

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

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

Figure 1: 3-4-50 Death Percentages

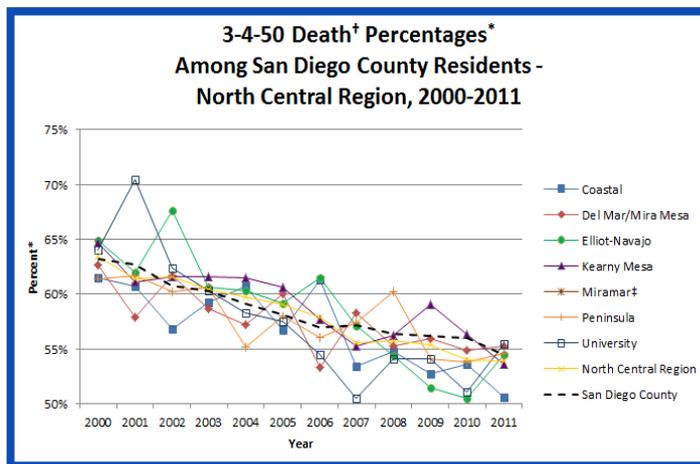
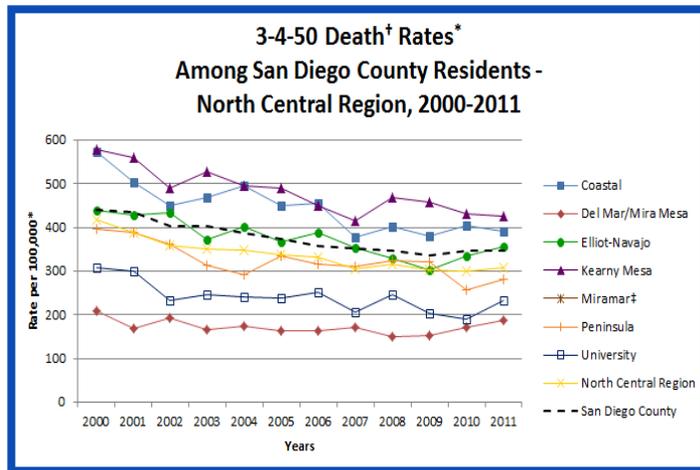


Figure 2: 3-4-50 Death Rates



†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 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 Central Region

- From 2000 to 2011, the percent of all deaths due to 3-4-50 chronic diseases has decreased in the North 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 North Central Region and its SRAs from 2000 to 2011.
- Among the North Central Region SRAs, Del Mar/Mira Mesa, Peninsula, and University had the highest percentage of deaths due to 3-4-50 chronic disease in 2011.
- Among the North Central Region SRAs, Kearny Mesa had the highest 3-4-50 chronic disease death rate in 2011.
- Despite a decrease since 2000, 3-4-50 chronic diseases accounted for 54% of all deaths in the North Central Region in 2011.



QR CODES:

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For more information and data, go to www.SDHealthStatistics.com

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

In North Central Region,
3-4-50 is actually 3-4-54

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

3 BEHAVIORS

TOBACCO USE

- In 2011, 1 out of 10 North Central Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- In 2011, 5 out of 10 North Central Region 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 North Central Region residents ate fast food three or more times every 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 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 the North Central Region.

HEART DISEASE & STROKE

- In 2011, 1 out of 20 North Central Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2011, 7.2% of North Central Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2011, more than 1 out of 7 North 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, 1 out of 18 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 54% of all deaths in North Central Region.

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