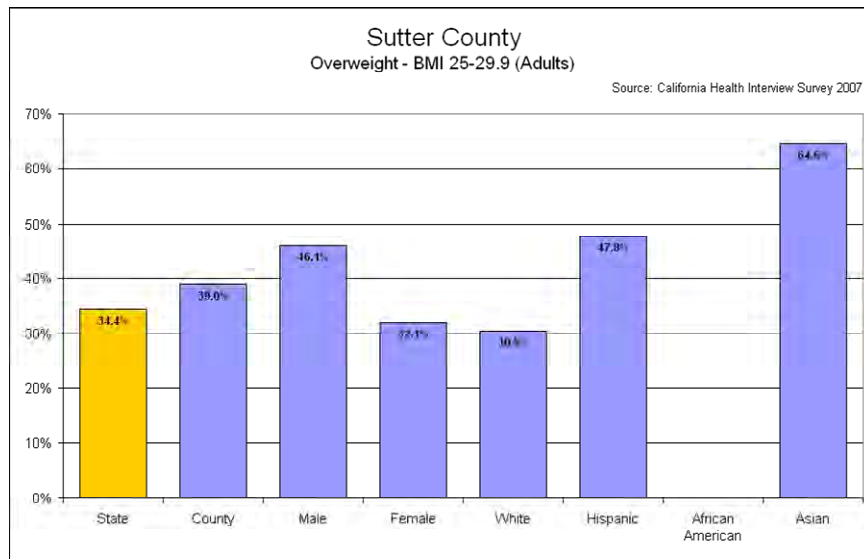
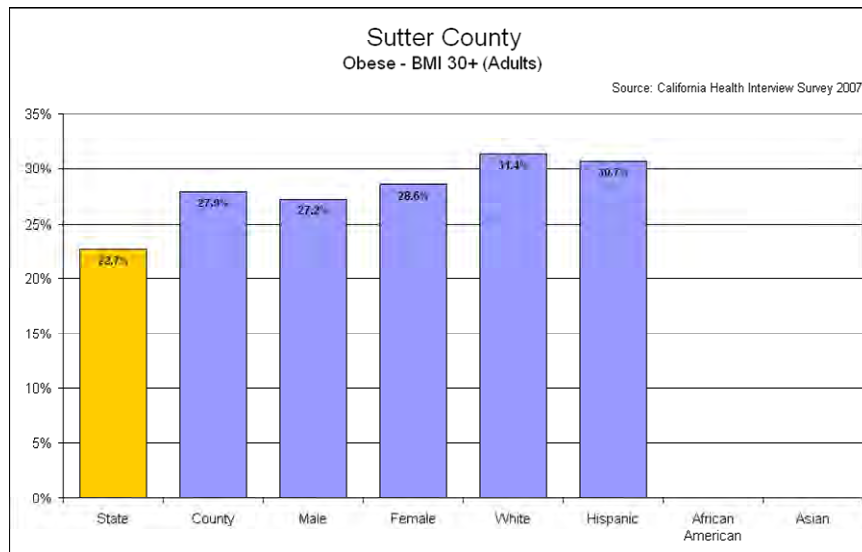


## Sutter County Chronic Disease Prevention Summit 2009

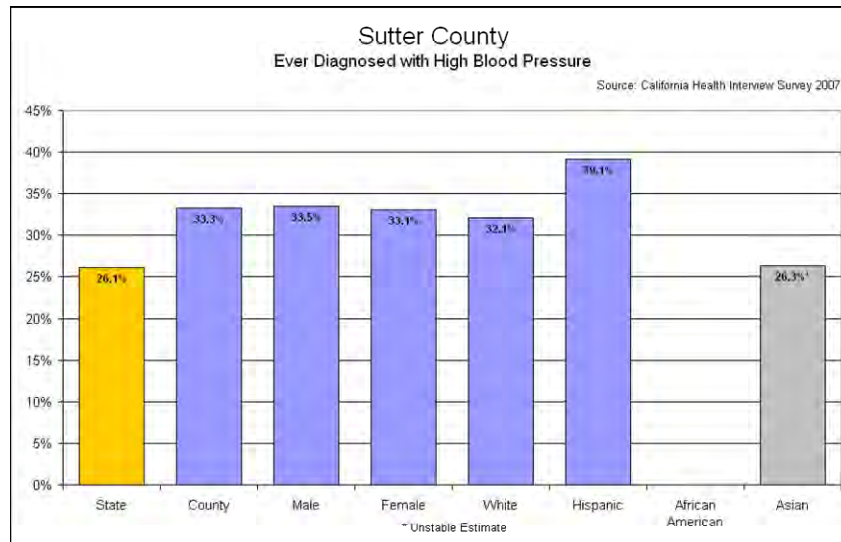


**Risk Factors—Overweight.** BMI, calculated as weight in kilograms divided by height in meters squared, indicates that 22.7% of Californians are obese. Lifestyle modifications to reduce high blood pressure include weight reduction, low salt diet, increased aerobic physical activity, and moderate alcohol consumption.

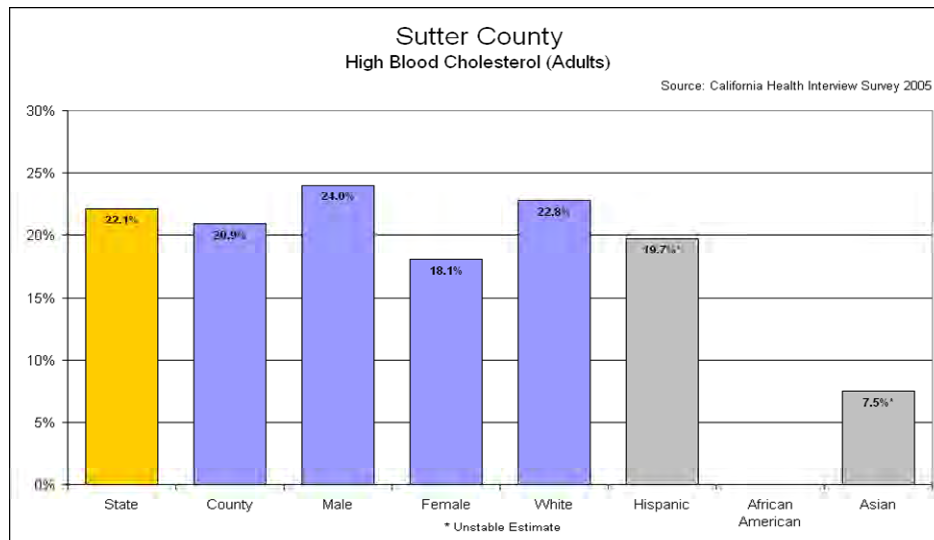


**Risk Factors—Obesity.** A 5%-10% loss in body weight decreases total cholesterol by 8%, on average.

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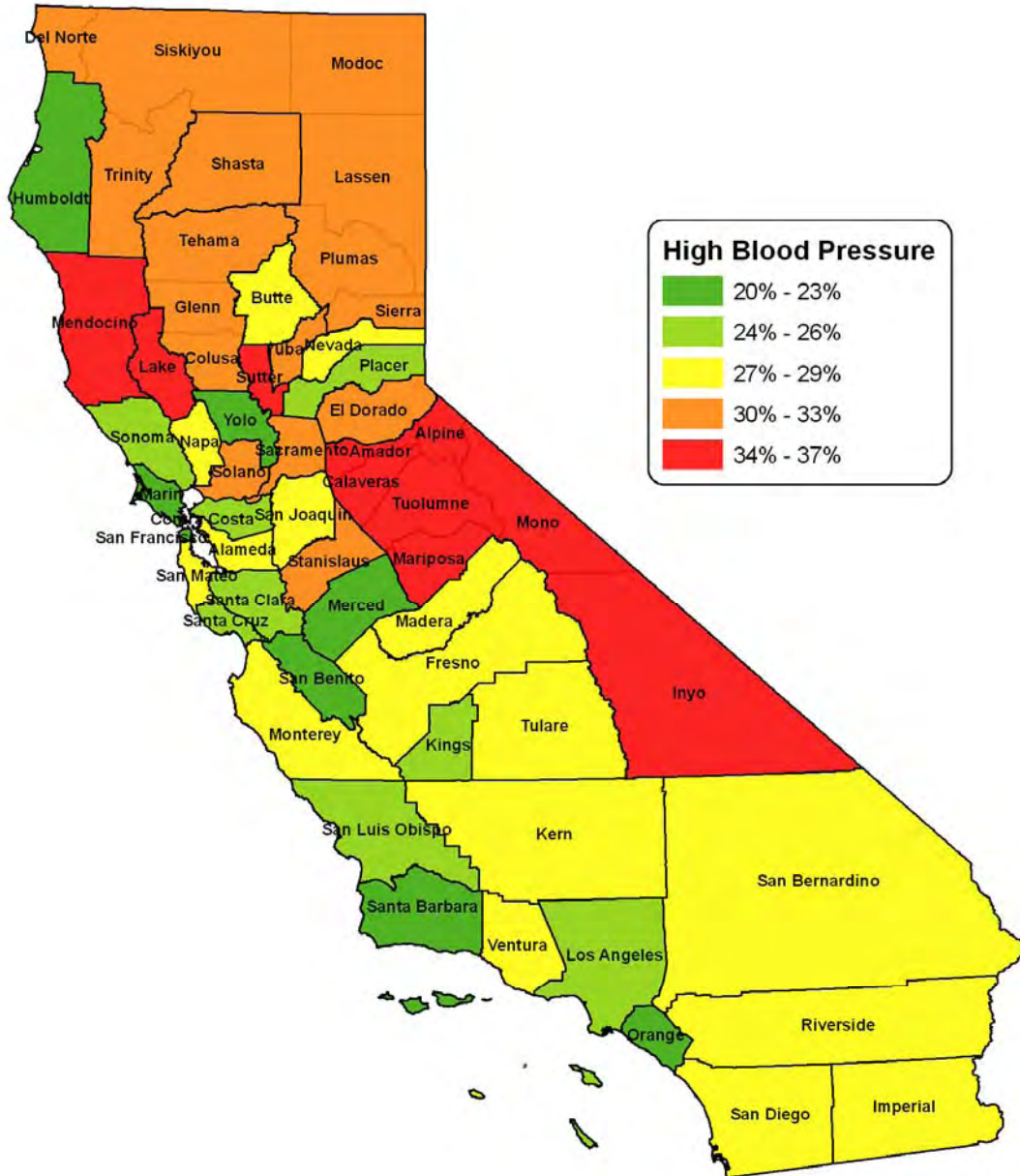


**Risk Factors—high blood pressure.** Environmental and policy changes, as well as the establishment of community coalitions, mass media campaigns, and community-based hypertension monitoring have been shown to increase knowledge and help to reduce blood pressure.



**Risk Factors—high blood cholesterol.** A 10% decrease in total cholesterol levels may result in an estimated 30% reduction in the incidence of heart disease.

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Source: California Health Interview Survey 2007



**California high blood pressure map.** Counties with the highest rates of high blood pressure include Mendocino, Lake, Sutter, Amador, Alpine, Calaveras, Tuolumne, Mariposa, Mono and Inyo.