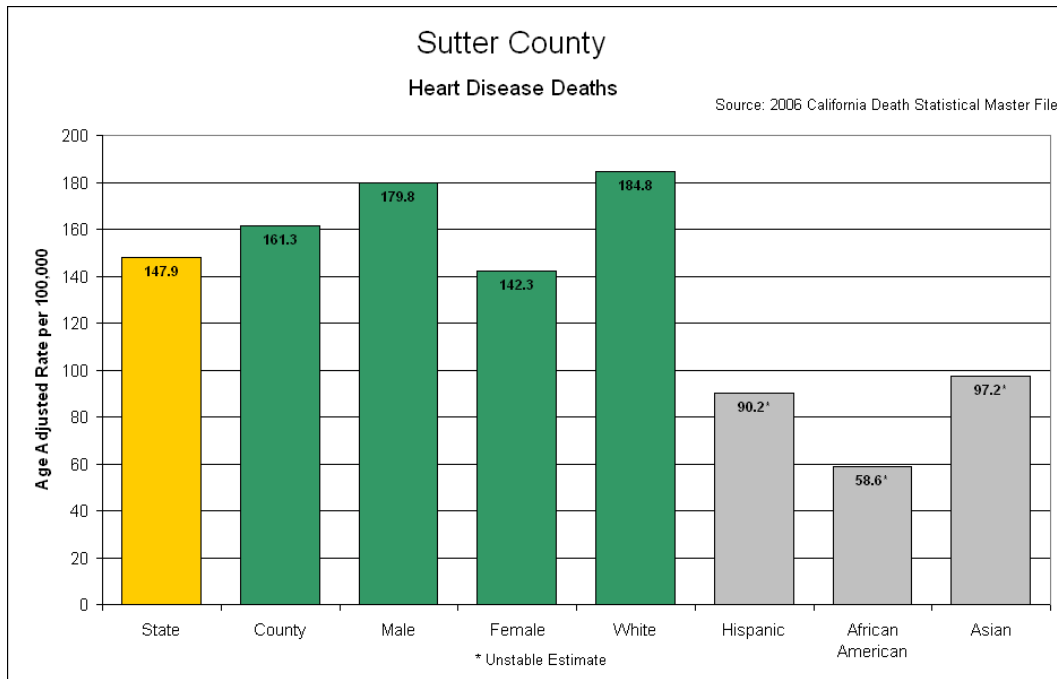
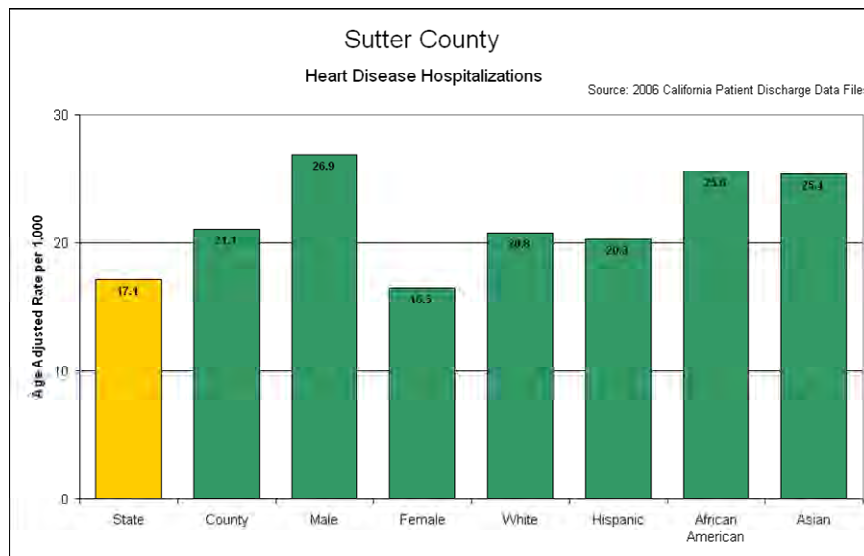


Sutter County Chronic Disease Prevention Summit 2009

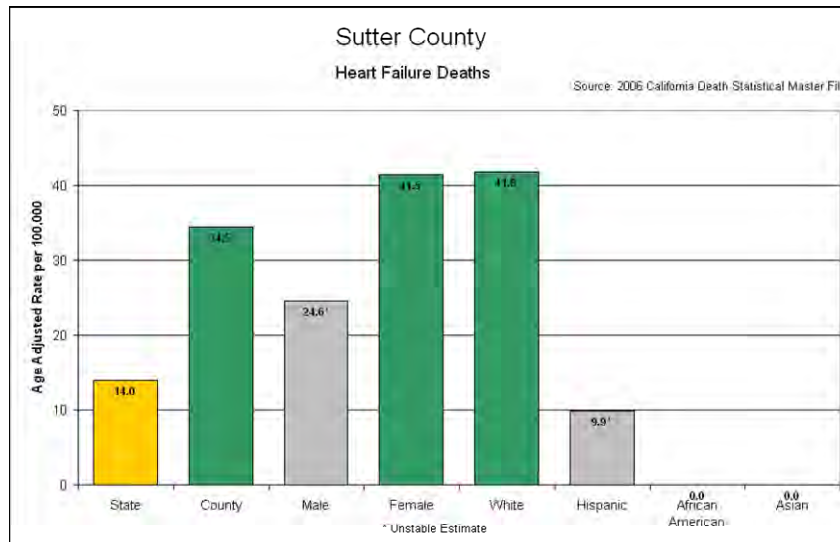


Heart Disease Mortality (Deaths). 80% of heart disease is preventable. Reductions in risk factors, including smoking and high blood pressure, result in decreased cardiovascular disease

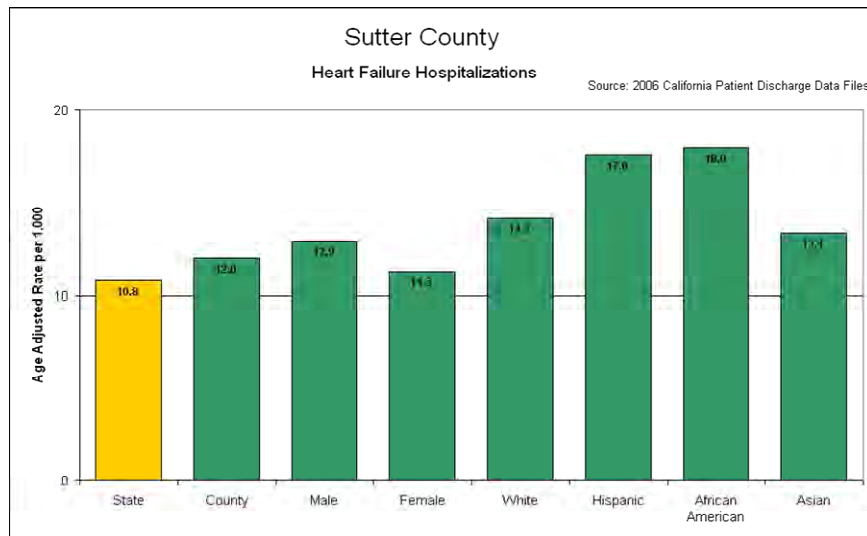


Heart Disease Morbidity (Hospitalizations). Nearly 50% of patients hospitalized for a heart attack are re-hospitalized within 12 months for another cardiovascular disease event (heart attack, stroke, heart failure).

Sutter County Chronic Disease Prevention Summit 2009

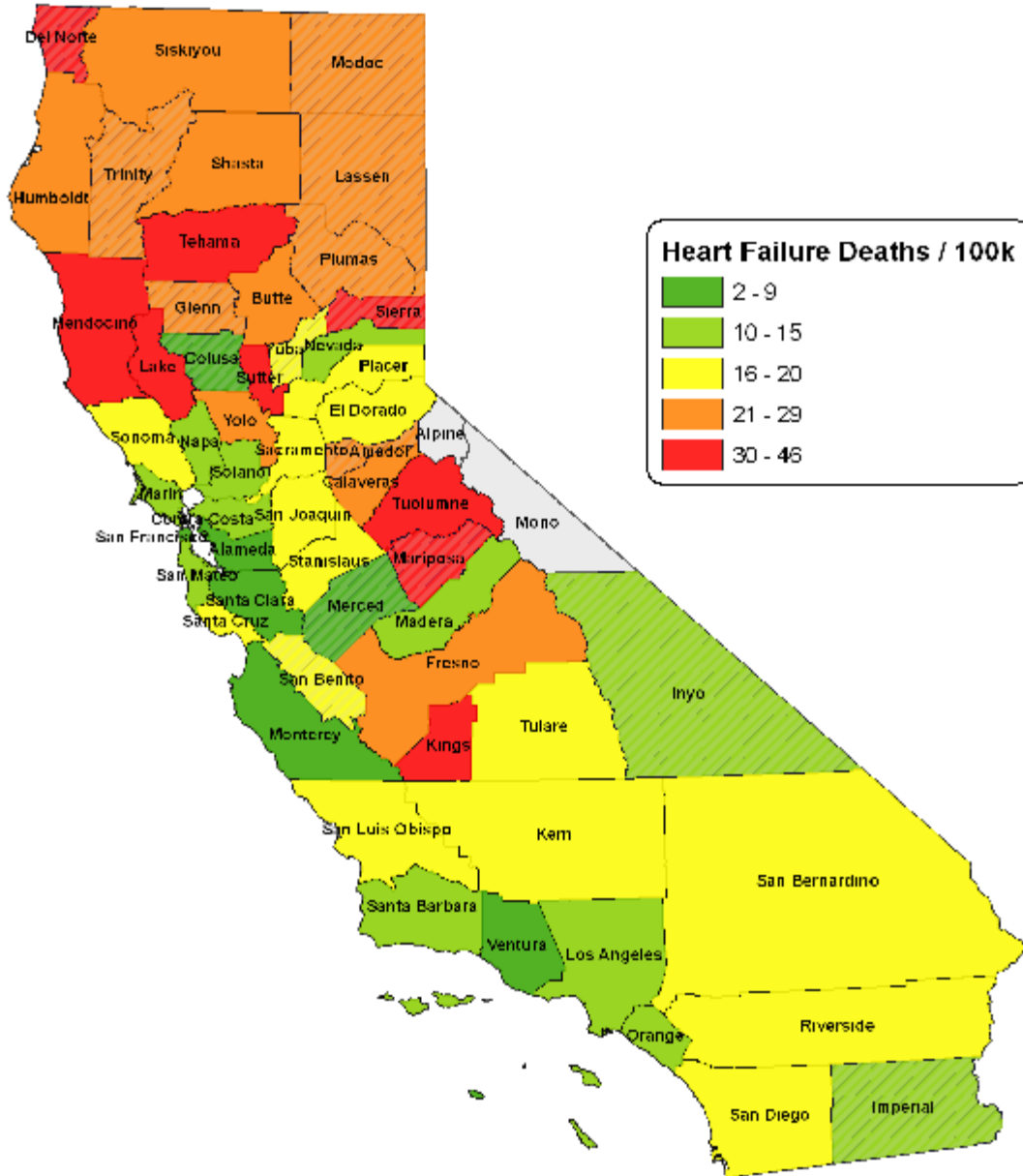


Heart Failure Death. The relationship between blood pressure and risk of cardiovascular disease events is continuous and independent of other risk factors. The higher the blood pressure, the greater the chance of myocardial infarction, heart failure, stroke, and kidney disease.



Heart Failure Hospitalizations. The longer oxygen deprivation to the heart muscle persists, the more heart muscle dies and the more serious the impact of the event is. Heart muscle damage is permanent, impacts immediate and long term survival, and seriously impacts cardiac function.

Sutter County Chronic Disease Prevention Summit 2009

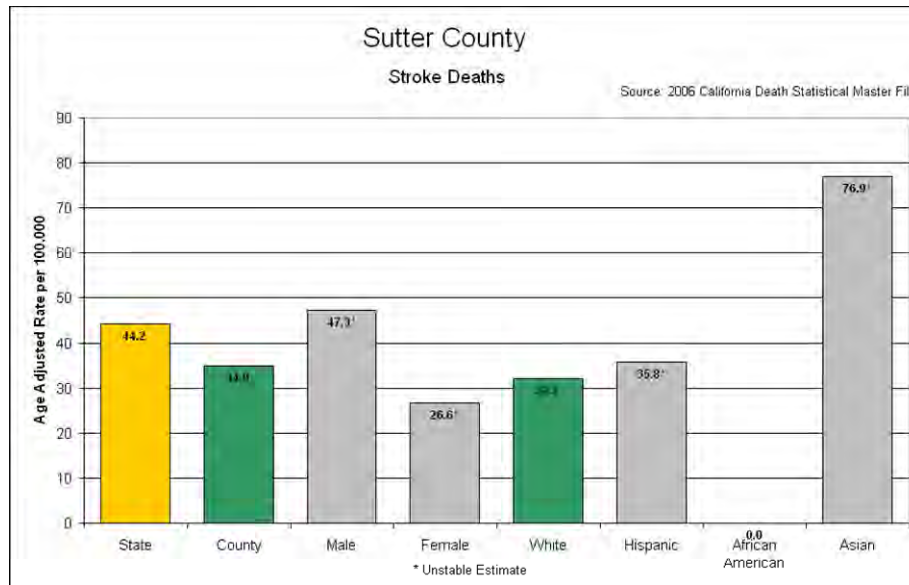


Source: 2008 California Death Statistical Master File
 Gray indicates no estimate. Stripes indicate statistically unstable estimate.

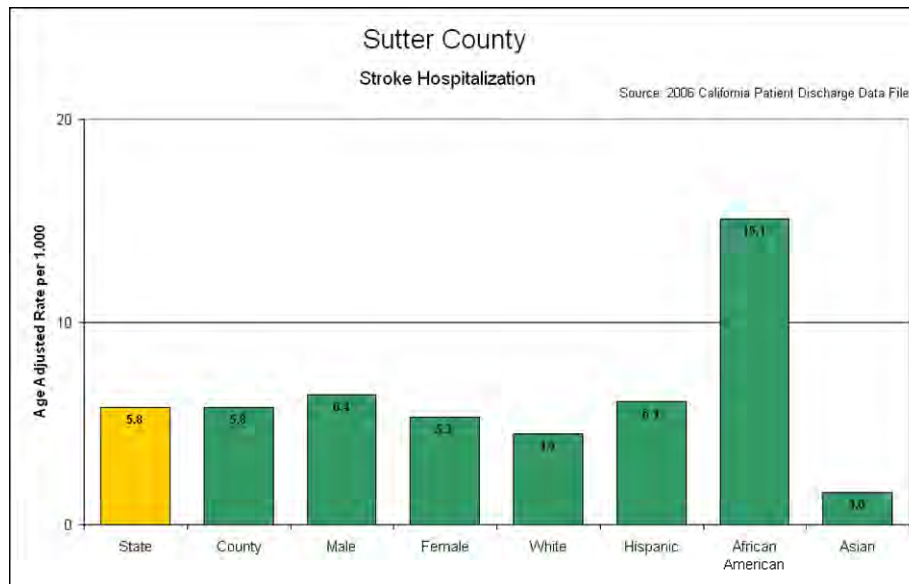


Heart Failure. Counties with the highest rates of heart failure deaths include Mendocino, Lake, Tehama, Sutter, Tuolumne, and Kings.

Sutter County Chronic Disease Prevention Summit 2009

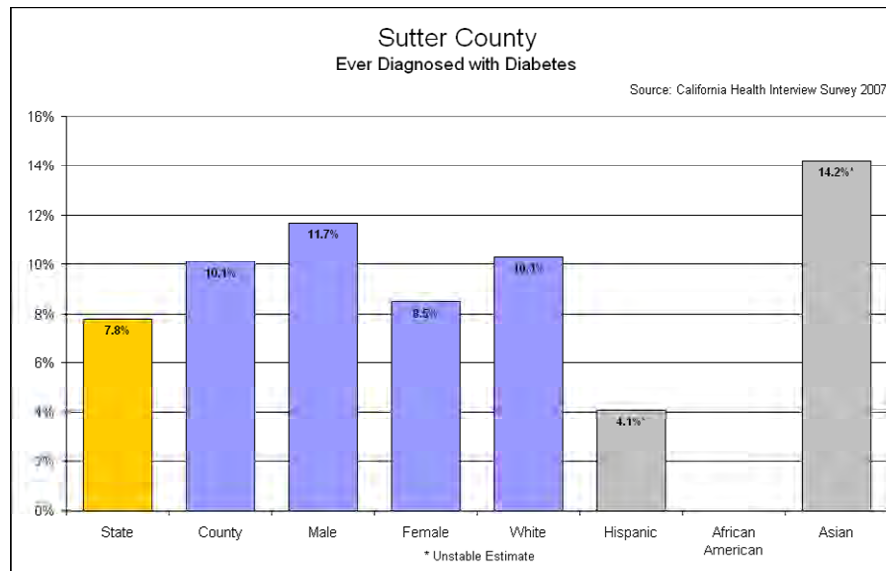


Stroke Mortality (Deaths). The Emergency Medical System is a critical link in the “chain of survival” during a heart attack or stroke.

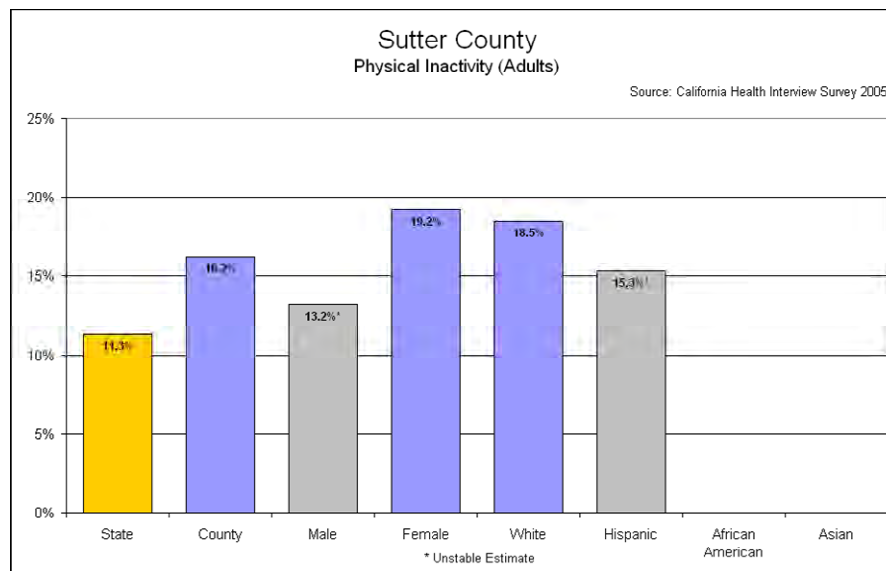


Stroke Morbidity (Hospitalizations). During a stroke, 1.9 million nerve cells die each minute and the brain ages 3.5 years for each hour it is deprived of oxygen.

Sutter County Chronic Disease Prevention Summit 2009



Risk Factors—Diabetes. For people with high blood pressure, obesity, or diabetes, regular physical activity lessens the negative health consequences of these conditions.



Risk Factors—Physical Inactivity. Increasing awareness of risks associated with high blood pressure increases motivation to change behaviors and increases the likelihood of seeking treatment for hypertension.