

Spring Into Action To Get That Satisfaction

Patient in **Action**: Meet Ninh Nguyen & Nhan Pham

Ninh Nguyen and Nhan Pham are patients at Santa Clara Valley Medical Center. In their 80s, they are living with multiple chronic conditions. They were introduced to the Healthier Living workshop by the Valley Health Center Tully staff.

At the workshop, they found companionship with other participants who were also affected by chronic conditions. They had a good time meeting their classmates and sharing the experiences with each other. They found the class material, which included topics such as healthy eating, daily exercise, and other methods for chronic disease self-management, to be beneficial and easy to understand.

Both Ninh Nguyen & Nhan Pham became strong advocates for the Healthier Living Program and began inviting their friends to join them in the workshop right after the first session. At the end of the workshop, they shared: "This free workshop is helpful for everyone. Whether you are old or young, you should care about your health."

For more information about the **Healthier Living Program**, please call **408-885-2486** and visit www.scvmc.org/AHED.



Use **CalFresh EBT** at Local Farmers' Markets



Most Santa Clara County farmers' markets now accept CalFresh/EBT cards! A family can swipe their EBT card at the market info booth and get CalFresh tokens to spend at the market. Many markets also have FREE matching program called Market Match, where every CalFresh dollar that is spent, families will receive a dollar-for-dollar match between \$5-\$10 per day to spend on fruits and vegetables. Head down to Santa Clara Valley Medical Center's farmers' market to use your benefits! This market is open on **Wednesdays from 10 am to 2 pm** during the months of **May to October**.

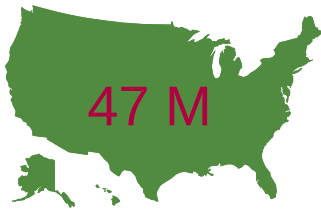
Location: 751 South Bascom Avenue, San Jose, CA 95128

For more information, please visit:
<https://www.pcfma.org/visit/markets>

Tobacco Use: Know The Numbers

What's Youth Got To Do With It?

Tobacco use is still the leading preventable cause of disease, disability, and death.



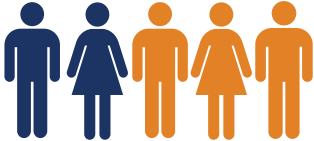
In 2017, **47 million** U.S. adults used a tobacco product (cigarette, e-cigarette/vape, cigar, hookah, snuff, snus, and other electronic nicotine delivery systems - ENDS).

480,000



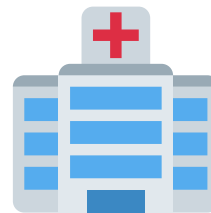
Cigarette smoking and secondhand smoke exposure kill about **half of a million** people in the U.S. each year.

2 in 5



About **two in every five children** are exposed to secondhand smoke.

1 vs. 30



For every one smoking-related death, **at least 30 people** live with a serious smoking-related chronic condition.



\$300 B

Each year, cigarette smoking costs the U.S. more than **\$300 billion**, including \$170 billion in direct medical costs and \$156 billion in lost productivity.

In 2016, **nearly 4 million** U.S. middle & high school students used tobacco products. About **half used two or more** tobacco products. E-cigarette/vape use is rising among youth.



E-cigarette/vape use **increased** during 2017-2018. In 2018:

- **1 in 5** high school students
 - **1 in 20** middle school students
- Used **e-cigarettes/vapes**



E-cigarettes/vapes typically contain **nicotine and harmful chemicals**. Youth nicotine **exposure** can:

- Cause **addiction**
- **Harm** the developing brain



Help **prevent** youth e-cigarette/vape use!

- **Know** the risk of e-cigarettes/vapes
- **Talk** to youth about these dangers
- **Be** tobacco- and smoke-free



For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga for Patients with Cancer and Chronic Conditions, and Healthier Living with Chronic Conditions, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

AHED | Volume 3, Issue 2A, Spring 2019 | www.scvmc.org/AHED