

Chronic Disease Prevention Bulletin

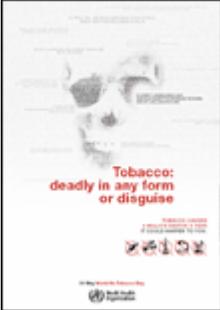
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World No Tobacco Day-May 31

Let state aid your quest to quit smoking

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By CARI MORDT-prepared for the Atlanta Journal-Constitution, published on 04/05/06 and modified for use in this bulletin.

On May 31, 2006, teens across the world will celebrate World No Tobacco Day, an international initiative of the World Health Organization. The 2006 theme is "Tobacco: Deadly in any form or disguise". To learn more about WNTD, please visit:

www.who.int/tobacco/communications/events/wntd/2006/en/index.html

The latest statistics in Gwinnett County show that 31.7 percent of high school students and 9.7 percent of middle school students have smoked cigarettes. Of those youth, 17.3 percent of high school students had smoked cigarettes in the past 30 days. A surprising number have smoked cigars — 17.8 percent of high school students and 4.8 percent of middle school students.*

One year ago, the Georgia Tobacco Quit Line announced that its services are available to youth ages 13 and up. The Quit Line is a toll-free resource that offers free counseling, screening, support and referrals to local cessation services.

You may wonder how a telephone-based tobacco cessation program is effective. Most people have immediate access to a telephone. People don't have to worry about transportation, program times, child care or support-group fees. All they have to do is call the Quit Line, and a trained counselor will work with them on their individual needs. The counselor will assist with a customized quit plan and provide information about nicotine replacement therapy, local resources and many more services.

Individuals can call the Quit Line seven days a week from 8 a.m. to midnight. In addition, the Quit Line can be translated into 230 languages. To date, the Quit Line has helped approximately 50,000 Georgians quit using tobacco.

Overall good health is important to all of us. Chronic diseases such as cancer, cardiovascular disease and diabetes claimed the lives of nearly 40,000 Georgians in 2003 — about 60 percent of total deaths that year — according to the Georgia Online Analytical Statistical Information System.

In an effort to help Georgians live more healthy and to reduce the burden of chronic disease and other illnesses, the Georgia Department of Human Resources and Gov. Sonny Perdue are working across government divisions

and with partners to spread the word about the Live Healthy Georgia Campaign.

The campaign serves as the umbrella for an outreach initiative that aims to raise awareness about the risk factors associated with chronic diseases and other illnesses and to provide information about ways to live healthier.

Take action against chronic disease by following the five key messages developed for the Live Healthy Georgia Campaign:

1. Be smoke-free

- Tobacco use is a leading, preventable risk factor for many chronic diseases.
- About 11,000 Georgians die each year from tobacco-related illnesses.
- Call the Georgia Tobacco Quit Line (1-877-270-STOP, Spanish speakers call 1-877-2NO-FUME), a toll-free resource that offers counseling and support services to Georgians who want to quit using tobacco.

2. Be active

- Participating in regular physical activity can help reduce many risk factors associated with chronic diseases including obesity and high blood pressure.
- The U.S. surgeon general recommends at least 30 minutes of physical activity on five or more days of the week.
- Check with your physician before beginning any type of vigorous physical activity.

3. Get checked

- Undergoing routine physical checkups and screenings can prevent some chronic diseases and detect others early, when treatment may be more effective.
- Talk with your physician or health care provider about your risk for stroke and other heart diseases.
- Have your blood pressure checked regularly. If you have high blood pressure, developing a treatment plan to decrease it and maintain it within a healthy range will help prevent complications associated with hypertension.
- Routine screenings can prevent some cancers and detect others in early stages, when treatment is more likely to be effective. The Live Healthy Georgia Web site www.livehealthygeorgia.org has more information about screenings that are recommended for your age and gender.

4. Eat healthy

- Eating healthy can decrease your risk of developing chronic diseases significantly.
- A diet low in fat and sodium can prevent heart disease, stroke and high blood pressure.
- Eating five to nine servings of fruits and vegetables each day has many health benefits.

5. Be positive

- A positive attitude contributes to your overall well-being.
- Take charge of your health by believing that you can live more healthy.

World Asthma Day/Asthma Month

In response to World Asthma Day, May 2, 2006, the Centers for Disease Control and Prevention, the U. S. Environmental Protection Agency, The American Lung Association-Southeast Region, and the Georgia Department of Human Resources joined together to educate children on asthma at the Imagine It! The Children's Museum of Atlanta.

Asthma, a major cause of childhood illness, is on the rise in Georgia, and an estimated eleven percent of the state's children have asthma. Asthma sends more children to the hospital than any other health problem, causes the most long-term illness among children, and is the most frequent reason for school absenteeism due to chronic illness, according to public health experts. Throughout the United States, rates of asthma deaths, hospitalizations, and emergency room visits have been increasing for the past two decades, especially among African Americans and children.

More than 11,000 Georgians die each year from tobacco-related illnesses, including asthma. Georgians of all ages can manage their asthma by creating an asthma self-management plan, knowing and avoiding their triggers, and making regular visits to a healthcare provider.

Source: <http://www.mrsnv.com/evt/home.jsp?id=923>
DHR Press Release-Prepared by Lisa Moery & Carolyn Williams, Asthma Program Manager.

May Is National Arthritis Month

The month of May has been proclaimed "National Arthritis Month". There are over 100 forms of arthritis and in the state of Georgia over 1.8 million adults live with doctor diagnosed arthritis. Educate yourself on your form of arthritis. Visit a Rheumatologist (a physician who specializes in arthritis and other rheumatic diseases); since there is not a cure for arthritis, *management* of the disease is the key. There are many positive approaches to the

management of arthritis. During National Arthritis Month, the Arthritis Foundation is encouraging people to "Make This The Year You Get Active" by emphasizing the importance of exercise. They suggest the following:

- *Try to move your joints gently through their full range of motion every day.*
- *Gradually build up endurance exercises to 20 to 30 minutes per day, at least three times a week.*
- *After exercising, cool down for 5 to 10 minutes to help you cool off, let your heart slow down and help your muscles relax.*
- *Join the Arthritis Walk in Atlanta on May 6, 2006*

If you are having a flare, do not skip exercises completely; doing nothing leads to stiff and weak muscles. A balance between rest and activity is necessary, even during a flare. For more information about arthritis visit www.arthritis.org.

Prepared by Pam Snow, Arthritis Program Manager

Upcoming Conferences/Workshops

Building Healthy Communities from the Ground Up Training, May 5th and May 12th. For More Info: <http://health.state.ga.us/nutandpa/>

2006 CDC Diabetes and Obesity Conference

May 16-19, 2006- Denver, CO

www.cdc.gov/diabetes/conferences/index.htm#2006

24th National Conference on Health Promotion and Education

May 23-26, 2006-Washington, DC

www.dhpe.org/nationalconference

Georgia Addressing Asthma from A State Perspective

May 31, 2006-Columbus, Georgia

706-660-1914, ext.11

NIH State-of-the-Science Conference on Tobacco Use:

Prevention, Cessation and Control-National Institute of Health-
June 12-14, 2006-

<http://consensus.nih.gov/2006/2006TobaccoSOS029html.htm>

UICC World Cancer Congress 2006

July 8-12, 2006-Washington, DC

www.2006conferences.org/u-index.php

13th World Conference on Tobacco or Health

July 12-15, 2006-Washington, DC

www.2006conferences.org/t-index.php

CDC's 2006 National Health Promotion Conference

September 12 - 14, 2006-Atlanta, GA

<http://www.cdc.gov/cochp/conference/index.htm>

2006 Environmental Public Health Conference

December 4 - 6, 2006-Atlanta, GA

www.cdc.gov/nceh/conference/index.htm