

CHRONIC DISEASES NEWSLETTER

QUARTELY NEWSLETTER
JOPLIN CITY AND JASPER COUNTY

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CHRONIC DISEASES ...OVERVIEW

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the U.S. They are the leading causes of death and disability in the U.S.

Four modifiable health risk behaviors that are responsible for much of the illness, suffering, and early death related to chronic diseases include –

- Lack of physical activity,
- Poor nutrition,
- Tobacco use,
- Excessive alcohol consumption.

DIABETES ...AWARENESS

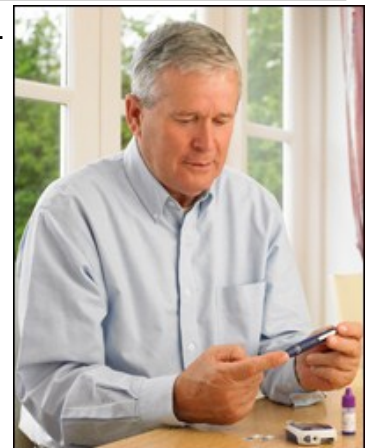
In 2010, nearly 26 million persons in the United States had diabetes, a leading cause of blindness, kidney failure, and non-traumatic lower-limb amputations. Seventy-nine (79) million adults were at increased risk for developing type 2 diabetes.

Persons with diabetes can take steps to control the disease and prevent common complications, and persons at increased risk can prevent or delay the onset of type 2 diabetes through weight loss and physical activity.

CDC and state and territorial diabetes prevention and control programs are working with public and private partners to improve outcomes for persons with diabetes and to reduce

new cases of type 2 diabetes. The National Diabetes Prevention Program, led by CDC, is designed to bring communities evidence-based lifestyle interventions for preventing type 2 diabetes.

More information about diabetes is available at: <http://www.cdc.gov/diabetes>.



Tips To Improve Your Fitness Level

1. Walk a Little Extra
2. Take the stairs
3. Get Outdoors
4. Lead with Your heart
5. Stretch
6. Play a Sport ,Work Out in a Gym or Dance
7. Do Aerobics
8. Weight Resistance Training
9. Mind-Body Exercises
10. Cross-Train

QUITTING...SMOKING

Smoking harms nearly every organ of the body. It causes many diseases and reduces the health of smokers in general.

Compared with nonsmokers, smoking is estimated to increase the risk of;

- Coronary heart disease by 2 to 4 times,
- Stroke by 2 to 4 times,
- Developing lung cancer (men by 23 times & women by 13 times),
- Women dying from chronic obstructive lung diseases by 12–13 times.

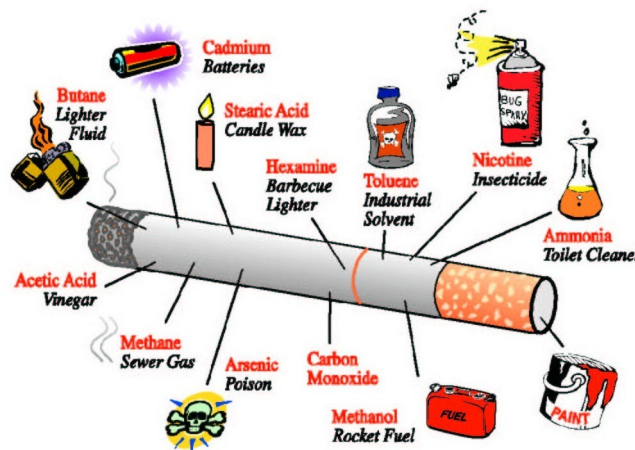
Quitting smoking is the single best way smokers can protect their health, and quitting at any age has benefits. Tobacco use remains the single largest preventable cause of disease, disability and premature death in the United States, yet more than 45 million Americans still smoke.

Cigarette smoking and exposure to secondhand smoke result in more than 443,000 deaths a year. For every person who dies from smoking, another 20 people are living with a smoking-related disease. Smoking costs the United States about \$96 billion each year in medical expenses and \$97 billion in lost productivity due to premature death.

Challenges of Quitting

Most smokers establish a regular pattern of smoking and find quitting difficult because they are addicted to nicotine. Multiple attempts may be required. However, proven cessation services and treatments can help smokers ease withdrawal symptoms and succeed in quitting. The most important thing nonsmokers can do to help smokers they know is to offer continued encouragement and support.

The most important thing smokers can do is keep trying until they succeed. Almost 70% of smokers want to quit, more than 52% have attempted to quit each year, and over 6% have successfully quit. Most people quit



without medication, but FDA-approved medications, in addition to counseling, can double or even triple the likelihood of quitting successfully.

Resources to Help Quit and Stay Quit

Quitting is hard, but you can increase your chances of success with help. Talk to your health care provider about your options. Individual, group, or telephone counseling can increase your likelihood of success by 20 to 70 percent. The combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone.

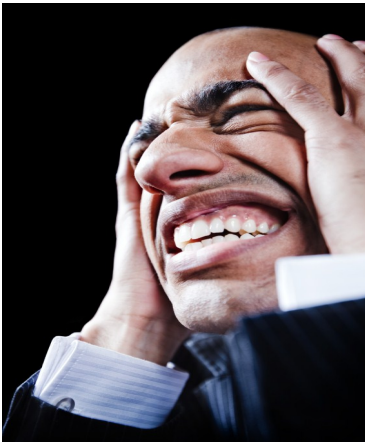
Sources:

- <http://www.cdc.gov/Features/GreatAmericanSmokeout/>



STRESS...AT WORK

The nature of work is changing at whirlwind speed. Perhaps now more than ever before, job stress poses a threat to the health of workers and to the health of organizations.



What is Job stress?

Job stress is the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. It can lead to poor health and even injury.

What are the Causes of Job Stress?

Nearly everyone agrees that job stress results from the interaction of the worker and the conditions of work.

Stress sets off an alarm in the brain, which responds by making your heart to speed up, make you breathe faster, give you a burst of energy, tenses your muscles etc.

Some stress is normal and even useful. It can help if you need to work hard or react quickly.

But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work. As a result, the risk of injury or disease escalates.

Studies show that stress increases the risk of cardiovascular disease, musculoskeletal disorders, depression, work injuries, impaired immune function, suicide, cancer and ulcers etc.

How can you avoid stress?

- Learn better ways to manage your time.
- Find better ways to cope.
- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- Try out new ways of thinking.
- Speak up. Assertiveness can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better.
- Sometimes if stress is just too much to handle alone, see a counselor.

How can you relieve stress?

- Exercise regularly.
- Write about the things that are bothering you.
- Seek social support
- Do something you enjoy e.g. a hobby or activity.
- Learn ways to relax your body.
- Focus on the present.
- Eat foods that improve your health and well being
- Listen to relaxing music.

Sources:

- <http://www.cdc.gov/niosh/docs/99-101/>

- www.webmd.com



HEALTH DEPARTMENTS

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[JasperCountyHealthDept](http://www.facebook.com/JasperCountyHealthDept)

Twitter: <http://twitter.com/#!/JasperCoHD>

Any question or comment about the newsletter, please contact;

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Public Health
Prevent. Promote. Protect.

Community Events

FREEMAN STROKE SUPPORT

December 15

College View Manor
3828 College View Drive
3 – 4 pm Thursday
417.347.1234

FREEMAN DIABETES SUPPORT GROUP

November 21

Freeman Hospital East Conference Room
932 East 34th Street
5:30 – 6:30 pm
417.347.5833
417.347.5837

THE COMMUNITY CONNECTIONS RECOVERY EFFORTS

November 26, December 8 and December 22

- Eastmorland Elementary (1131 Highview)
- West Central 1001 W. 7th
- Cecil Floyd 2201 W 24th

For enquiries call: **417-625-2244**

"Health is not valued till sickness comes

" Thomas Fuller