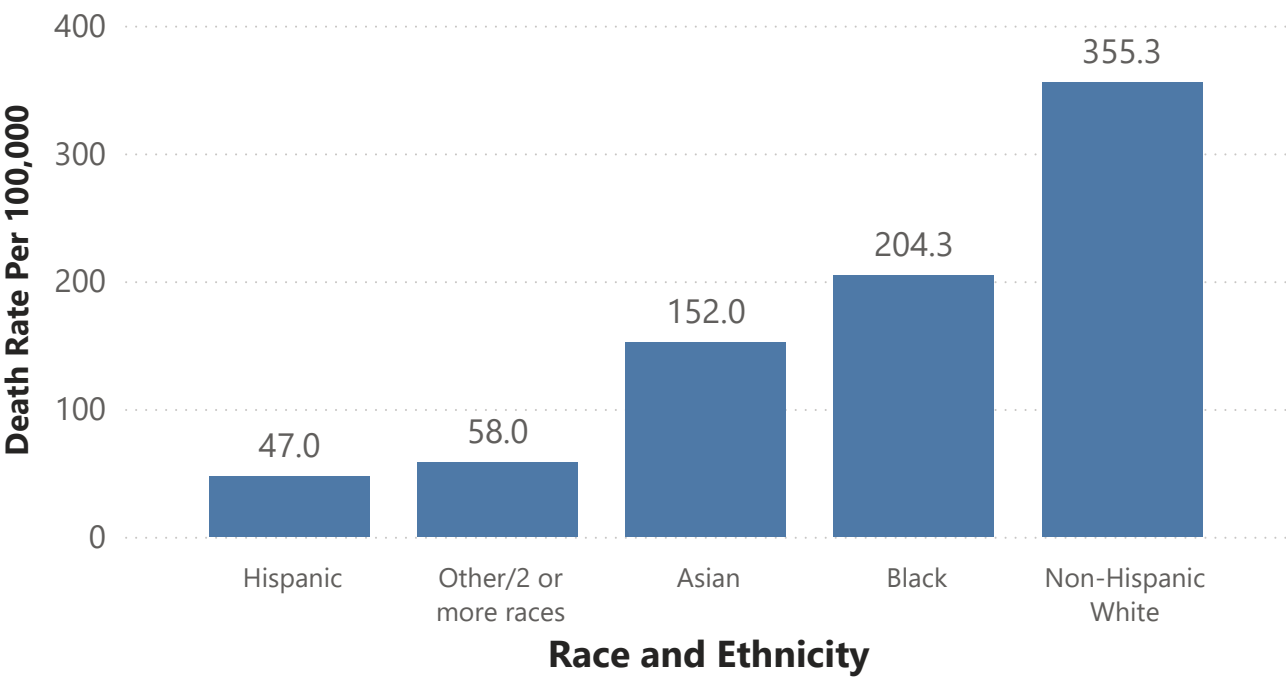


Figure 2: Average Yearly Rates of Heart Disease by Race/Ethnicity, 2019-2023³



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