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SEDGWICK COUNTY, KANSAS
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FOR IMMEDIATE RELEASE

July 14, 2008

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**SEDGWICK COUNTY HEALTH DEPARTMENT RECEIVES
GRANT TO REDUCE CHRONIC DISEASE**

(Sedgwick County, Kansas) – The Sedgwick County Health Department was recently awarded a Chronic Disease Risk Reduction (CDRR) grant of \$119,000 from the Kansas Department of Health and Environment's (KDHE) Office of Health Promotion for state fiscal year 2009 (July 2008 – June 2009). The grant funds will be used to support local programs aimed at reducing tobacco use, increasing physical activity and improving nutrition.

Chronic diseases include cancer, heart disease, diabetes and arthritis. According to the U.S. Centers for Disease Control and Prevention (CDC), annually, an estimated 1,500 Kansans die from cancers caused by smoking; 1,300 die from heart diseases caused by smoking; and more than 1,100 die from bronchitis, emphysema and other respiratory diseases caused by smoking. Unhealthy diet and physical inactivity can cause or aggravate many chronic diseases and conditions, including type 2 diabetes, hypertension, heart disease, stroke and some cancers. According to the 2006 Behavioral Risk Factor Surveillance Survey, 64.1% of Sedgwick County residents were either overweight (35.6%) or obese (28.5%).

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“Most chronic diseases can be attributed to tobacco use, physical inactivity and poor diet. These behaviors can be changed,” KDHE Secretary Roderick L. Bremby said.

“While changing these behaviors is not easy, they can have a significant impact on an individual’s health. CDRR grants give local organizations funding to help residents make lifestyle changes that can help maintain health and prevent chronic disease.”

“Quitting smoking, eating well and maintaining a healthy weight are important steps all Sedgwick County citizens can take toward good health,” stated Sedgwick County Commission Chairman Tom Winters. “This grant will help our health department spread the message of disease prevention.”

The Sedgwick County Health Department will use the CDRR funding to focus on education, community awareness, mobilization and reducing nonsmokers’ exposure to secondhand smoke. Tobacco control efforts will include promoting the Kansas Tobacco Quitline (1.866.KAN.STOP), supporting the Derby Community Coalition Promoting Healthy Choices, Tobacco Free Wichita, and the Youth Leadership Council. Physical activity and nutrition efforts will include the Walk at Work event scheduled for May 20, 2009; support for the 2008 Working Well Conference scheduled for August 26; and completion of the Community Assessment Tool for physical activity.

KDHE’s Office of Health Promotion provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local chronic disease prevention initiatives.

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