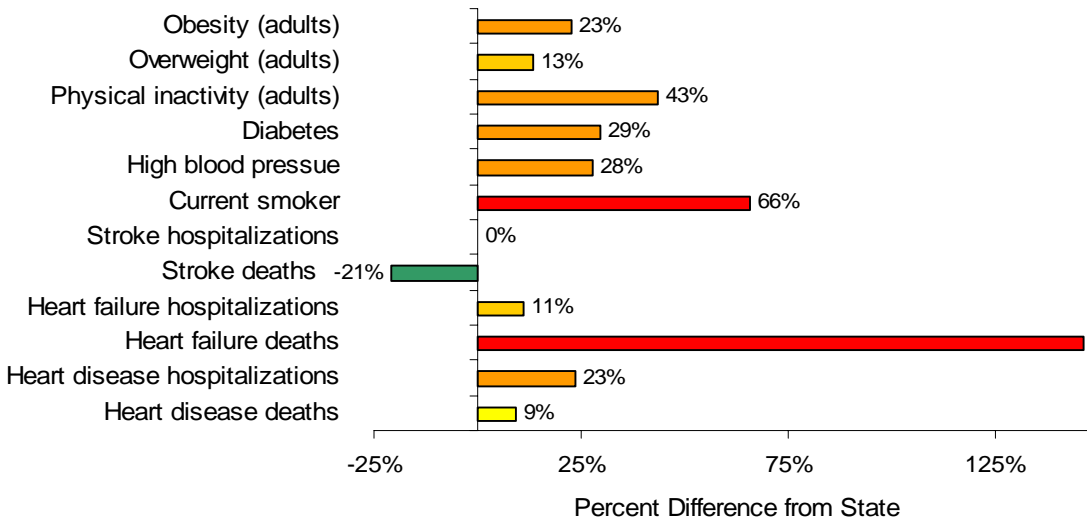


# Chronic Diseases in Sutter County

## 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.

