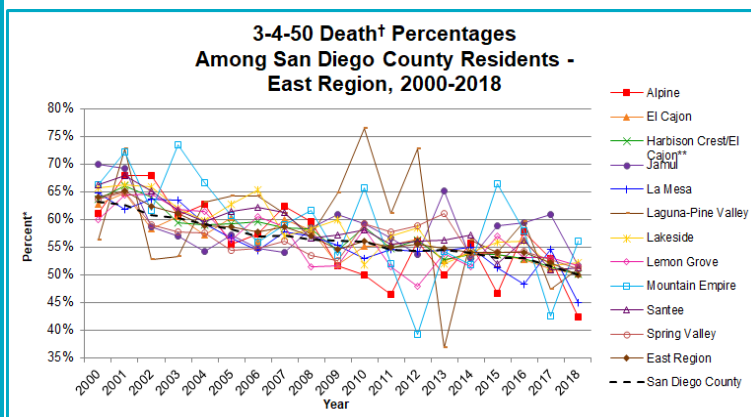


# 3-4-50: Chronic Disease Deaths in San Diego County—East Region, 2000-2018



Figure 1: 3-4-50 Death Percentages



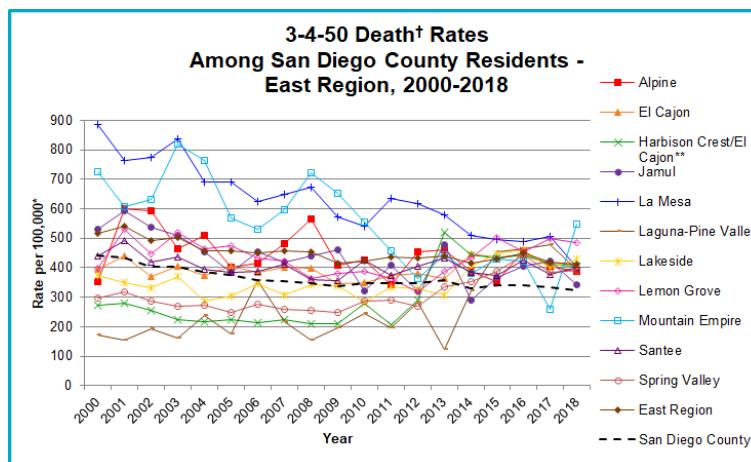
## What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 50% of all deaths are due to these four chronic diseases.

## 3-4-50 in San Diego County—East Region

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the East Region and its Subregional Areas (SRAs), even though the number of all cause deaths have increased (Figure 1).
- From 2000 to 2018 chronic disease death rates have decreased in the East Region and its SRAs with the exception of the Alpine, El Cajon, Harbison Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs, where the rates have increased (Figure 2).
- Among the East Region SRAs, Mountain Empire had the highest percentage of deaths due to chronic disease in 2018.
- Among the East Region SRAs, Mountain Empire had the highest chronic disease death rate in 2018.
- Despite a decrease, chronic diseases still account for 50% of all deaths in the East Region.

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.



### QR CODES:

QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

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

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

**In East Region,  
3-4-50 is actually 3-4-50**

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

## 3 BEHAVIORS

### TOBACCO USE

- In 2018, 1 out of every 7 East Region adults were current smokers.

### LACK OF PHYSICAL ACTIVITY\*

- In 2018, 36.7% of East Region children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2018, 1 out of 5 East Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

### TOBACCO USE

- In 2018, 1 out of every 9 San Diego County adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2018, 37.2% of San Diego County children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2018, 1 out of 5 San Diego County residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

## 4 CHRONIC DISEASES

### CANCER

- In 2018, heart disease was the leading cause of death in East Region.

### HEART DISEASE & STROKE\*

- In 2018, 10.9% of East Region adults had ever been diagnosed with heart disease.

### DIABETES

- In 2018, 1 out of 9 East Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE\*

- In 2018, over 1 out of every 9 East Region residents had ever been diagnosed with asthma.

### CANCER

- In 2018, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2018, 7.4% of San Diego County adults had ever been diagnosed with heart disease.

### DIABETES

- In 2018, 1 out of 10 San Diego County adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2018, 1 out of every 6 San Diego County residents had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

**In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in the East Region.**

**In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.**

\*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "sometimes" and "never" able to find affordable fresh fruits and vegetables often in neighborhood.