

Sutter Wellness



PUBLIC HEALTH WEEK

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A Salty Tale

~ Dr. Lou Anne Cummings, MD

Salt intake in the average American's diet has risen dramatically in recent years. This has happened as people are using increasing amounts of processed and prepackaged foods. Food companies have added increasing amounts of salt and sugar to foods to attract buyers from their competitors. However, this trend has done more for company bottom lines than for their consumers' health.

Sodium is an essential nutrient. But like all nutrients, you can have too little or too much. Either extreme can be very detrimental to health. Too little sodium can happen in people doing extreme exercise or heavy physical work in a hot environment and this can lead to heat illness. For the average person, getting too little sodium is not a problem. Way too much sodium intake is much more common – with predictable ill effects on health. Too much sodium can increase blood pressure and the risk for heart disease and stroke.

The recommended intake for sodium is to take in less than 2300 mg per day. But for people over 50 years old, non-Hispanic black race, or with hypertension, diabetes, or chronic kidney disease, the recommendation is less than 1500 mg per day. This group is almost half (47.6%) of the population of the U.S.

The National Health and Nutrition Examination Survey (NHANES) is a periodic study of a large voluntary

sample of the people living in the U.S. of their diet and their health status. In the NHANES 2005-2008 study, 18,823 participants aged 2 years or older were interviewed and examined. The results of the survey are sobering:

- Those who had a recommendation for less than 1500 mg of sodium, 98.6% consumed more sodium on a usual daily basis.
- Those with a recommendation of less than 2300 mg, 88.2% consumed more sodium on a usual daily basis.

In the NHANES 2007-2008 study, they found that a very large portion of that sodium intake comes from prepared foods from a store, fast food/pizza outlets, and restaurants.

The changing of the seasons marks a time when we are shifting gears and changing our routines. It's an opportunity to think of having some of those changes go toward a healthier lifestyle. Small changes add up. Consider taking a look at the nutrition labeling and the sodium content of food when you are shopping for food and look for the lower sodium choices. Spring also brings an increase in variety and availability of fresh fruits and vegetables. This gives us opportunities to use more fresh foods every day and to reduce the amount of processed and packaged foods and, with this, reduce sodium intake.

To an active, healthy spring!

Rethink Chronic Disease

~David Westover, Chronic Disease Prevention

To view the trailer,
follow the link below

http://www.unnaturalcauses.org/video_clips.php



For more
information visit the
unnatural causes
website at

<http://www.unnaturalcauses.org/>

Obesity, poor eating habits, and lack of exercise can cause chronic disease. This is true – but is there more to it? The answer is yes. As a result, it is time to rethink what causes chronic disease in the United States. The emerging consensus from healthcare leaders is that external forces outside of the control of the individual, (also called social determinants) can increase our risk for chronic disease as much as our personal lifestyle choices.

These forces may include neighborhood conditions, family income, education levels, and food and physical activity infrastructure. For example, if we are unemployed, the accompanying physiological stress of not having a job might cause hypertension or heart disease in some people.

Another scenario might be that if we do not have close access to grocery stores and lack reliable transportation or bus service, we will walk to the convenience store, where fresh fruits and vegetables are not available, and purchase soda, chips and frozen burritos. Living on such food then increases our risk for diabetes.

In 2008, the video series, “**UNNATURAL CAUSES: Is Inequality Making Us Sick?**” broadcast by PBS began to bring national attention to these issues. This four hour, seven part documentary series presented convincing evidence that “place matters” when it comes to the health of individuals. (For more information about the series, see http://unnaturalcauses.org/about_the_series.php) In other words, the places and conditions in which people live, known as “social determinants” limit the choices and the ability of individuals to make good decisions for themselves and their families. Many health organizations and health professionals are now beginning to recognize the importance and necessity to address these social determinants in order to decrease chronic disease in our nation.

What does this mean for Sutter County? What can we do to make our county a place that gives equal opportunity to all people to protect themselves from chronic disease? None of us want to see our neighbors living in conditions that expose them to unnecessary health hazards. Good health is wanted by most people, and if it is within our ability we should do our best to help each other.

As Sutter County residents, we can begin by raising awareness of these issues and asking questions of how we can improve our community. To bring change will require answering questions about community infrastructure, employment opportunities, and educational resources. Issues of personal responsibility, fairness, and the role of the community will also need to be considered.



In Our Community

National Public Health Week Events 2012



.....Join the Movement



Join Sutter County Public Health in celebrating
**National Public Health Week. Help create a healthier Sutter
by moving more and eating healthier in 2012.**

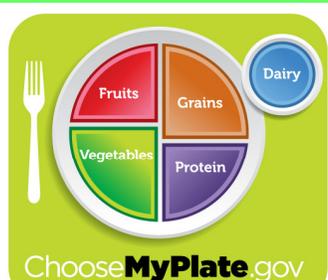
- **Mall Walk & Health Screenings** Monday, April 2nd 7:00am – 8:00am, Yuba-Sutter Mall
Get your heart pumping and muscles moving at this morning walk. Free blood pressure screening available.
- **Personal Wellness Assessment** Tuesday, April 3rd 7:00am – 4:00pm, Health Department, Wellness Room- *Screenings will include one on one time with a health professional who will assess blood pressure, BMI, and diet.*
- **Family Fun Day** Wednesday, April 4th 3:00pm - 6:00pm, Gauche Aquatic Park
Join us for an afternoon of interactive family fun! Wear comfy clothes, and be ready to move!
- **Personal Wellness Assessment** Thursday, April 5th 7:00am – 4:00pm, Health Department, Wellness Room-*Screenings will include one on one time with a health professional who will assess blood pressure, BMI, and diet.*
- **Community Walk/Ride** Saturday, April 7th 8:00am, Sutter Bike Path starting at Royo Racherro Rd. - *Walk or just bike along this hidden wonder of Sutter County. (8 miles round trip)*

For more information about a specific event or to register for a personal wellness assessment, please call Health Education at 530-822-7215 or visit us at 1445 Veterans Memorial Circle, Yuba City, CA.

****All events are free to employees, family members, and the community.***

Introducing "MyPlate"

My Plate



Check out more details at
www.choosemyplate.gov

Track your daily diet and
 monitor your intake at
www.supertracker.org

In 2010 new *Dietary Guidelines for Americans* were released. In order to implement these new dietary guidelines, USDA Partnered with the White House Task Force on Childhood Obesity to design a new image that reminded Americans to eat healthy. Research was done to test different icons that would easily display these key messages. As a result, the "MyPlate" image (as displayed to the left) was introduced. The plate is visually linked to food and is a familiar mealtime symbol, "My" continues the personalization approach from MyPyramid. The new design incorporated these main themes along with key messages based on the new dietary guidelines:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Cream of Asparagus Soup



Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients:

- 3 cups (1/2-inch) sliced asparagus (about 1 pound)
- 2 cups fat-free, less-sodium chicken broth
- 3/4 teaspoon fresh thyme, divided
- 1 bay leaf
- 1 garlic clove, crushed
- 1 tablespoon all-purpose flour
- 2 cups 1% low-fat milk
- Dash of ground nutmeg
- 2 teaspoons butter
- 3/4 teaspoon salt
- 1/4 teaspoon grated lemon rind

Directions:

1. Combine asparagus, broth, 1/2 teaspoon thyme, bay leaf, and garlic in a large saucepan over medium-high heat; bring to a boil. Reduce heat, cover, and simmer 10 minutes. Discard bay leaf.
2. Place asparagus mixture in a blender; process until smooth.
3. Place flour in pan. Gradually add the milk, stirring with a whisk until blended. Add puréed asparagus and ground nutmeg; stir to combine. Bring to a boil. Reduce heat; simmer 5 minutes, stirring constantly. Remove from heat, and stir in 1/4 teaspoon thyme, butter, salt, and lemon rind.

Sodium in our diets: Raising awareness

~ Kelly Knox, Health Program Specialist, kknox@co.sutter.ca.us



We are aware of the dangers of too much cholesterol and fats in our diets. We are aware of the danger of too much sugar and too many calories in our diets. We are DEFINITELY aware that too many calories and too little physical activity leads to obesity...but what about sodium? Does eating too much sodium put our health at risk?

The latest research says yes. We are getting way too much sodium in our diets. Surprisingly, the largest source of sodium in our diets is not from salty snacks like chips and popcorn or from the salt shaker. It is from processed foods we purchase and from eating in restaurants. This article aims to raise awareness of common sources of sodium and how sodium “sneaks” into our food supply. We need to be aware of the names of food additives in processed foods that raise sodium levels in what we eat. Some common sodium-based food additives are: *sodium bicarbonate*, *sodium aluminosilicate*, *sodium benzoate*, *sodium metabisulfite*, *sodium nitrite* and *sodium sulfite*. Learning to read nutrition labels and knowing your personal recommended daily intake is essential to reducing sodium in our diets as well. *The 2010 Dietary Guidelines for Americans* recommends person 2 years or older should limit daily sodium intake to less than 2,300mg. However, almost half of all Americans meet the criteria to limit their daily sodium intake to less than 1500mg. The criteria includes age of 51 or older, hypertension, diabetes or chronic kidney disease.

Want More Info?

Check out these reliable sources:

<http://healthland.time.com/2012/02/08/top-10-sources-of-salt-in-your-diet/#ixzz1p1LvF3IX>

<http://www.cdc.gov/VitalSigns/pdf/2012-02-vitalsigns.pdf>

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm61e0207a1.htm?s_cid=mm61e0207a1_w

<http://www.cdc.gov/features/vitalsigns/sodium/>

Below are the top 10 foods that add sodium to our diets:

1. Bread and rolls (*see example below*)
2. Cold cuts/cured meats
3. Pizza
4. Fresh and processed poultry
5. Soups
6. Sandwiches like cheeseburgers
7. Cheese
8. Pasta dishes like spaghetti with meat sauce
9. Meat dishes like meatloaf with tomato sauce
10. Snacks, including chips, pretzels, popcorn and puffs



Check It Out!

- 1 slice = 135mg sodium
- 1 sandwich = 270mg of sodium at 1 meal
- * This is 12% of your Recommended Daily Value (adult RDV = 2,300mg)

Check It Out!

- 1 Biscuit = 600mg sodium
- 2 Biscuits = 1200mg of sodium at 1 meal
- * This is 5%6 of your Recommended Daily Value (adult RDV = 2,300mg)



WELLNESS CHALLENGE!

Congratulations [Sara Wolfgram](#)
from Mental Health

Sara's Story:

"In the beginning of November, I decided to change my life style. I stopped drinking soda. I was drinking 5-10 a day and now I haven't had one in over 130 days. I also changed my eating habits. I started with a 1700 calorie diet; I am now at a 1500 calorie diet. I use an app on my phone called *My Fitness Pal* where you log all your food, and it counts your calories for you. I also went from very little physical activity, to walking at least twice daily or more and doing Zumba every night. I have lost 18lbs"

Send entries titled, "Wellness Challenge" to elansdon@co.sutter.ca.us. Entries will be reviewed, and the most inspirational story will receive a prize.



BRAIN EXERCISE!

Riddle

**Eating white is what I mostly do
If quick enough, a fruit and some things blue
When you see pink, sky blue, orange, or red
It would be wise to turn my yellow head
In a dark room with blue walls
I run from the ghosts that roam the halls
What am I?**

Email your guesses to
elansdon@co.sutter.ca.us.
Please put "Brain Exercise-March"
in the subject line. **GOOD LUCK!!!**

Try NOT To Google

Congratulations to [Polly Morris](#) from Public Works for getting the January Riddle Correct!
Answer: A Golf ball

SUTTER WELLNESS UPCOMING EVENTS

- SUTTER WELLNESS WALKING CLUB**
EVERY SATURDAY, 8AM - SUTTER BIKE PATH
 JOIN SUTTER WELLNESS FOR A BRISK 1 HOUR WALK ALONG THE SUTTER BIKE PATH BEGINNING AT ROYO RANCHERO DRIVE. FAMILY, FRIENDS, AND PETS ARE WELCOME! **FREE PEDOMETERS**
- BROWN BAG LUNCH SERIES: CONVERT TO COMPOSTING**
THURSDAY, MARCH 22ND, 2012, 12PM -1PM - HEALTH DEPARTMENT AUDITORIUM
 INTERESTED IN COMPOSTING THIS YEAR? JOIN US FOR OUR ANNUAL SPRING GARDENING BROWN BAG LUNCH PRESENTED BY MASTER GARDENERS OF SUTTER COUNTY. EMAIL ERICKA AT ELANSDON@CO.SUTTER.CA.US TO REGISTER.
- NATIONAL PUBLIC HEALTH WEEK**
APRIL 2ND – APRIL 8TH, 2012
 SEE PAGE 3 FOR DETAILS
**ALL EVENTS ARE FREE TO EMPLOYEES, FAMILY MEMBERS, AND THE COMMUNITY.*
- BIKE AROUND THE BUTTES**
SATURDAY, APRIL 21ST, 2012 – SUTTER BUTTES, SUTTER YOUTH ORG. BUILDING
 3 COURSES TO CHOOSE FROM: 17.5, 40, AND 100 MILE RIDES.
 THE 100-MI RIDE HAS A START TIME BETWEEN 7AM– 7:55AM; ALL OTHER COURSES HAVE AN OPEN START TIME OF 8AM –11AM. **REGISTRATION WILL BEGIN IN APRIL.**
- RUN DRUGS OUT OF TOWN**
SATURDAY, APRIL 28TH, 2012 – RIVER VALLEY HIGH, FOOTBALL STADIUM
 THE 7TH ANNUAL, RUN DRUGS OUT OF TOWN 5K RUN/WALK IS A FAMILY-ORIENTED EVENT AND FUN FOR EVERYONE! SUTTER COUNTY EMPLOYEE REGISTRATION WILL BEGIN IN APRIL. IF YOU ARE INTERESTED IN VOLUNTEERING FOR THE 5K EVENT, CONTACT DULIA AGUILAR AT DAGUILAR@CO.SUTTER.CA.US .