

3-4-50: Chronic Disease Deaths in San Diego County—Central Region, 2000-2011

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—Central Region

- From 2000 to 2011, the percent of all deaths due to 3-4-50 chronic diseases has decreased in the Central Region and its Subregional Areas (SRAs), while the overall number of deaths have remained relatively stable.
- Overall, 3-4-50 chronic disease death rates have decreased in the Central Region and its SRAs from 2000 to 2011.
- Among the Central Region SRAs, Southeastern San Diego had the highest percentage of deaths due to 3-4-50 chronic diseases in 2011.
- Among the Central Region SRAs, Southeastern San Diego had the highest 3-4-50 chronic disease death rate in 2011.
- Despite a decrease since 2000, 3-4-50 chronic diseases accounted for 55% of all deaths in the Central Region in 2011.

Figure 1: 3-4-50 Death Percentages

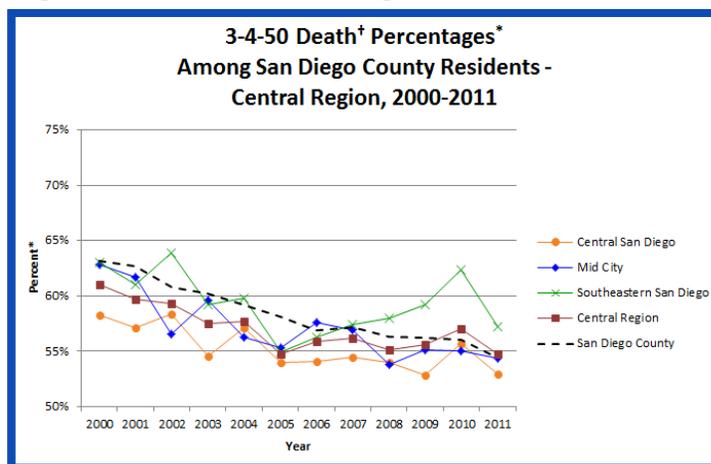
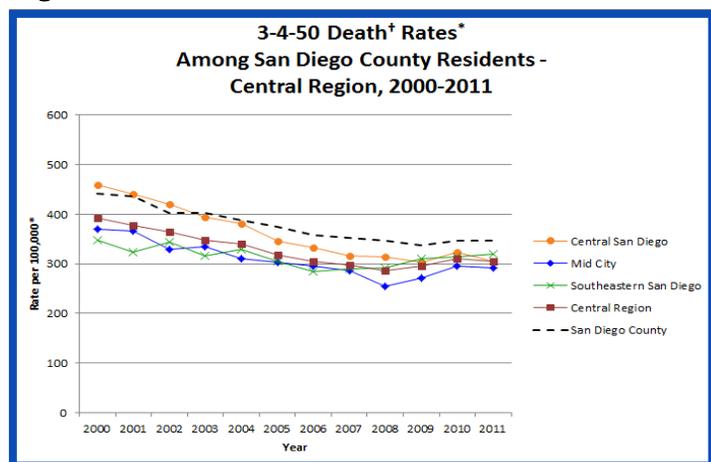


Figure 2: 3-4-50 Death Rates



†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 Central Region?

In Central Region,
3-4-50 is actually 3-4-55

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

3 BEHAVIORS

TOBACCO USE

- In 2011, 1 out of 6 Central Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

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

POOR NUTRITION

- In 2011, more than 1 out of 5 residents ate fast food three or more times per week.

TOBACCO USE

- In 2011, 1 out of 8 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 five days of physical activity, lasting at least one hour, per week.

POOR NUTRITION

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

4 CHRONIC DISEASES

CANCER

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

HEART DISEASE & STROKE

- In 2011, 2.8% of Central Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2011, 8.7% of Central Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2011, 14.2% Central 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, 13.7% 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 55% of all deaths in Central Region.

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