

# 3-4-50: Chronic Disease Deaths in San Diego County—South 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—South Region

- From 2000 to 2011, the percent of all deaths due to 3-4-50 chronic disease has decreased in the South 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 South Region and its SRAs from 2000 to 2011.
- Among the South Region SRAs, South Bay had the highest percentage of deaths due to 3-4-50 chronic diseases in 2011.
- Among the South Region SRAs, Chula Vista had the highest 3-4-50 chronic disease death rate in 2011.
- Despite a decrease since 2000, 3-4-50 chronic diseases accounted for 59% of all deaths in the South Region in 2011.

Figure 1: 3-4-50 Death Percentages

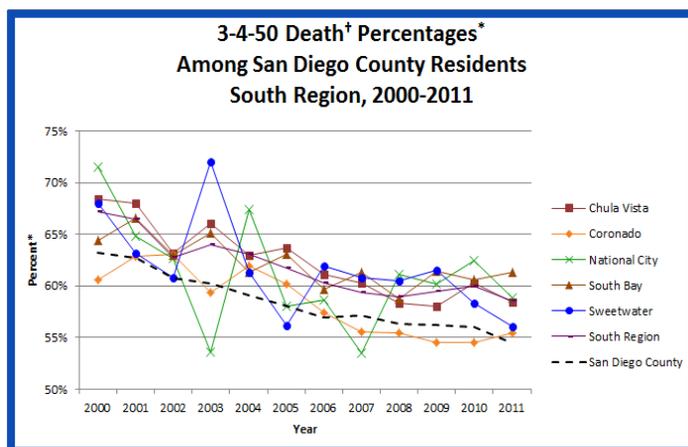
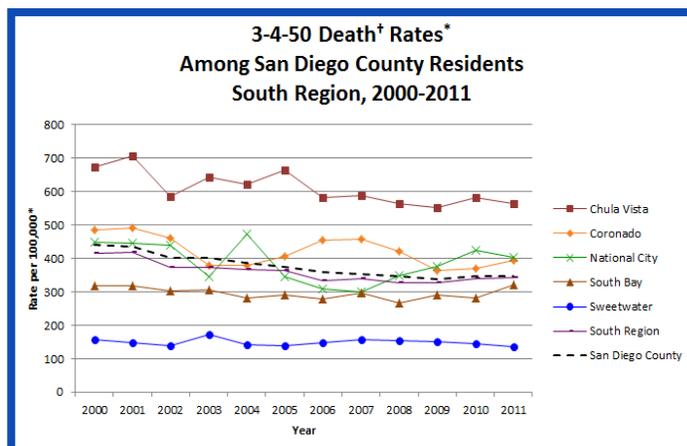


Figure 2: 3-4-50 Death Rates



†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 the South Region?

In the South Region,  
 3-4-50 is actually 3-4-59

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

## 3 BEHAVIORS

### TOBACCO USE

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

### LACK OF PHYSICAL ACTIVITY

- In 2011, 6 out of 10 South 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 South Region residents ate fast food three or more times every week.

### TOBACCO USE

- In 2011-2012, 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 South Region.

### HEART DISEASE & STROKE

- In 2011, 1 out of 22 South Region adults had ever been diagnosed with heart disease.

### DIABETES

- In 2011, 11.0% of South Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2011, nearly 1 out of every 7 South 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 17 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 59% of all deaths in the South Region.

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