

# 3-4-50: Chronic Disease Deaths in San Diego County—North Inland Region, 2000-2013

**3 Behaviors**  
 poor diet, tobacco use, and  
 physical inactivity  
 ↓ contribute to  
**4 Chronic Diseases**  
 cancer, heart disease & stroke,  
 type II diabetes, and lung disease  
 ↓ that result in over  
**50 Percent**  
 of all deaths worldwide

Figure 1: 3-4-50 Death Percentages

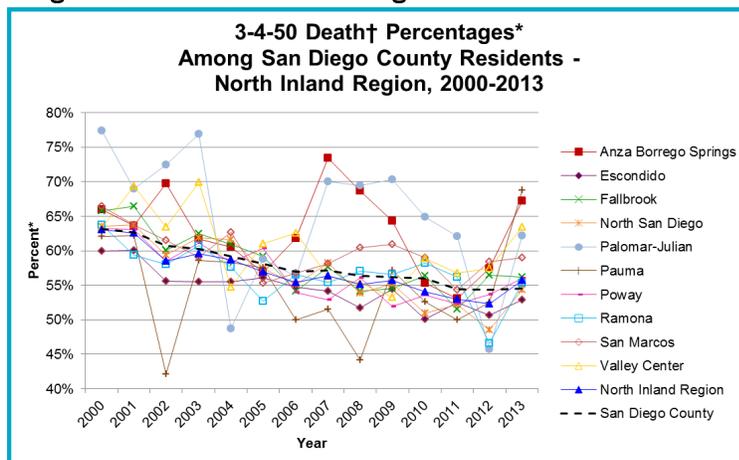
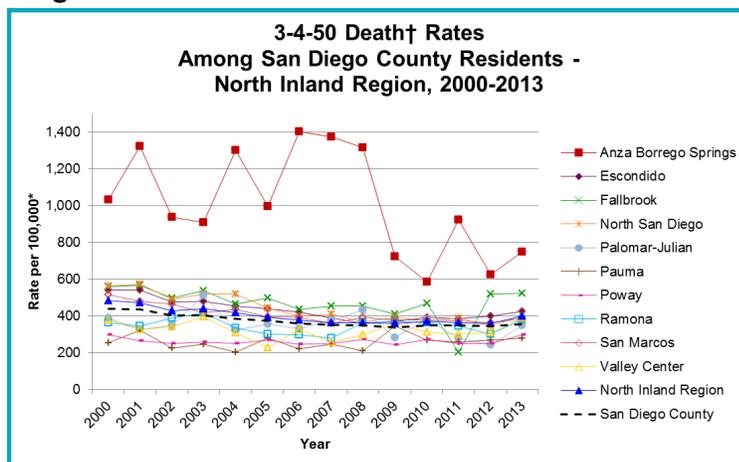


Figure 2: 3-4-50 Death Rates



†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.

## What is 3-4-50?

Chronic diseases are among the leading causes of death and disability worldwide. This reflects an improvement in the prevention and treatment of infectious diseases and significant changes in dietary habits, physical activity levels, and tobacco use in the population. The influence of these three behaviors may be seen in San Diego County as these four chronic diseases are the most common causes of death and disability in our region.

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

- From 2000 to 2013, 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 2013.
- Among the North Inland Region SRAs, Pauma had the highest percentage of deaths due to chronic disease in 2013.
- Among the North Inland Region SRAs, Anza-Borrego Springs had the highest chronic disease death rate in 2013.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the North Inland Region.



### QR CODES:

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For more information and data, go to  
[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

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

**In North Inland Region,  
3-4-50 is actually 3-4-56**

**In San Diego County,  
3-4-50 is actually 3-4-55**

## 3 BEHAVIORS

### TOBACCO USE

- In 2013, 1 out of every 6 North Inland Region teens and adults were current smokers.

### LACK OF PHYSICAL ACTIVITY\*

- In 2013, 16.2% of North Inland Region children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION

- In 2013, over 1 out of 4 North Inland Region residents ate fast food three or more times in the past week.

### TOBACCO USE

- In 2013, 1 out of every 8 San Diego County teens and adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2013, 28.2% of San Diego County children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION

- In 2013, over 1 out of 5 San Diego County residents ate fast food three or more times in the past week.

## 4 CHRONIC DISEASES

### CANCER

- In 2013, cancer was the leading cause of death in North Inland Region.

### HEART DISEASE & STROKE

- In 2013, 6.8% of North Inland Region adults had ever been diagnosed with heart disease.

### DIABETES

- In 2013, nearly 1 out of 8 North Inland Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2013, nearly 1 out of 8 North Inland Region residents had ever been diagnosed with asthma.

### CANCER

- In 2013, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2013, 6.0% of San Diego County adults had ever been diagnosed with heart disease.

### DIABETES

- In 2013, 1 out of 12 San Diego County adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2013, 1 out of every 8 San Diego County residents had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused 56% of all deaths in the North Inland Region.

In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused 55% of all deaths in San Diego County.