

3-4-50: Chronic Disease Deaths in San Diego County—North Inland Region, 2000-2012

3 Behaviors
 contribute to
4 Chronic Diseases
 that cause over
50 percent
 of all deaths worldwide.

What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. This reflects a significant change in diet habits, physical activity levels, and tobacco use.

These chronic diseases are important to consider together because they are common causes of disability and death in San Diego County. They are also highly influenced by three unhealthy behaviors; behaviors that cause many cases of specified chronic conditions that are preventable.

3-4-50 in San Diego County—North Inland Region

- From 2000 to 2012, the overall percent of all deaths due to chronic disease has decreased in the North Inland Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the North Inland Region and its SRAs from 2000 to 2012.
- Among the North Inland Region SRAs, San Marcos had the highest percentage of deaths due to chronic disease in 2012.
- Among the North Inland Region SRAs, Azna-Borrogo Springs had the highest chronic disease death rate in 2012.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the North Inland Region.

Figure 1: 3-4-50 Death Percentages

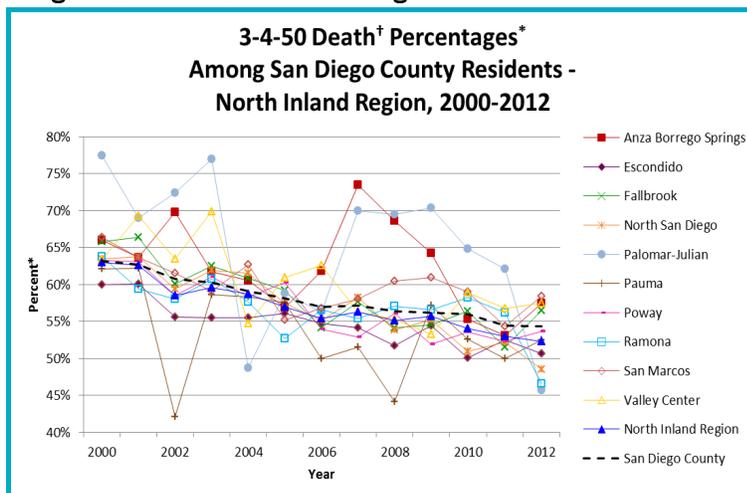
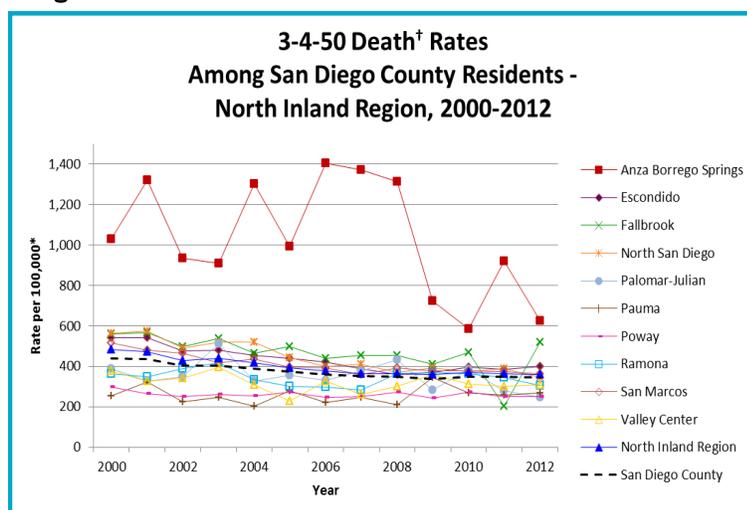


Figure 2: 3-4-50 Death Rates



[†]3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
^{*}3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



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What does 3-4-50 look like in North Inland Region?

**In North Inland Region,
3-4-50 is actually 3-4-52**

**In San Diego County,
3-4-50 is actually 3-4-54**

3 BEHAVIORS

TOBACCO USE

- In 2011, 13.0% of North Inland Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- In 2011, more than 6 out of 10 North Inland Region children engaged in fewer than 5 days of physical activity, lasting at least one hour, per week.

POOR NUTRITION

- In 2011, 1 out of 7 North Inland Region residents ate fast food three or more times every week.

TOBACCO USE

- In 2011, 12.2% of San Diego County teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- In 2011, 6 out of 10 San Diego County children engaged in fewer than 5 days of physical activity, lasting at least one hour, per week.

POOR NUTRITION

- In 2011, nearly 1 out of 5 San Diego County residents ate fast food three or more times every week.

4 CHRONIC DISEASES

CANCER

- In 2011, cancer was the leading cause of death in North Inland Region.

HEART DISEASE & STROKE

- In 2011, 8.7% of North Inland Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2011, 6.4% of North Inland Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2011, 1 out of every 8 North Inland Region residents had ever been diagnosed with asthma.

CANCER

- In 2011, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2011, 5.8% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2011, 7.8% of San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2011, nearly 1 out of 7 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2011, cancer, heart disease and stroke, diabetes, and lung disease caused 52% of all deaths in the North Inland Region.

In 2011, cancer, heart disease and stroke, diabetes, and lung disease caused 54% of all deaths in San Diego County.